

„LOG IN BACK THE REAL LIFE”  
Project ID: 2022-1-HU01-KA220-SCH-000087324

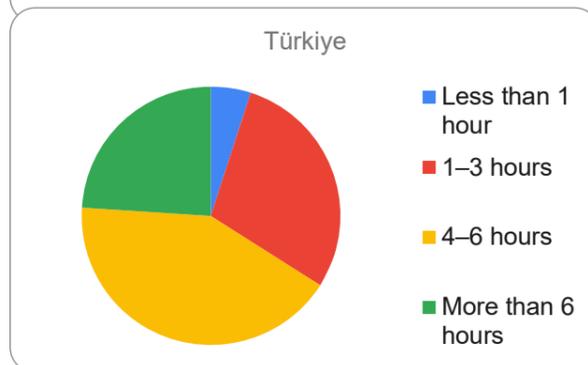
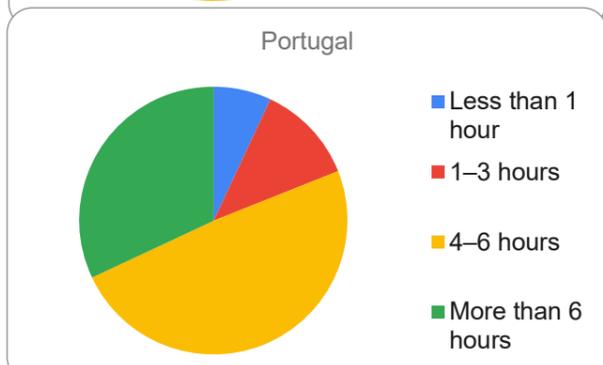
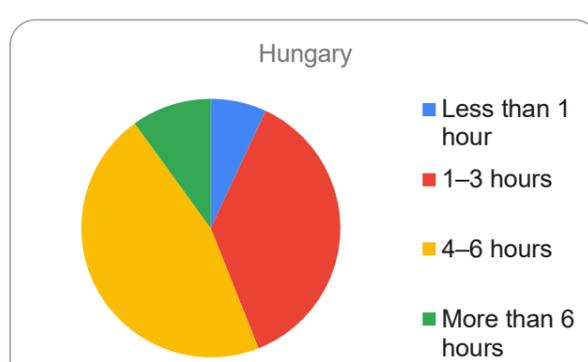
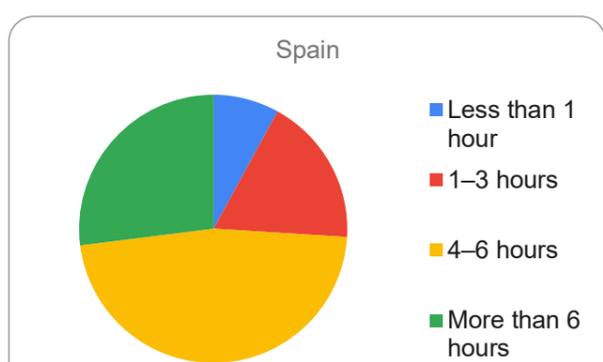


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**Questionnaire – mobile phone usage – at the beginning of the project**

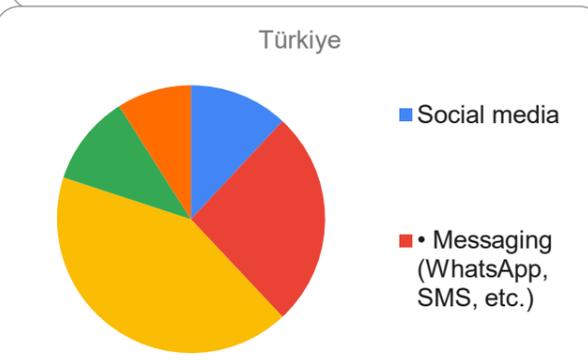
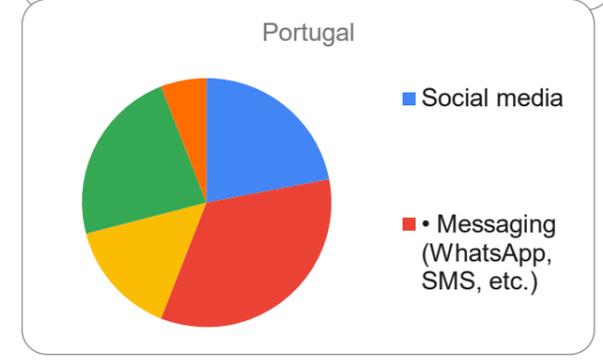
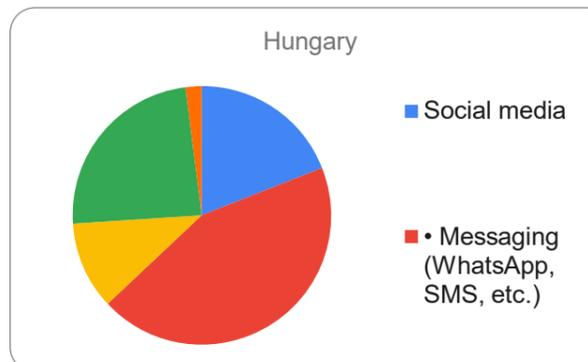
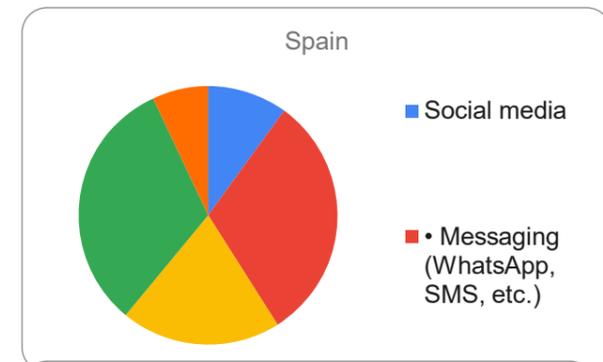
How much time do you spend on your phone daily?

	Spain	Hungary	Portugal	Türkiye
Less than 1 hour	8%	7%	7%	5%
1–3 hours	18%	37%	12%	29%
4–6 hours	47%	46%	49%	42%
More than 6 hours	27%	10%	32%	24%
	100%	100%	100%	100%



What activities do you spend the most time on when using your phone? (Check all that apply)

	Spain	Hungary	Portugal	Türkiye
Social media	10%	19%	22%	12%
• Messaging (WhatsApp, SMS, etc.)	31%	44%	34%	26%
• Gaming	20%	11%	15%	42%
• Watching videos (YouTube, Netflix, etc.)	32%	24%	23%	11%
• Studying/Research	7%	2%	6%	9%
	100%	100%	100%	100%

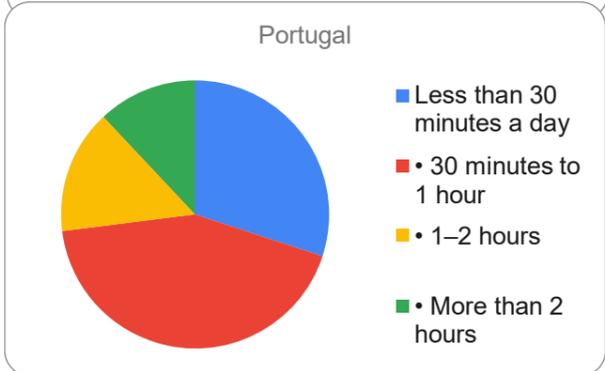
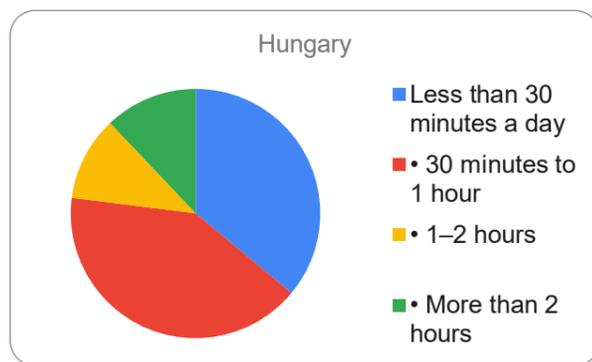
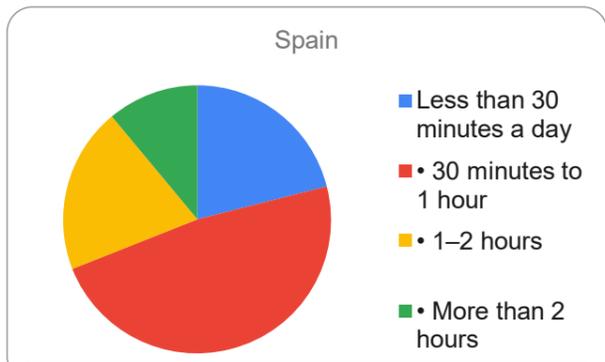


How much time do you spend studying on your phone (reading e-books, using educational apps, etc.)?

Less than 30 minutes a day

- 30 minutes to 1 hour
- 1–2 hours
- More than 2 hours

	Hungary	Portugal	Türkiye	
Less than 30 minutes a day	21%	36%	30%	12%
• 30 minutes to 1 hour	48%	41%	43%	19%
• 1–2 hours	20%	11%	15%	42%
• More than 2 hours	11%	12%	12%	27%
	100%	100%	100%	100%

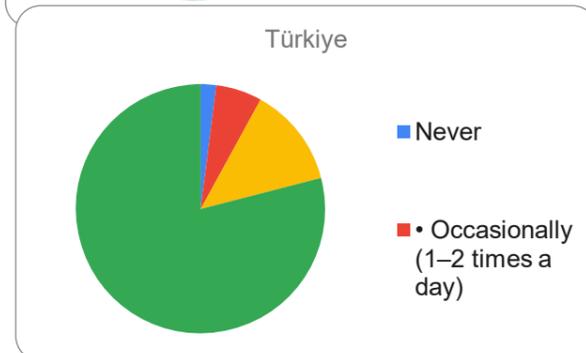
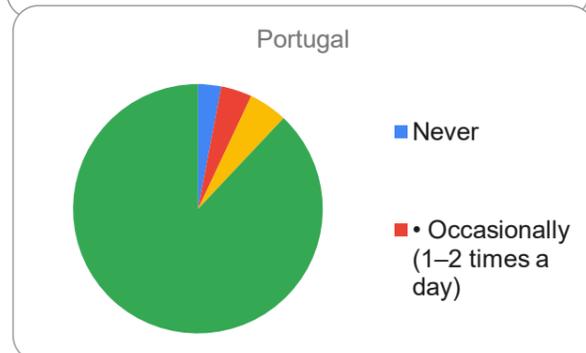
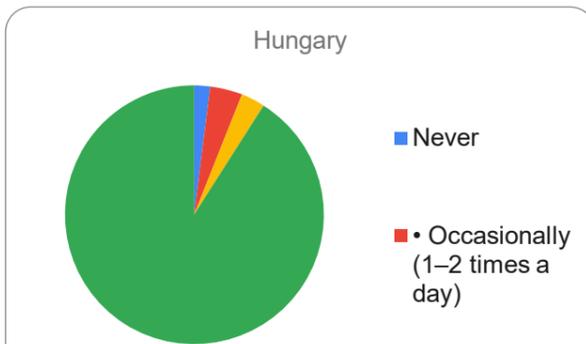
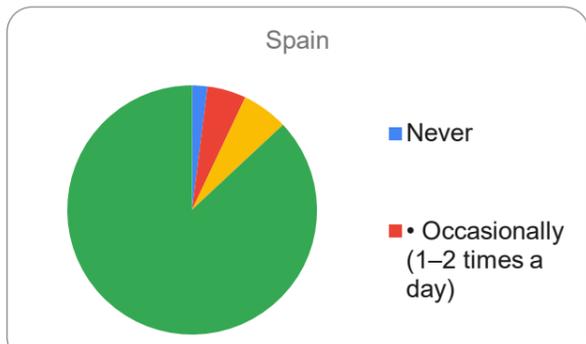


How often do you check your phone during school hours?

Never

- Occasionally (1–2 times a day)
- Frequently (3–5 times a day)
- Constantly (More than 5 times a day)

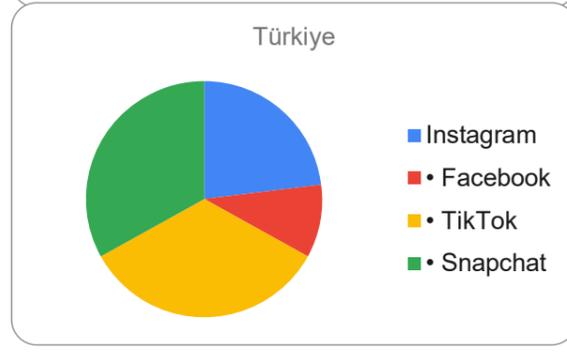
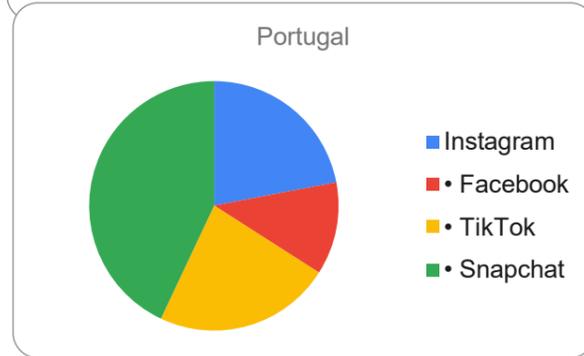
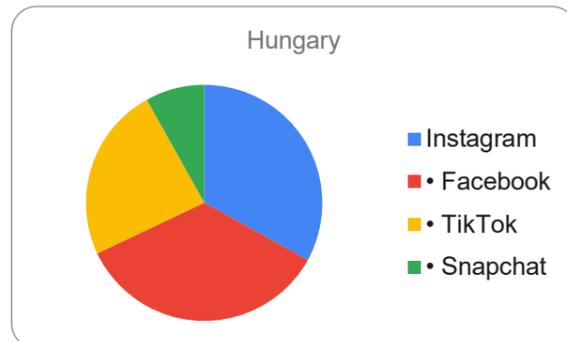
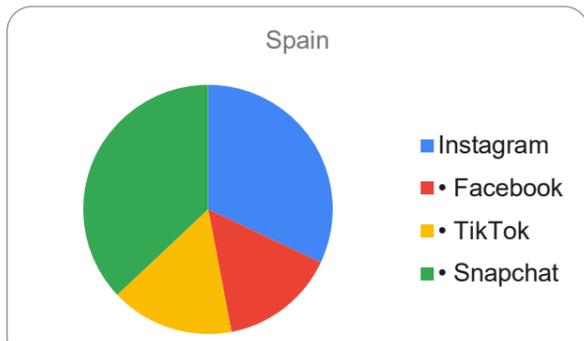
	Spain	Hungary	Portugal	Türkiye
Never	2%	2%	3%	2%
• Occasionally (1–2 times a day)	5%	4%	4%	6%
• Frequently (3–5 times a day)	6%	3%	5%	13%
• Constantly (More than 5 times a day)	87%	91%	88%	79%
	100%	100%	100%	100%



**Which social media platforms do you use the most? (Check all that apply)**

- Instagram
- Facebook
- TikTok
- Snapchat

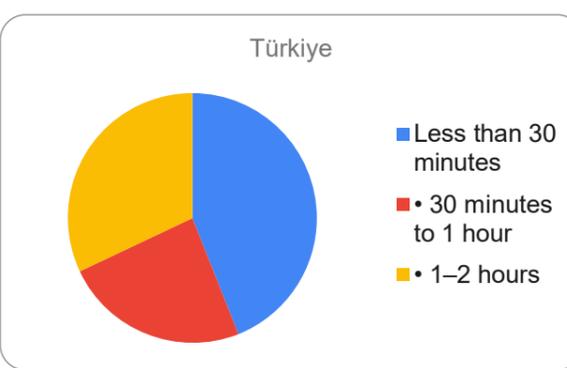
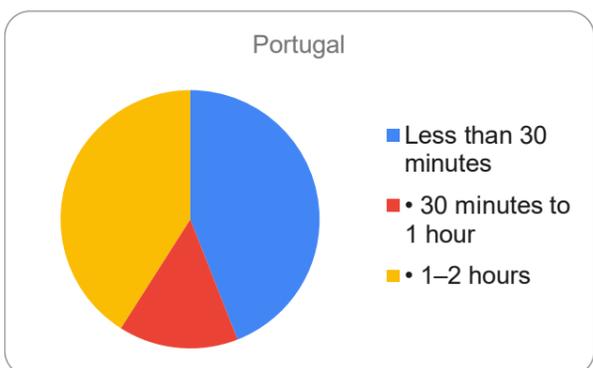
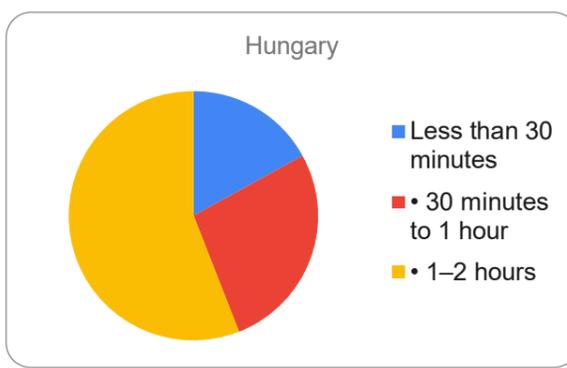
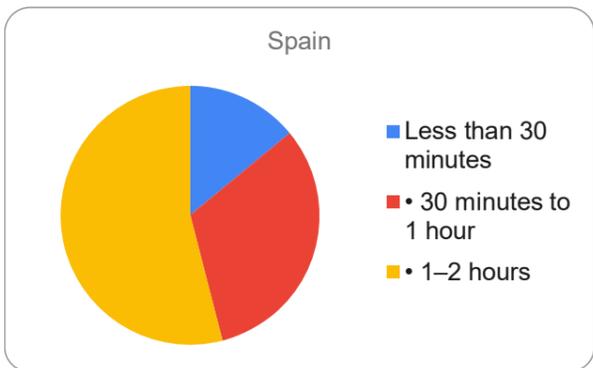
Spain	Hungary	Portugal	Türkiye
32%	33%	22%	23%
15%	35%	12%	10%
16%	24%	23%	34%
37%	8%	43%	33%
100%	100%	100%	100%



**On average, how much time do you spend on social media each day?**

- Less than 30 minutes
- 30 minutes to 1 hour
- 1–2 hours
- More than 2 hours

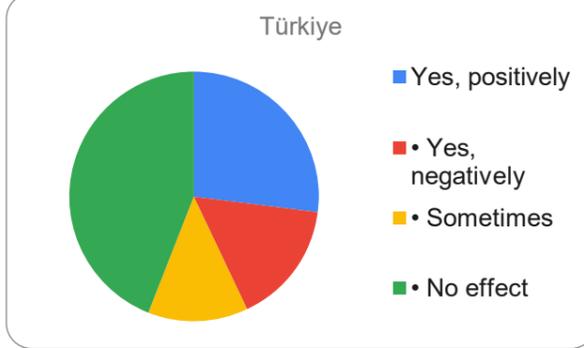
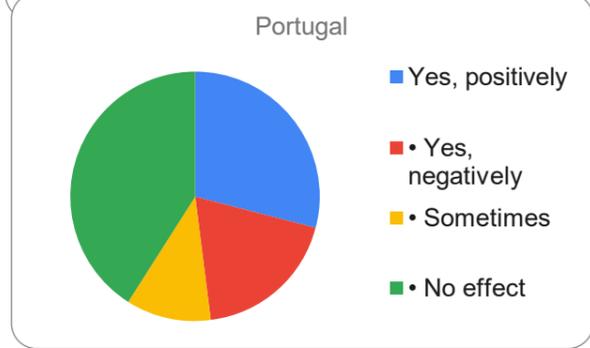
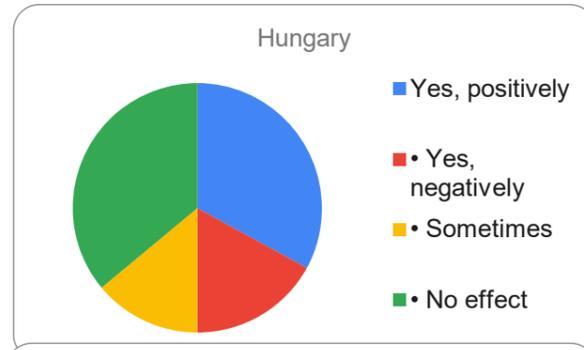
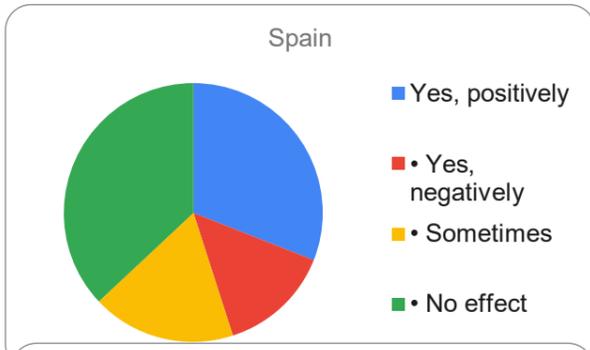
Spain	Hungary	Portugal	Türkiye
14%	17%	44%	44%
32%	27%	15%	24%
54%	56%	41%	32%
100%	100%	100%	100%



Do you feel that social media affects your mood or emotions?

- Yes, positively
- Yes, negatively
- Sometimes
- No effect

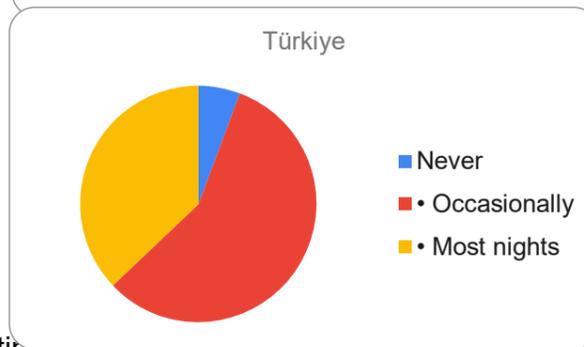
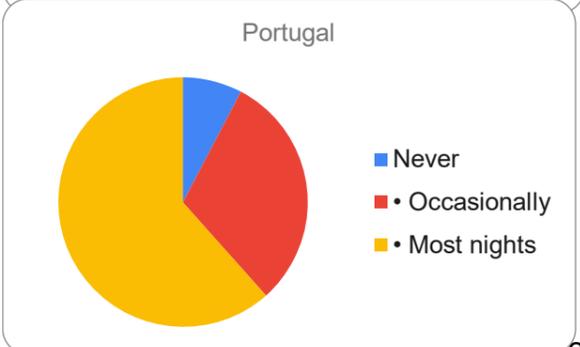
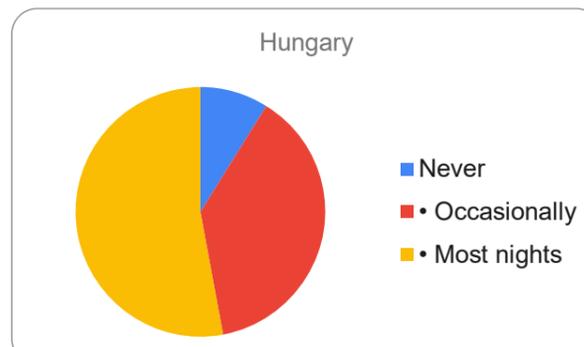
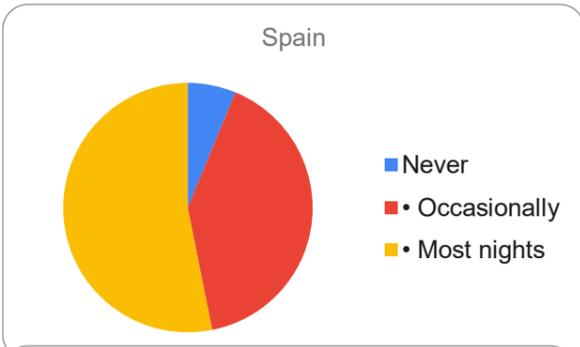
Spain	Hungary	Portugal	Türkiye
31%	33%	29%	27%
14%	17%	19%	16%
18%	14%	11%	13%
37%	36%	41%	44%
100%	100%	100%	100%



How often do you use your phone or social media right before going to bed?

- Never
- Occasionally
- Most nights
- Every night

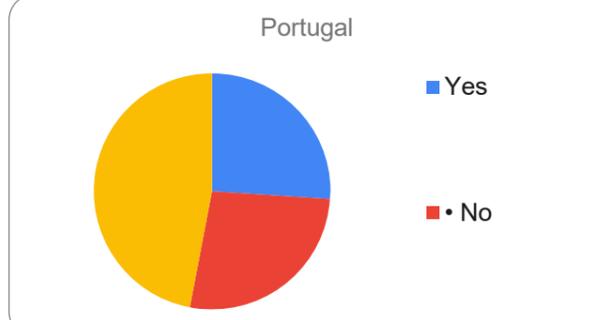
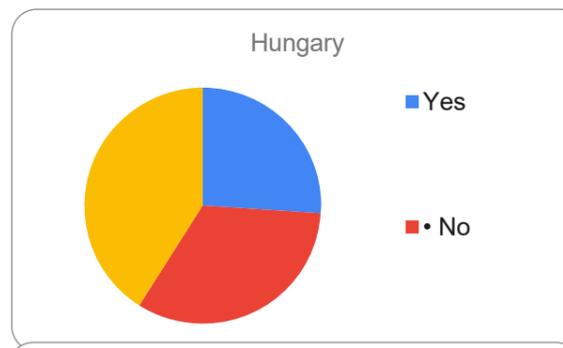
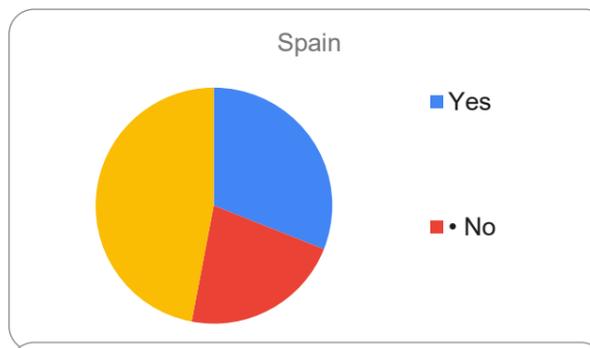
Spain	Hungary	Portugal	Türkiye
2%	3%	2%	2%
13%	13%	8%	20%
17%	18%	16%	13%
68%	66%	74%	65%
100%	100%	100%	100%



Have you ever tried to reduce the amount of time you spend on social media or your phone?

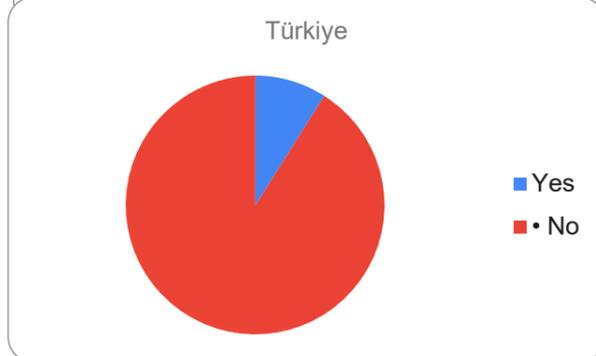
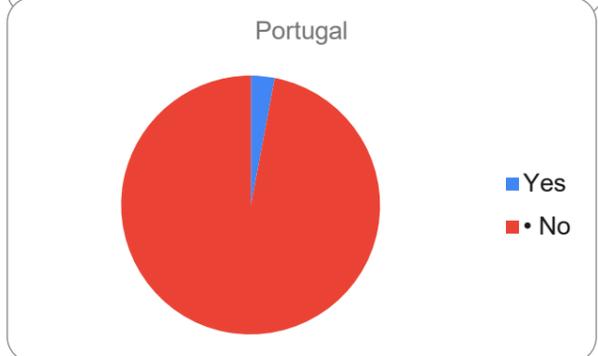
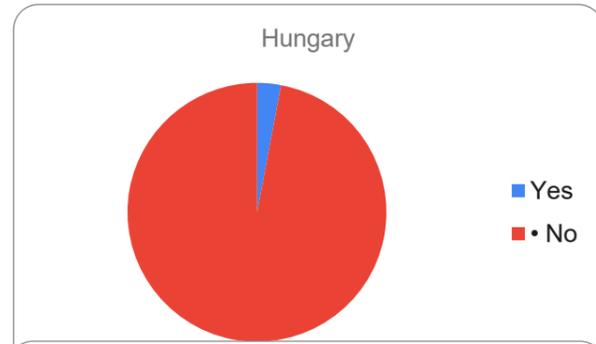
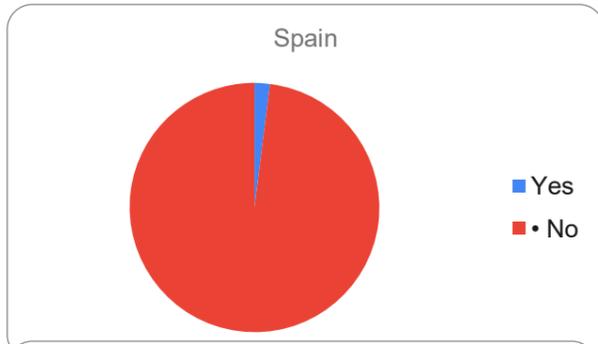
- Yes
- No
- Thought about it, but haven't tried yet

Spain	Hungary	Portugal	Türkiye
31%	26%	26%	17%
22%	33%	27%	22%
47%	41%	47%	61%
100%	100%	100%	100%



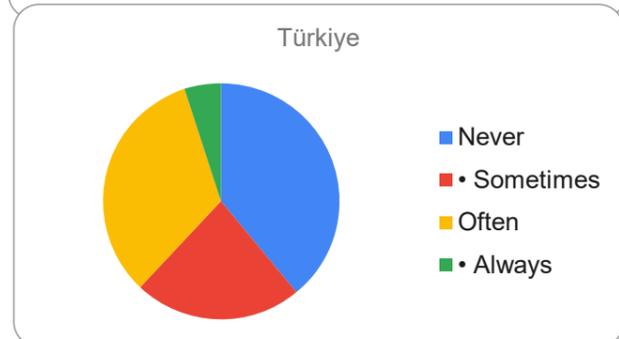
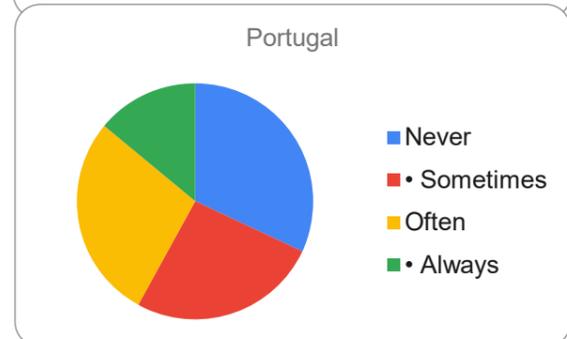
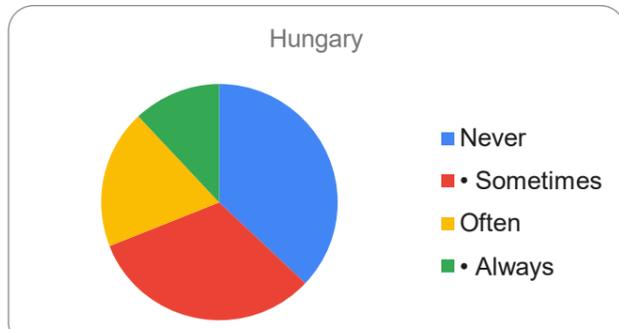
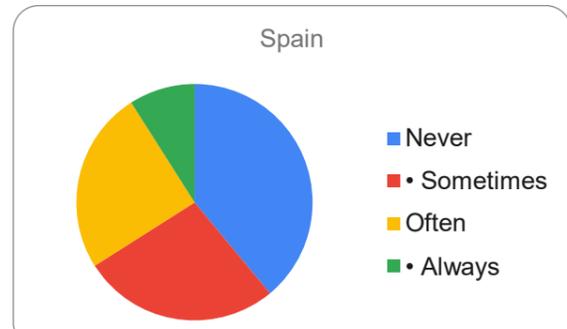
Do you use any apps or features to monitor or limit your screen time?

	Spain	Hungary	Portugal	Türkiye
Yes	2%	3%	3%	9%
No	98%	97%	97%	91%
	100%	100%	100%	100%



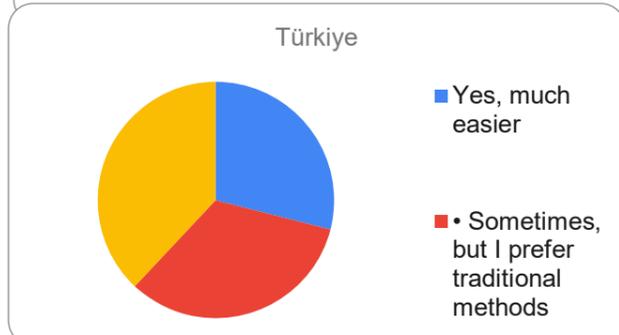
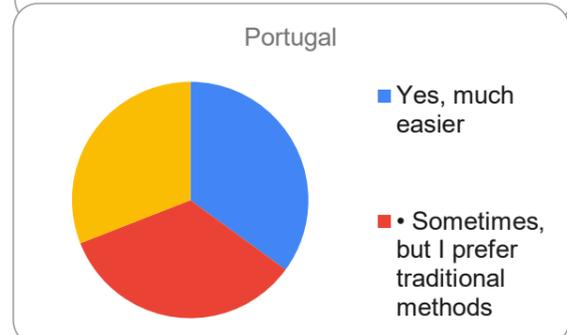
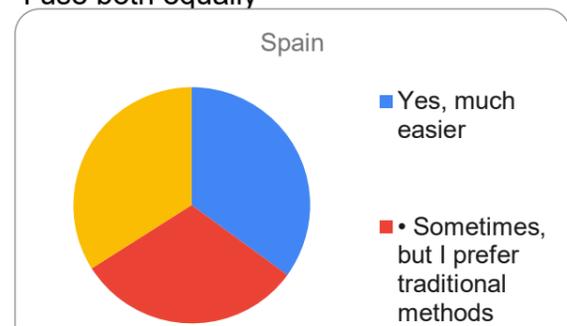
How often do you feel distracted by your phone while studying or doing homework?

	Spain	Hungary	Portugal	Türkiye
Never	39%	37%	32%	39%
Sometimes	27%	32%	26%	23%
Often	25%	19%	28%	33%
Always	9%	12%	14%	5%
	100%	100%	100%	100%



Do you find it easier to study using your phone (e-books, educational apps, etc.) compared to traditional methods?

	Spain	Hungary	Portugal	Türkiye
Yes, much easier	35%	30%	35%	29%
Sometimes, but I prefer traditional methods	31%	31%	34%	33%
No, I prefer traditional methods	34%	39%	31%	38%
I use both equally				
	100%	100%	100%	100%



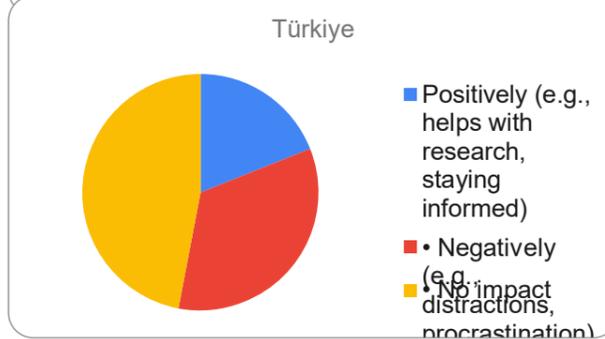
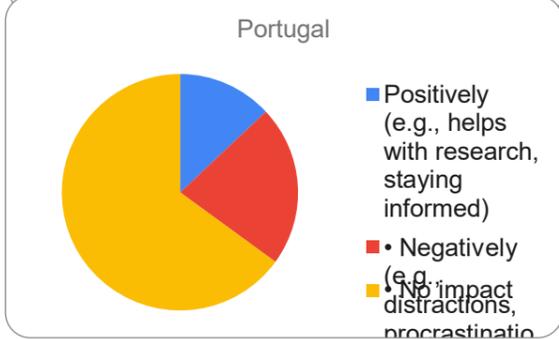
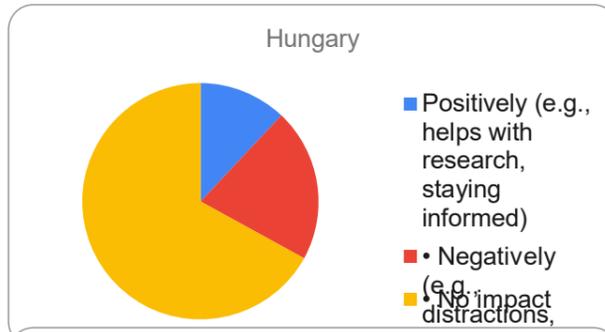
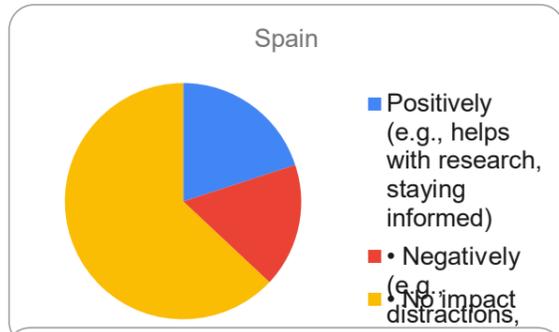
In what ways do you think social media has impacted your academic performance? **Spain**

Positively (e.g., helps with research, staying informed)

• Negatively (e.g., distractions, procrastination)

• No impact

	<b>Spain</b>	<b>Hungary</b>	<b>Portugal</b>	<b>Türkiye</b>
Positively (e.g., helps with research, staying informed)	20%	12%	13%	19%
• Negatively (e.g., distractions, procrastination)	17%	21%	22%	34%
• No impact	63%	67%	65%	47%
	100%	100%	100%	100%



How do you prefer to communicate with your friends? **Spain**

Face-to-face

• Social media

• Messaging apps

• Phone calls

**Spain**

**Hungary**

**Portugal**

**Türkiye**

	<b>Spain</b>	<b>Hungary</b>	<b>Portugal</b>	<b>Türkiye</b>
Face-to-face	19%	14%	21%	35%
• Social media	19%	17%	20%	17%
• Messaging apps	48%	51%	48%	16%
• Phone calls	14%	18%	11%	32%
	100%	100%	100%	100%

