



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

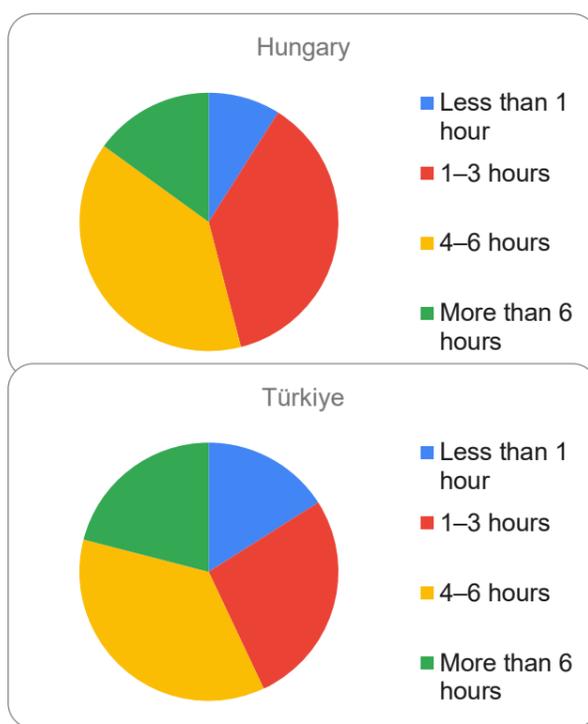
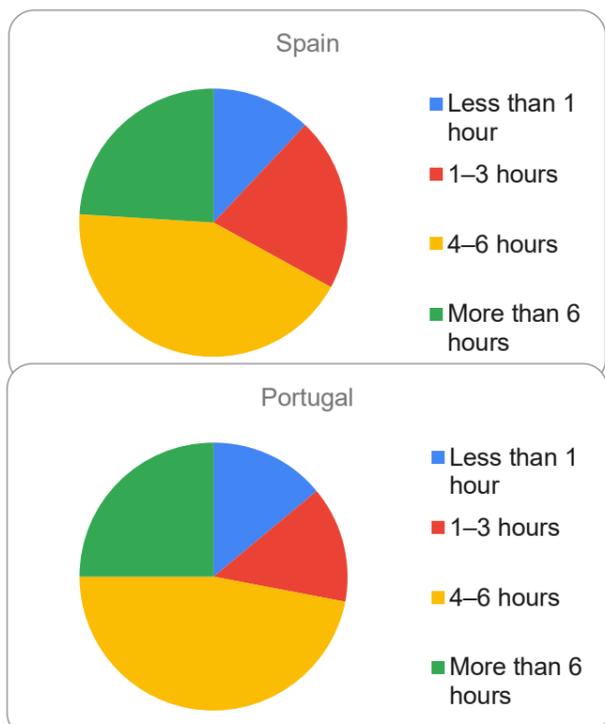


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**Questionnaire – mobile phone usage – at the end of the project**

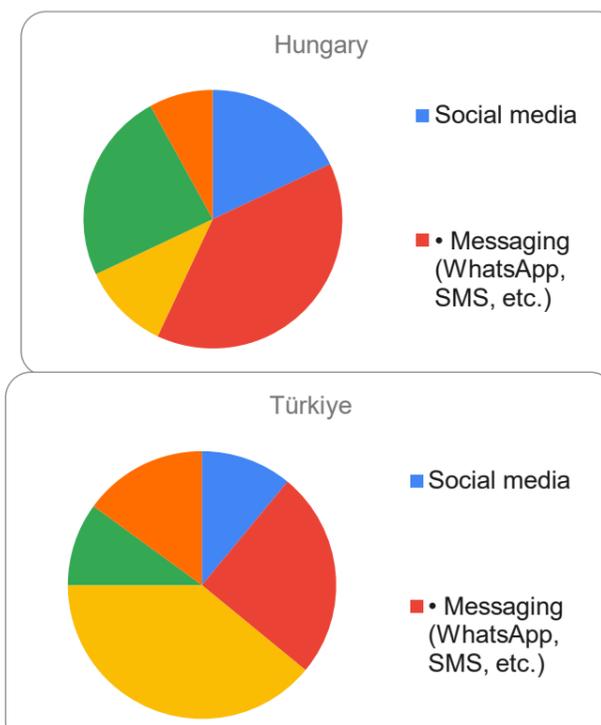
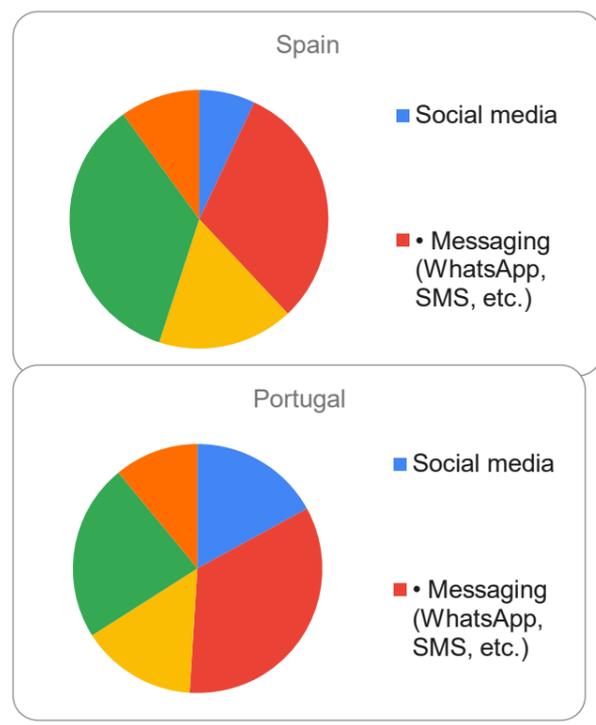
**How much time do you spend on your phone daily?**

	Spain	Hungary	Portugal	Türkiye
Less than 1 hour	12%	9%	14%	16%
1–3 hours	21%	37%	14%	27%
4–6 hours	43%	39%	47%	36%
More than 6 hours	24%	15%	25%	21%
	100%	100%	100%	100%



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

	Spain	Hungary	Portugal	Türkiye
Social media	7%	18%	17%	11%
• Messaging (WhatsApp, SMS, etc.)	31%	39%	34%	25%
• Gaming	17%	11%	15%	39%
• Watching videos (YouTube, Netflix, etc.)	35%	24%	23%	10%
• Studying/Research	10%	8%	11%	15%
	100%	100%	100%	100%



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

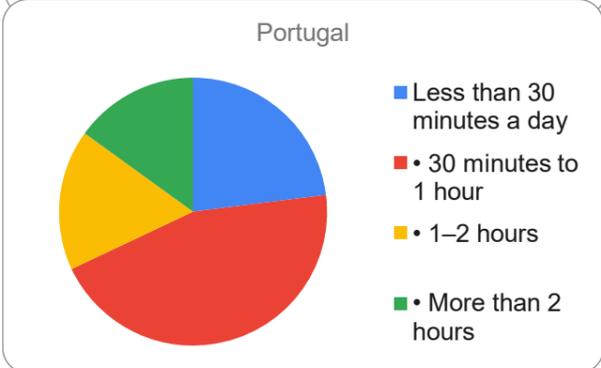
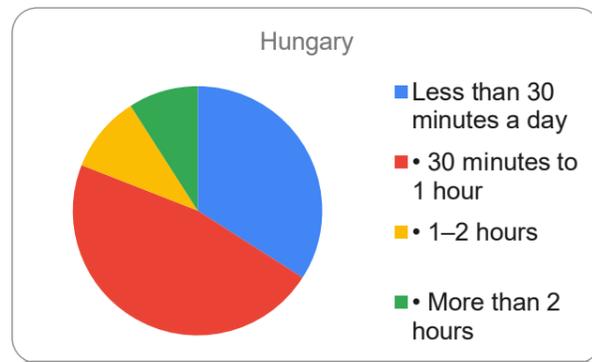
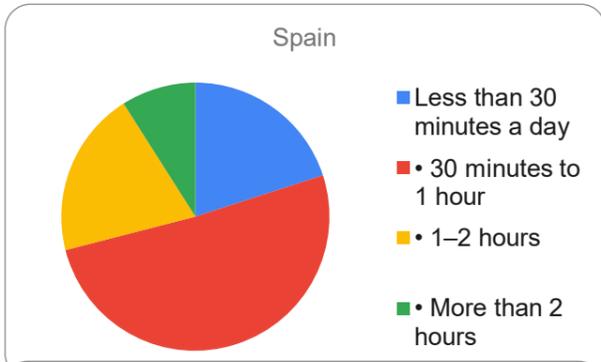
Less than 30 minutes a day

• 30 minutes to 1 hour

• 1–2 hours

• More than 2 hours

	Spain	Hungary	Portugal	Türkiye
Less than 30 minutes a day	20%	34%	23%	25%
• 30 minutes to 1 hour	51%	47%	45%	19%
• 1–2 hours	20%	10%	17%	32%
• More than 2 hours	9%	9%	15%	24%
	100%	100%	100%	100%



How often do you check your phone during school hours?

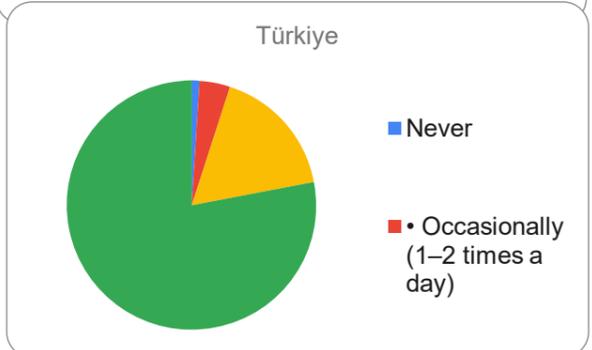
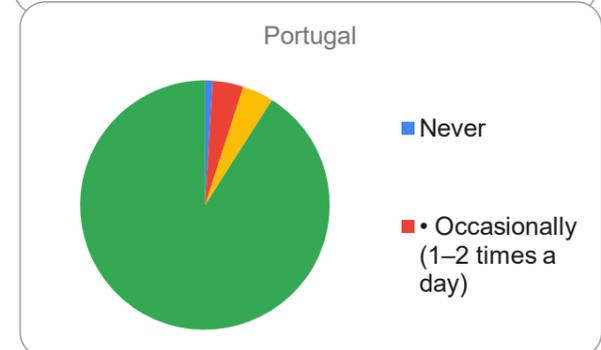
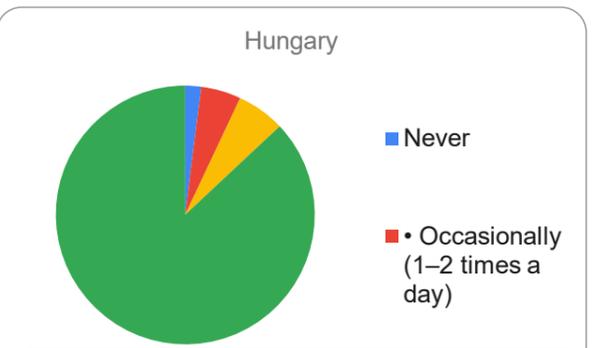
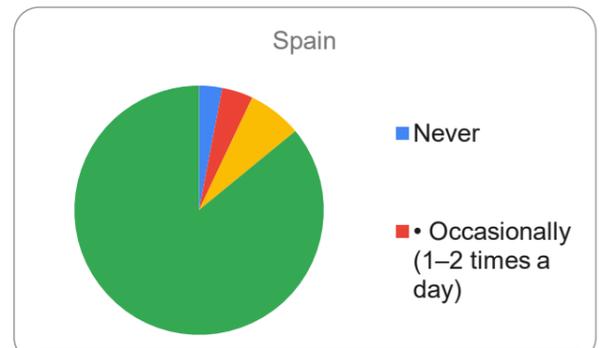
Never

• Occasionally (1–2 times a day)

• Frequently (3–5 times a day)

• Constantly (More than 5 times a day)

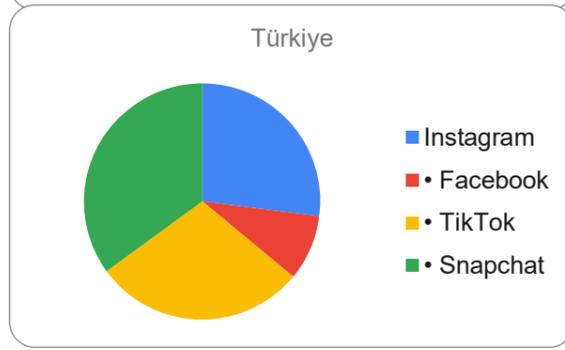
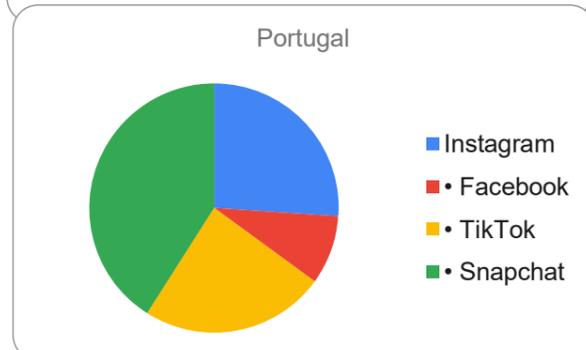
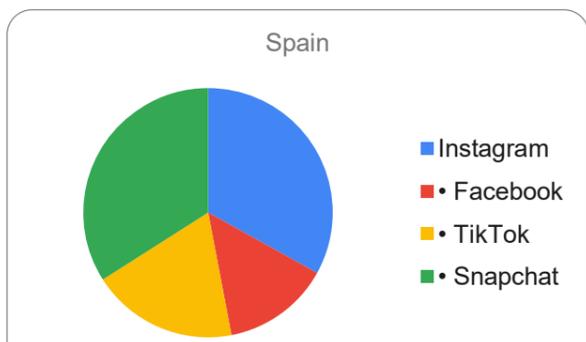
	Spain	Hungary	Portugal	Türkiye
Never	3%	2%	1%	1%
• Occasionally (1–2 times a day)	4%	5%	4%	4%
• Frequently (3–5 times a day)	7%	6%	4%	17%
• Constantly (More than 5 times a day)	86%	87%	91%	78%
	100%	100%	100%	100%



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

- Instagram
- Facebook
- TikTok
- Snapchat

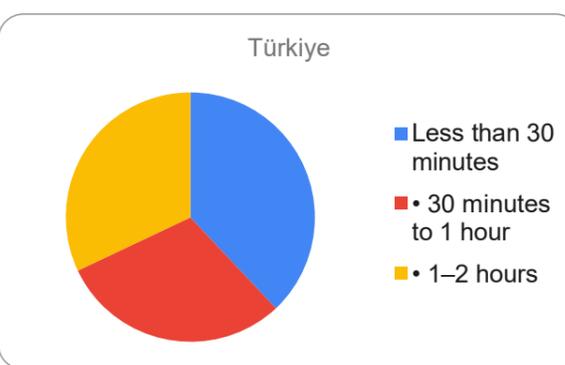
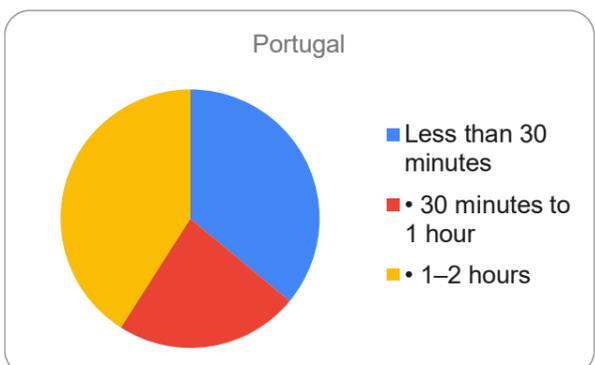
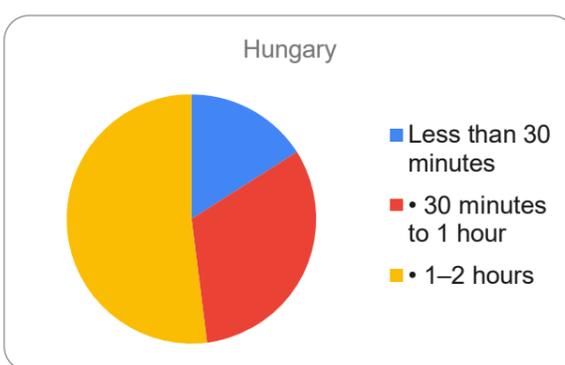
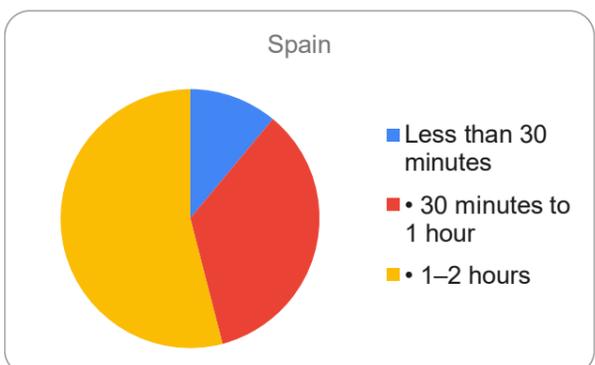
Spain	Hungary	Portugal	Türkiye
33%	32%	26%	27%
14%	37%	9%	9%
19%	22%	24%	29%
34%	9%	41%	35%
100%	100%	100%	100%



**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

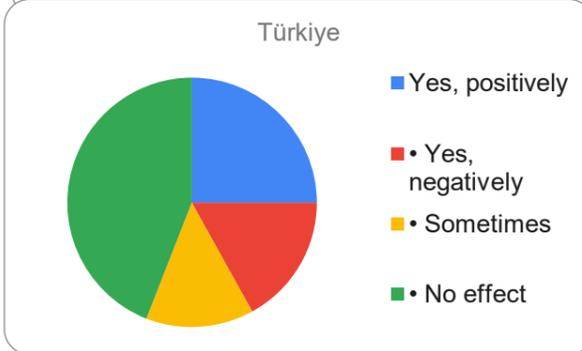
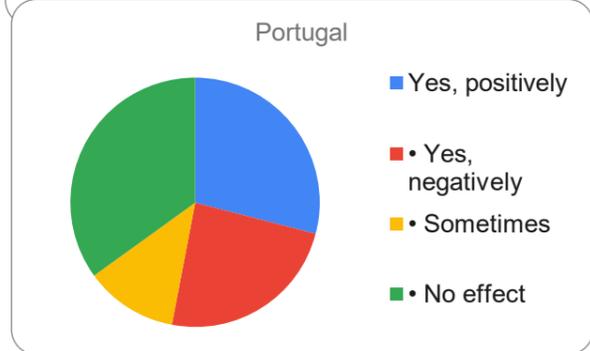
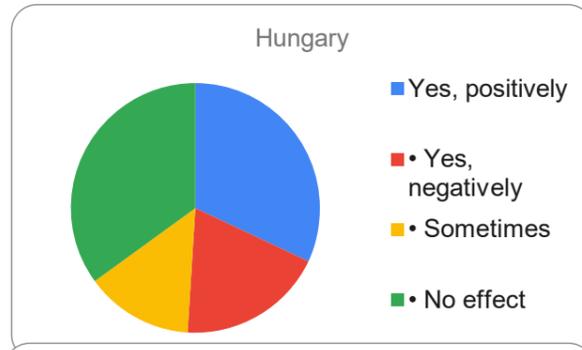
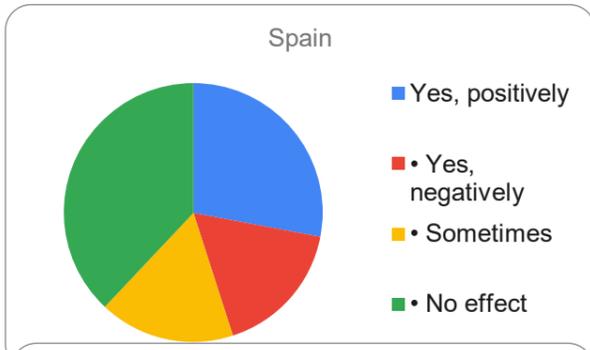
Spain	Hungary	Portugal	Türkiye
11%	16%	36%	38%
35%	32%	23%	30%
54%	52%	41%	32%
100%	100%	100%	100%



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

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

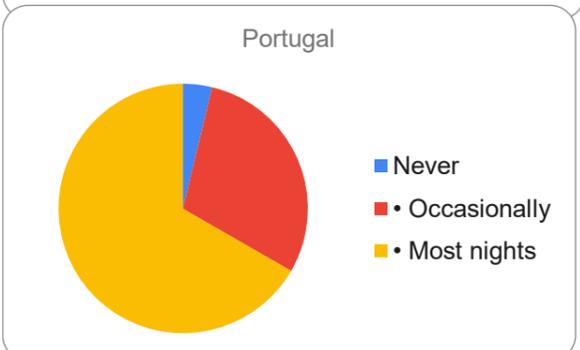
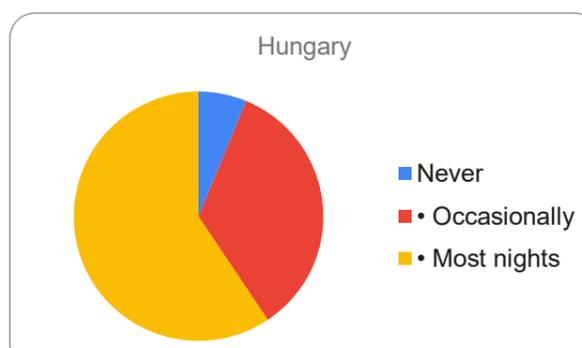
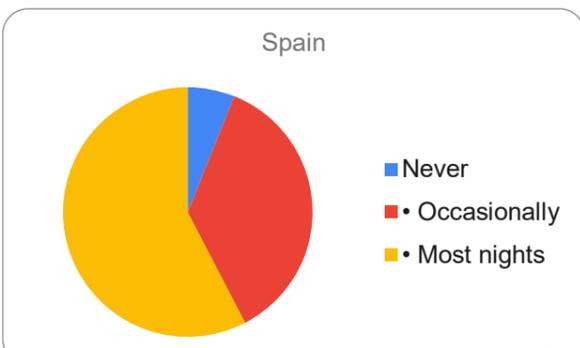
Spain	Hungary	Portugal	Türkiye
28%	32%	29%	25%
17%	19%	24%	17%
17%	14%	12%	14%
38%	35%	35%	44%
100%	100%	100%	100%



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

- Never
- Occasionally
- Most nights
- Every night

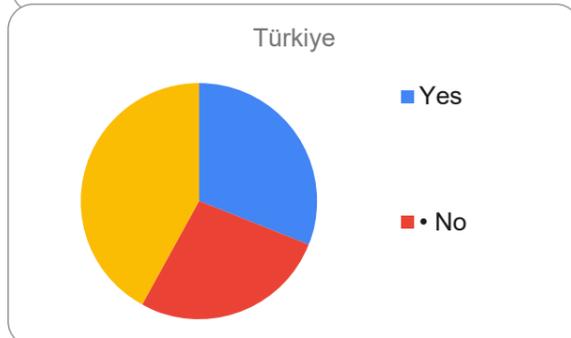
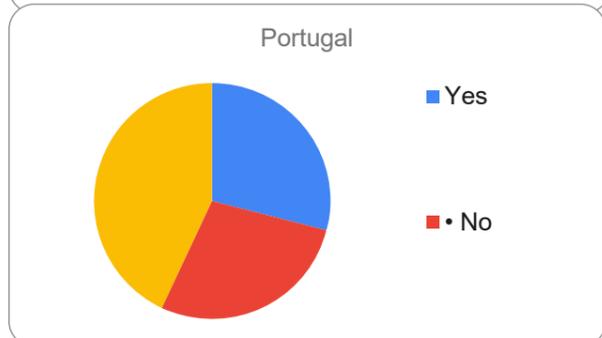
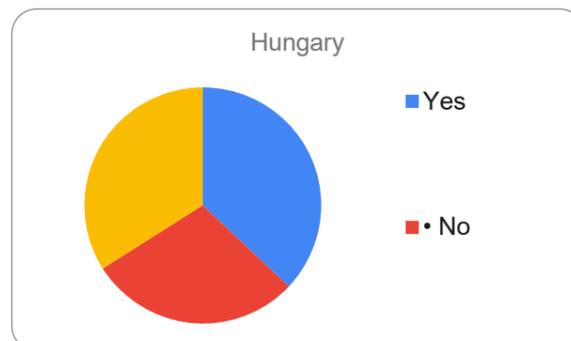
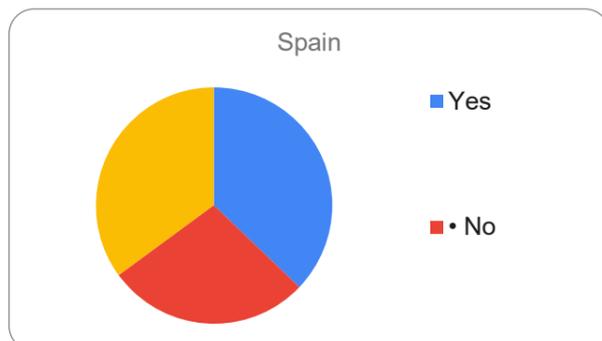
Spain	Hungary	Portugal	Türkiye
2%	2%	1%	3%
12%	11%	8%	21%
19%	19%	18%	12%
67%	68%	73%	64%
100%	100%	100%	100%



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

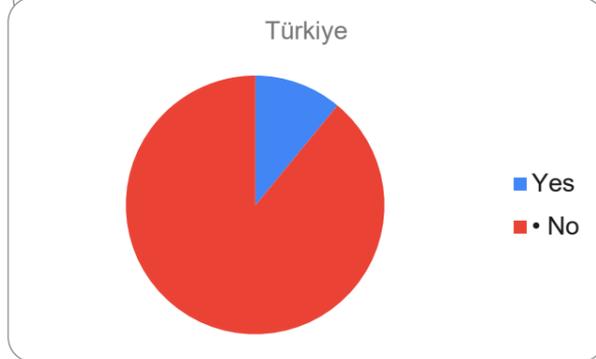
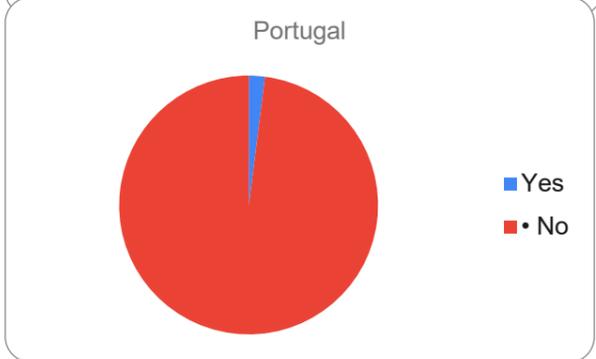
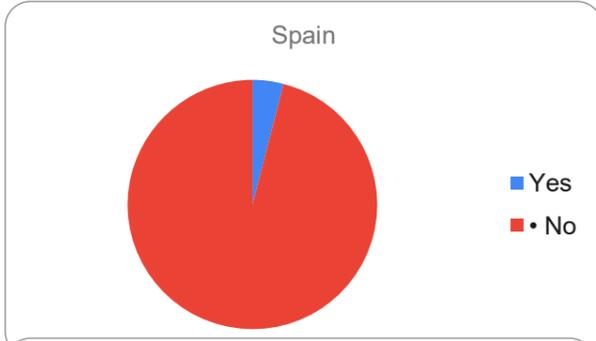
- Yes
- No
- Thought about it, but haven't tried yet

Spain	Hungary	Portugal	Türkiye
36%	37%	29%	31%
27%	29%	28%	27%
34%	34%	43%	42%
97%	100%	100%	100%



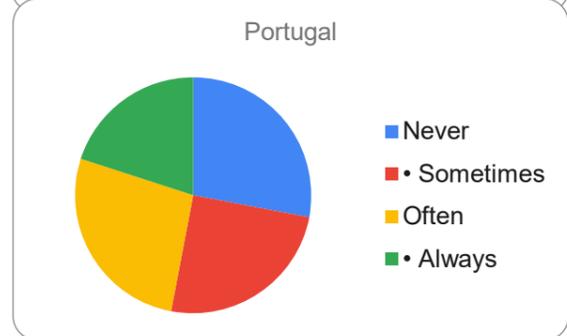
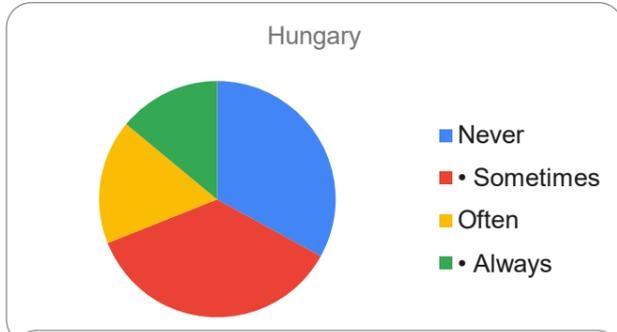
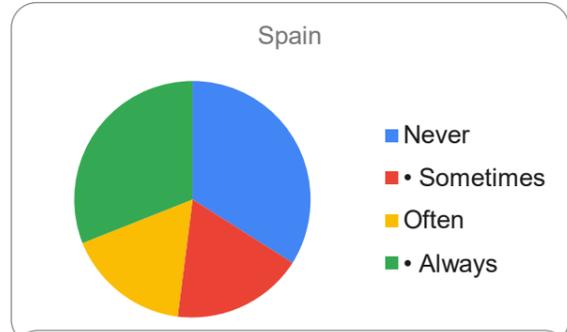
Do you use any apps or features to monitor or limit your screen time?

	Spain	Hungary	Portugal	Türkiye
Yes	4%	3%	2%	11%
No	96%	97%	98%	89%
	100%	100%	100%	100%



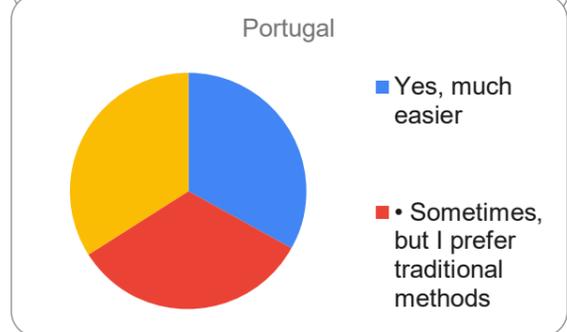
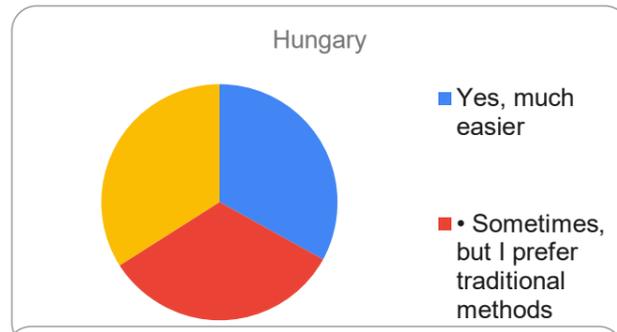
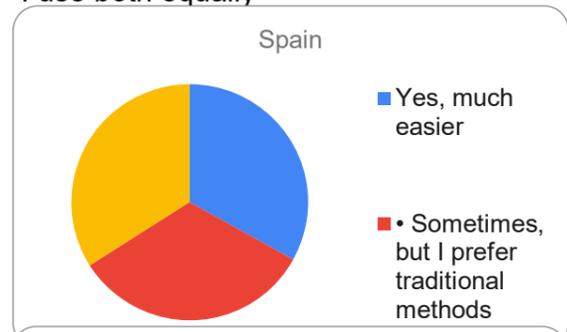
How often do you feel distracted by your phone while studying or doing homework?

	Spain	Hungary	Portugal	Türkiye
Never	34%	33%	28%	37%
Sometimes	18%	36%	25%	24%
Often	17%	17%	27%	24%
Always	31%	14%	20%	15%
	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	33%	33%	33%	33%
Sometimes, but I prefer traditional methods	33%	33%	33%	33%
No, I prefer traditional methods	34%	34%	34%	34%
I use both equally	100%	100%	100%	100%



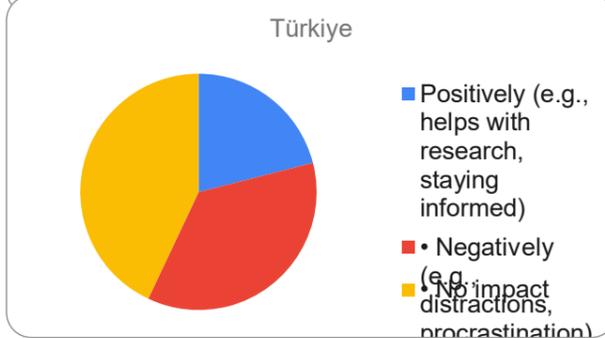
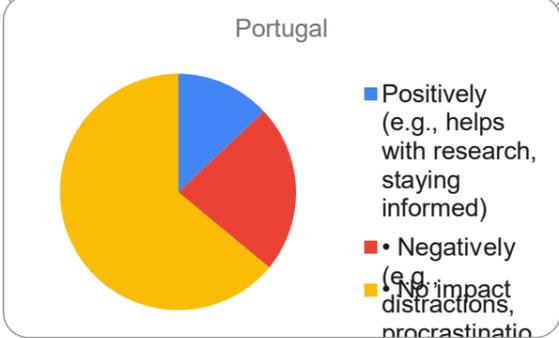
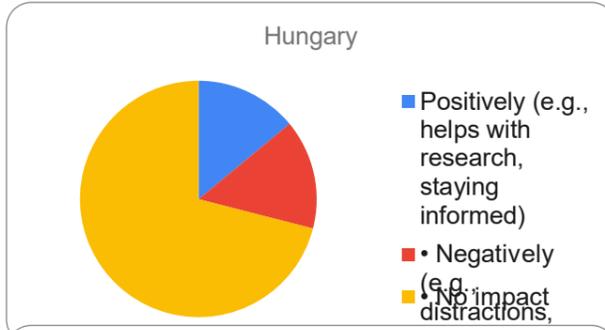
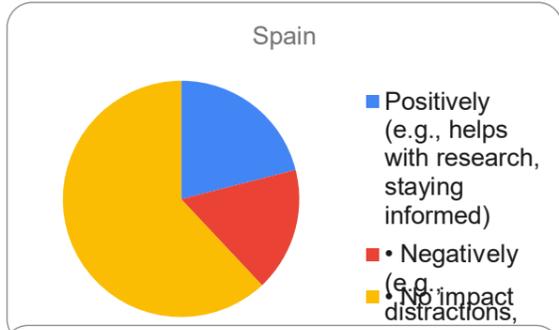
In what ways do you think social media has impacted your academic performance? **Spain**

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)	21%	14%	13%	21%
• Negatively (e.g., distractions, procrastination)	17%	15%	23%	36%
• No impact	62%	71%	64%	43%
	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	20%	15%	22%	36%
• Social media	17%	16%	19%	16%
• Messaging apps	47%	50%	47%	15%
• Phone calls	16%	19%	12%	33%
	100%	100%	100%	100%

