



„LOG IN BACK THE REAL LIFE”

Project ID: 2022-1-HU01-KA220-SCH-000087324



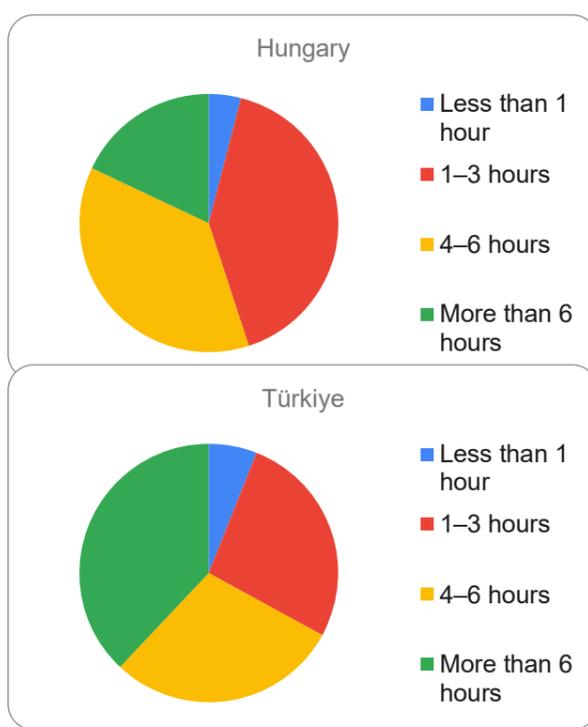
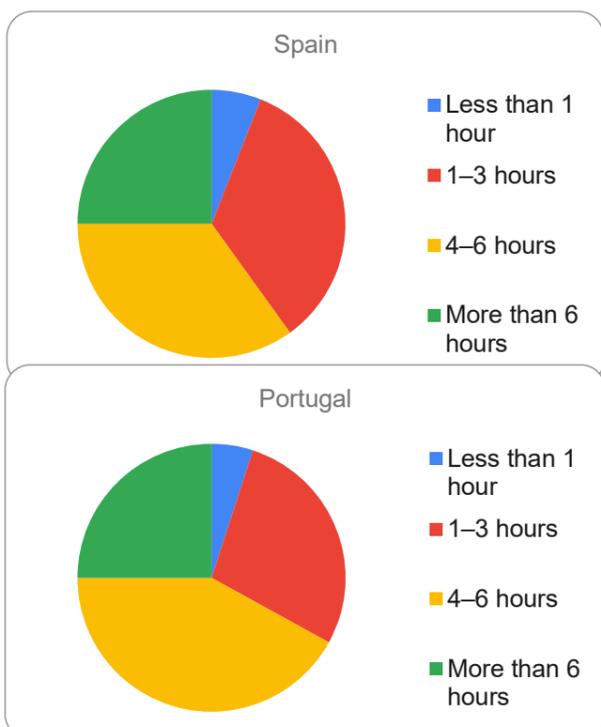
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## Questionnaire - Mobile phone usage-for participants - at the beginning of the project

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

- Less than 1 hour
- 1–3 hours
- 4–6 hours
- More than 6 hours

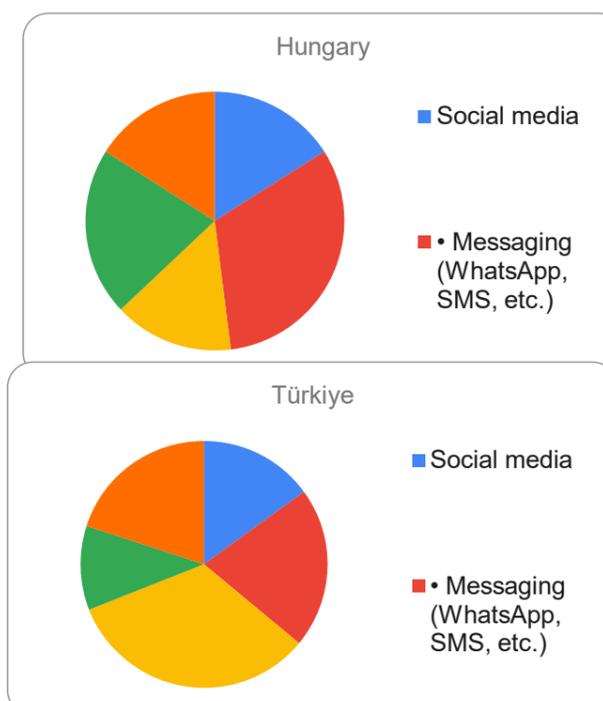
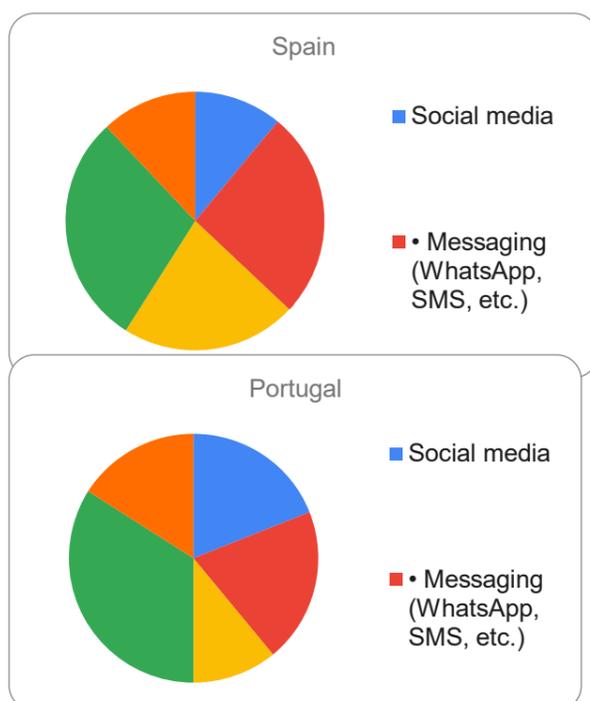
	Spain	Hungary	Portugal	Türkiye
Less than 1 hour	6%	4%	5%	6%
1–3 hours	34%	41%	28%	27%
4–6 hours	35%	37%	42%	29%
More than 6 hours	25%	18%	25%	38%



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

- Social media
- Messaging (WhatsApp, SMS, etc.)
- Gaming
- Watching videos (YouTube, Netflix, etc.)
- Studying/Research

	Spain	Hungary	Portugal	Türkiye
Social media	11%	16%	19%	15%
• Messaging (WhatsApp, SMS, etc.)	26%	32%	20%	21%
• Gaming	22%	15%	11%	33%
• Watching videos (YouTube, Netflix, etc.)	29%	21%	34%	11%
• Studying/Research	12%	16%	16%	20%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

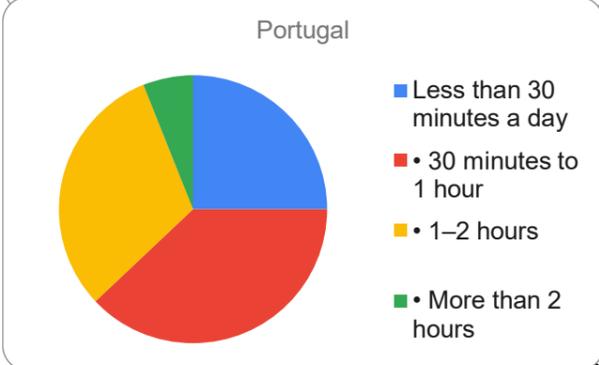
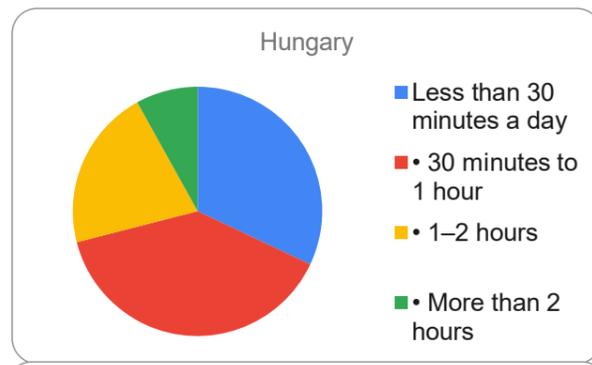
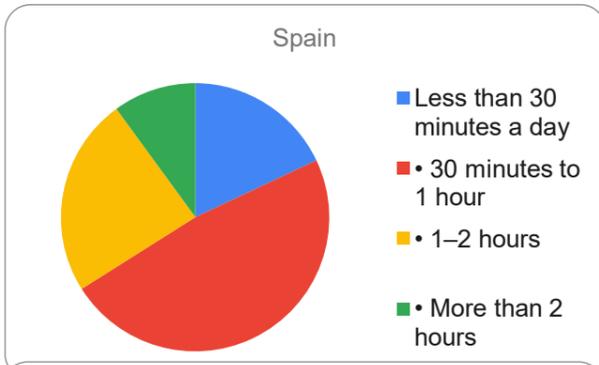


How much time do you spend studying on your phone (reading e-books, using educational apps, etc.)

Less than 30 minutes a day

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

Spain	Hungary	Portugal	Türkiye
18%	32%	25%	17%
48%	39%	38%	27%
24%	21%	31%	41%
10%	8%	6%	15%
100%	100%	100%	100%

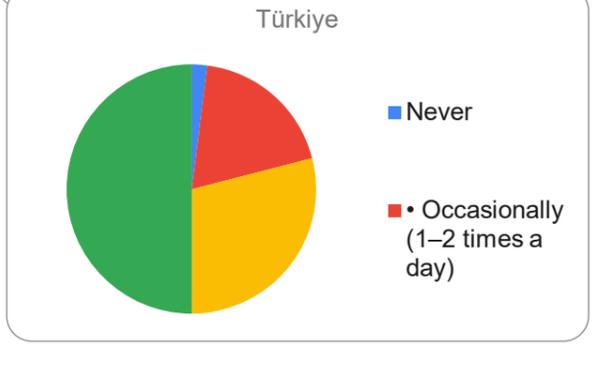
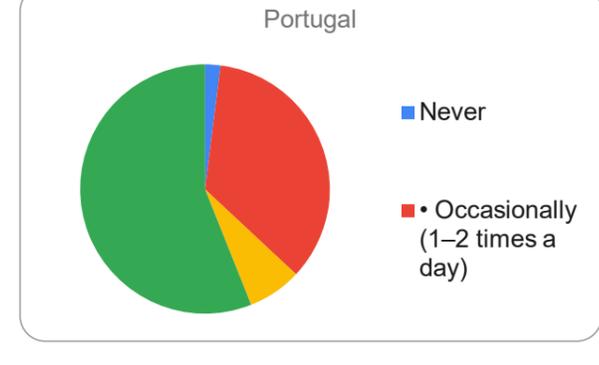
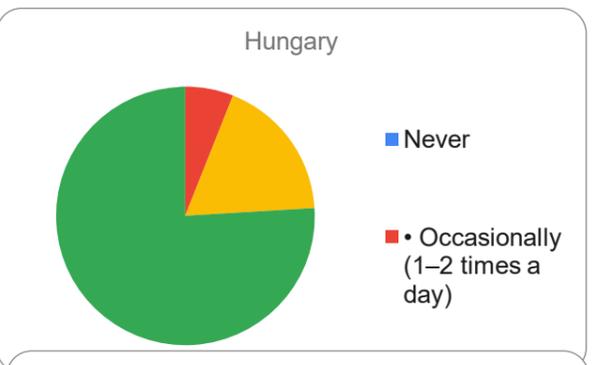
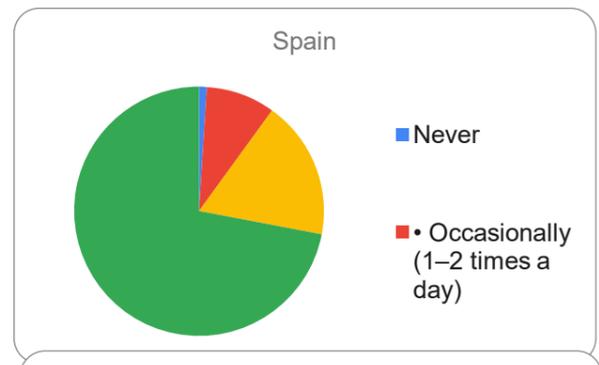


How often do you check your phone during school hours:

Never

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

Spain	Hungary	Portugal	Türkiye
1%	0%	2%	2%
9%	6%	35%	19%
18%	18%	7%	29%
72%	76%	56%	50%
100%	100%	100%	100%

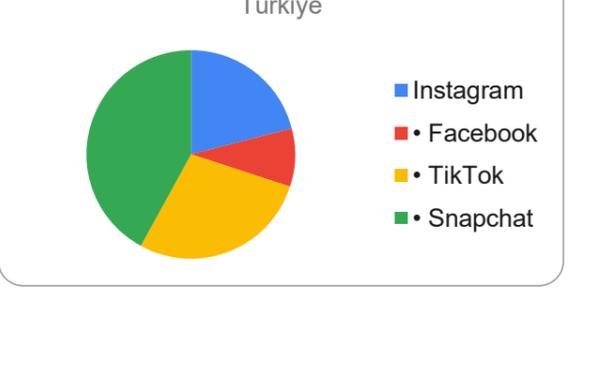
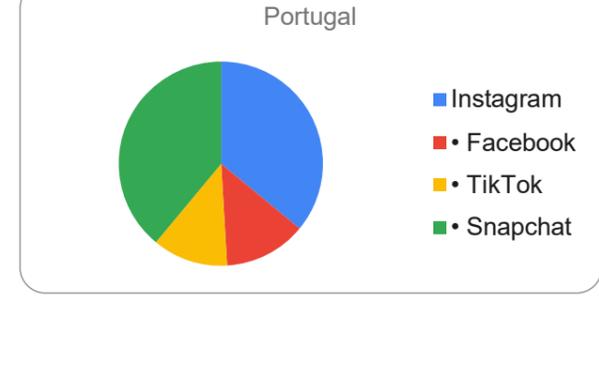
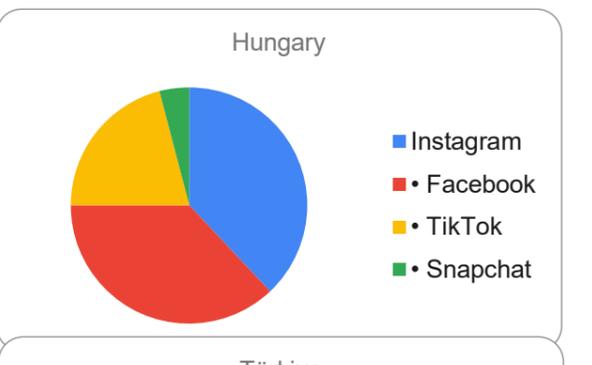
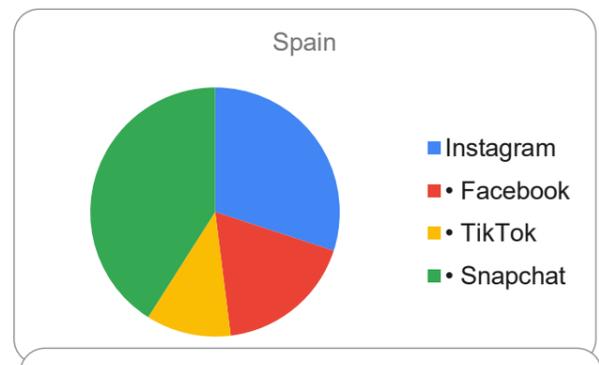


Which social media platforms do you use the most? (Check all that apply)

Instagram

- Facebook
- TikTok
- Snapchat

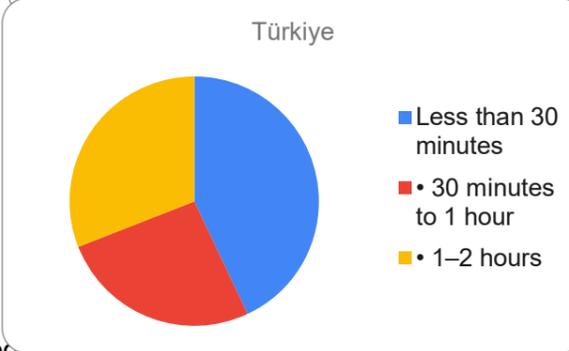
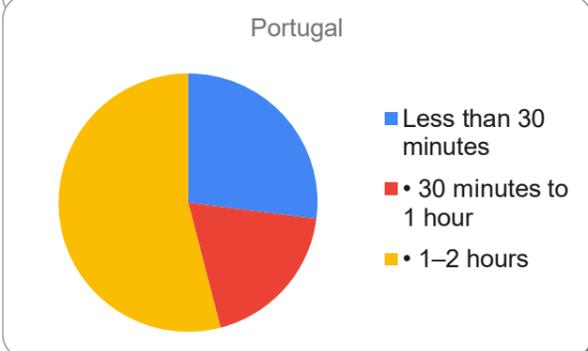
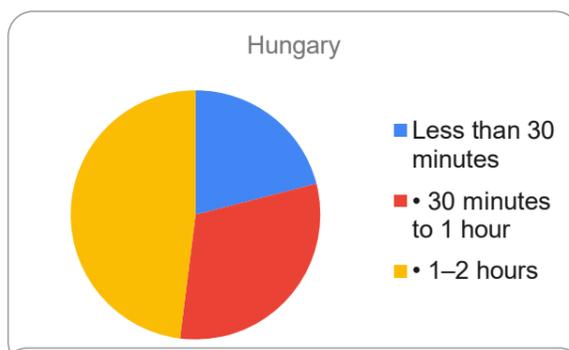
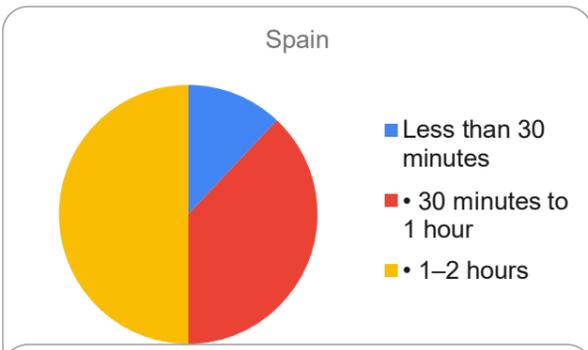
Spain	Hungary	Portugal	Türkiye
30%	38%	36%	21%
18%	37%	13%	9%
11%	21%	12%	28%
41%	4%	39%	42%
100%	100%	100%	100%



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

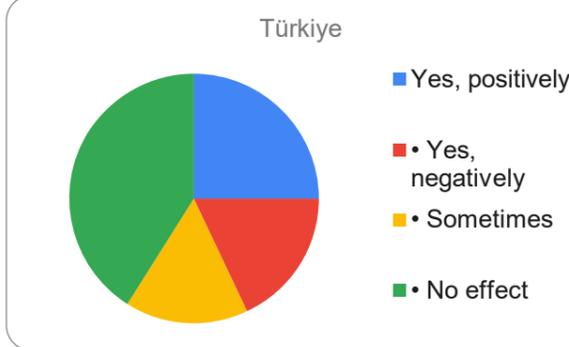
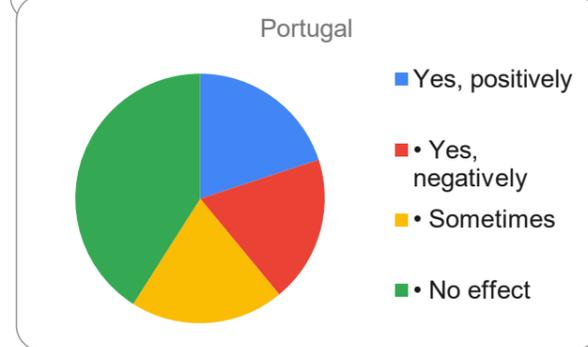
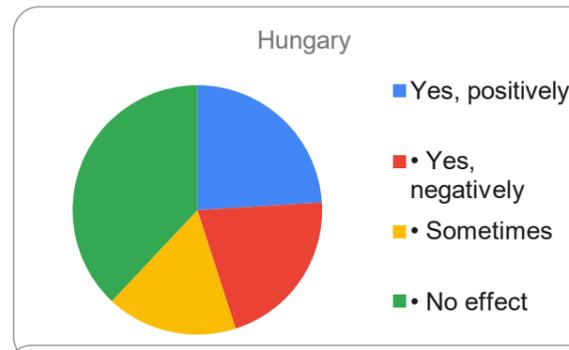
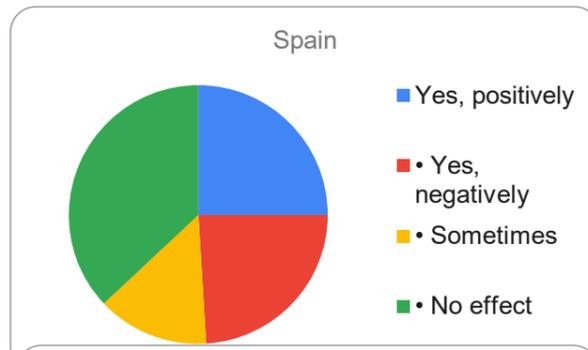
- Less than 30 minutes
- 30 minutes to 1 hour
- 1–2 hours
- More than 2 hours

Spain	Hungary	Portugal	Türkiye
12%	21%	27%	43%
38%	31%	19%	26%
50%	48%	54%	31%
100%	100%	100%	100%



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

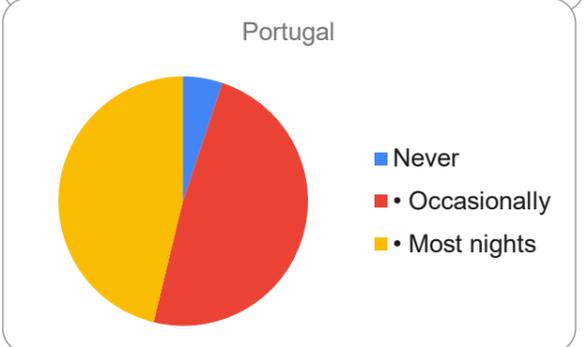
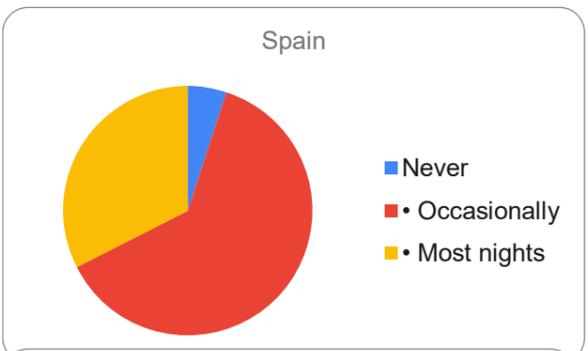
Spain	Hungary	Portugal	Türkiye
25%	24%	20%	25%
24%	21%	19%	18%
14%	17%	20%	16%
37%	38%	41%	41%
100%	100%	100%	100%



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

- Never
- Occasionally
- Most nights
- Every night

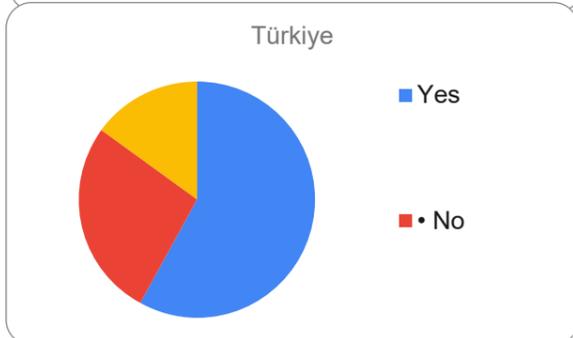
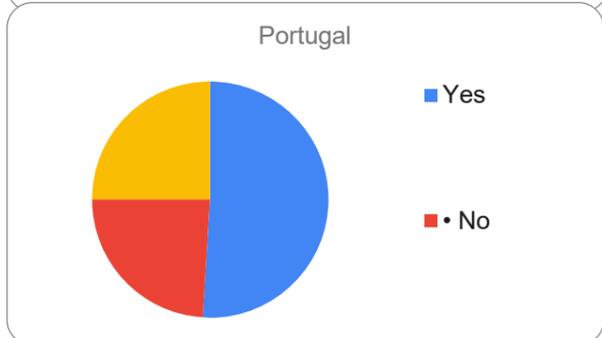
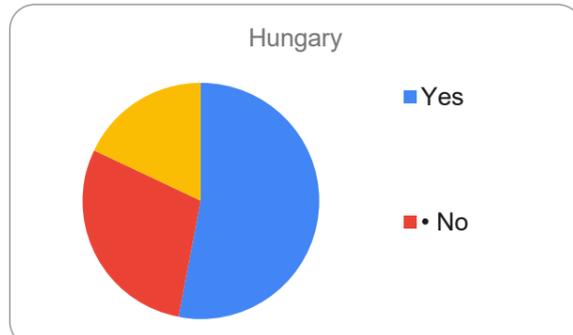
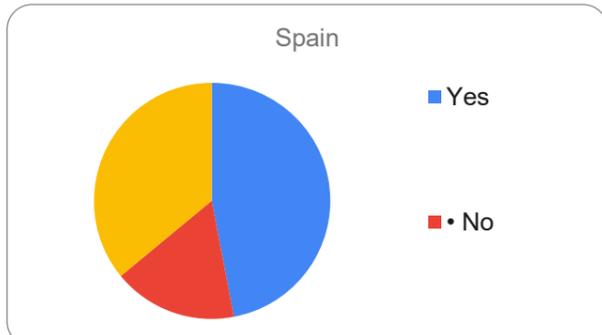
Spain	Hungary	Portugal	Türkiye
2%	1%	2%	5%
25%	21%	19%	28%
13%	12%	18%	8%
60%	66%	61%	59%
100%	100%	100%	100%



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

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

	Hungary	Portugal	Türkiye
Yes	47%	53%	51%
No	17%	29%	27%
Thought about it, but haven't tried yet	36%	18%	25%
	100%	100%	100%

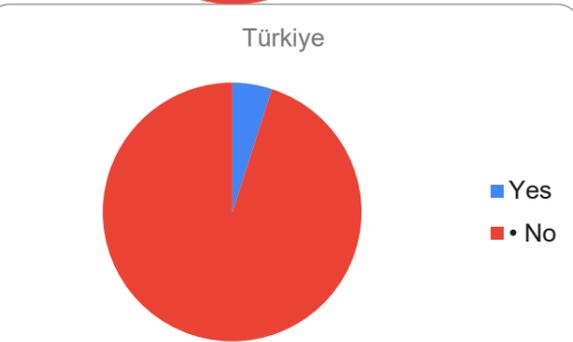
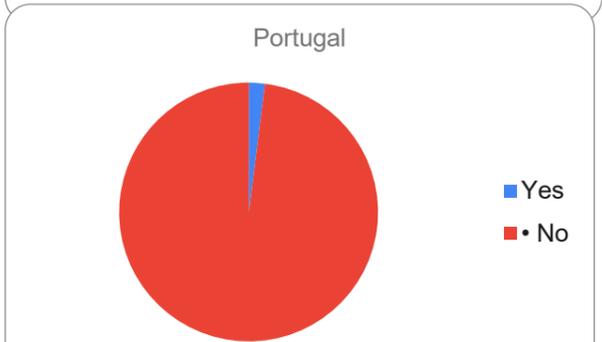
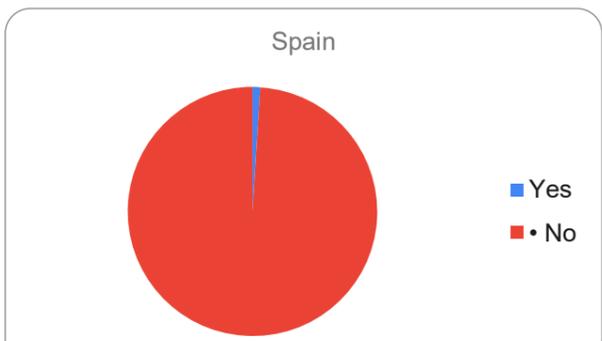


Do you use any apps or features to monitor or limit your screen time?

- Yes
- No

Spain

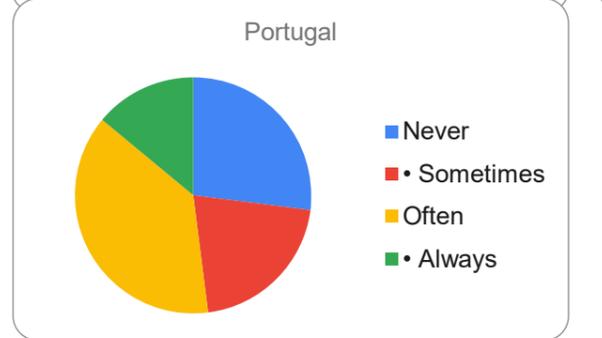
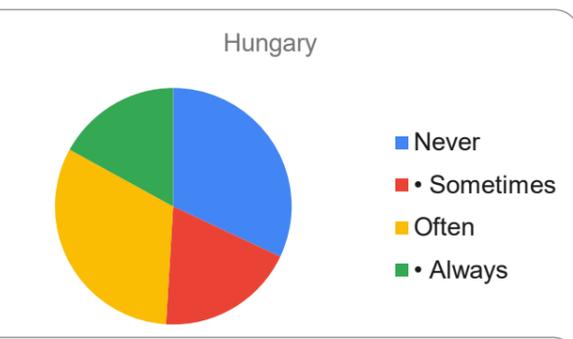
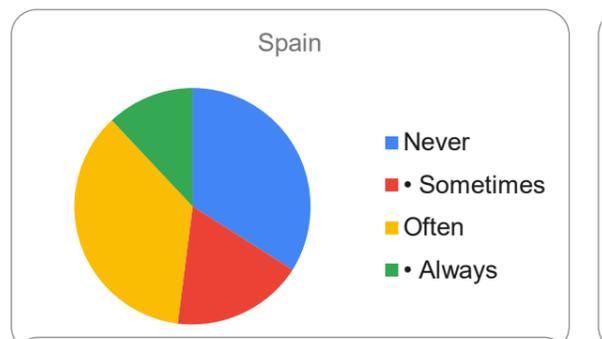
	Hungary	Portugal	Türkiye
Yes	1%	1%	2%
No	99%	99%	98%
	100%	100%	100%



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

- Never
- Sometimes
- Often
- Always

	Hungary	Portugal	Türkiye
Never	34%	32%	27%
Sometimes	18%	19%	21%
Often	36%	32%	38%
Always	12%	17%	14%
	100%	100%	100%

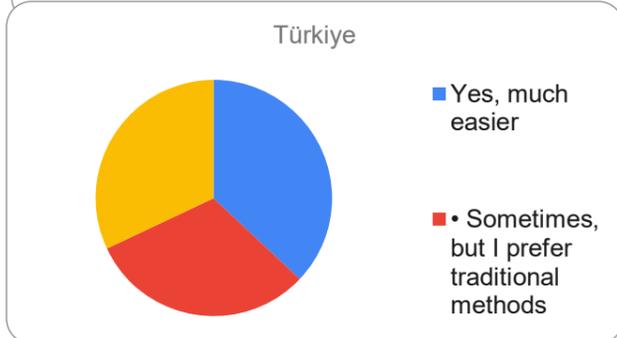
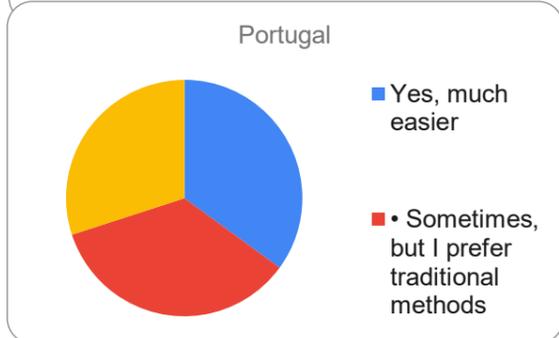
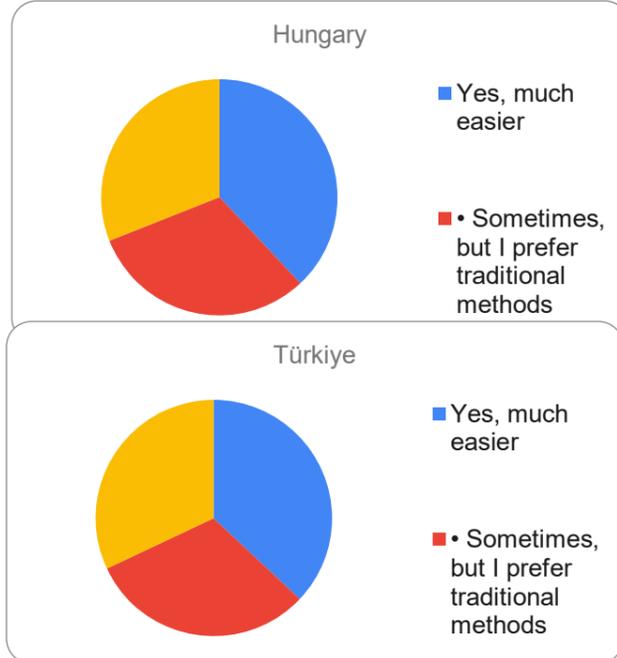
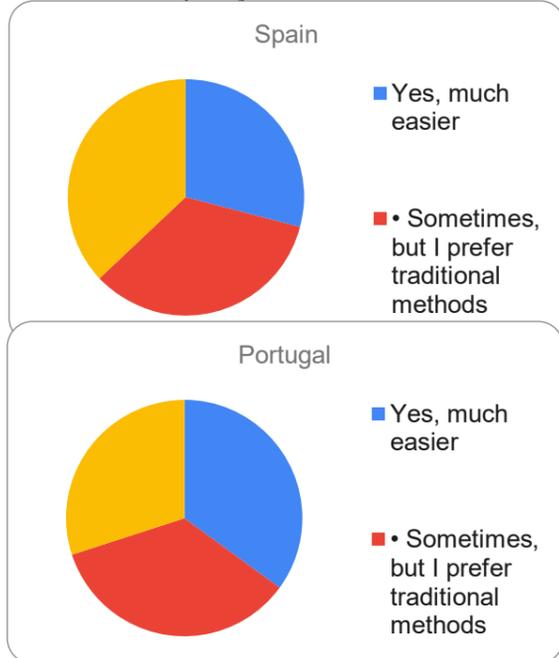


Do you find it easier to study using your phone (e-books, educational apps, etc.) compared to traditional methods? **Spain**

Yes, much easier

- Sometimes, but I prefer traditional methods
- No, I prefer traditional methods
- I use both equally

	Hungary	Portugal	Türkiye	
Yes, much easier	29%	38%	35%	37%
• Sometimes, but I prefer traditional methods	34%	31%	35%	31%
• No, I prefer traditional methods	37%	31%	30%	32%
I use both equally	100%	100%	100%	100%

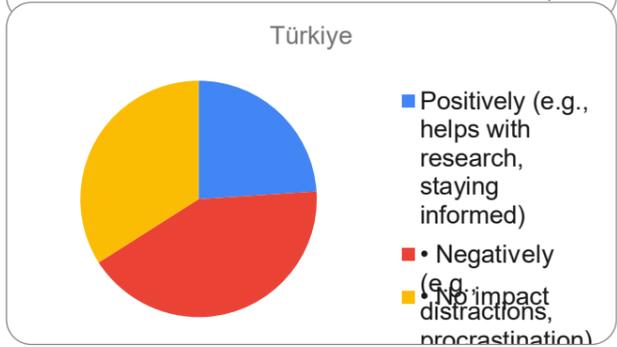
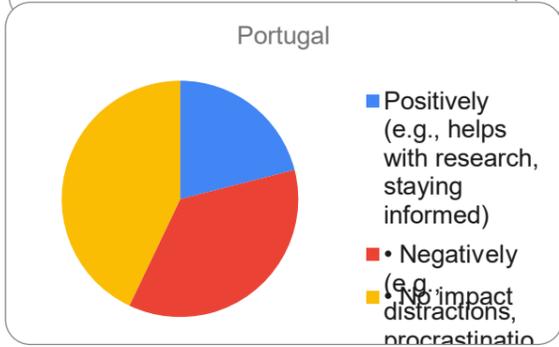
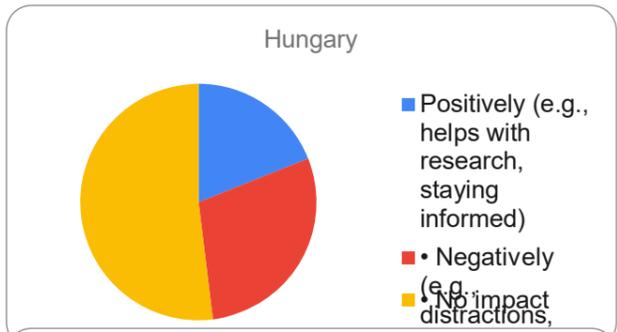
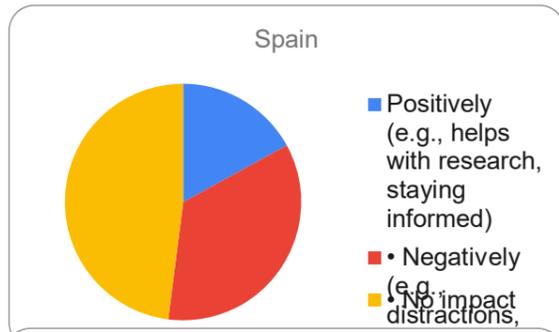


In what ways do you think social media has impacted your academic performance? **Spain**

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

- Negatively (e.g., distractions, procrastination)
- No impact

	Hungary	Portugal	Türkiye	
Positively (e.g., helps with research, staying informed)	17%	19%	21%	24%
• Negatively (e.g., distractions, procrastination)	35%	29%	36%	42%
• No impact	48%	52%	43%	34%
	100%	100%	100%	100%



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

Face-to-face

- Social media
- Messaging apps
- Phone calls

	Hungary	Portugal	Türkiye	
Face-to-face	64%	62%	43%	69%
• Social media	8%	14%	14%	11%
• Messaging apps	17%	15%	35%	8%
• Phone calls	11%	9%	8%	12%
	100%	100%	100%	100%

