

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

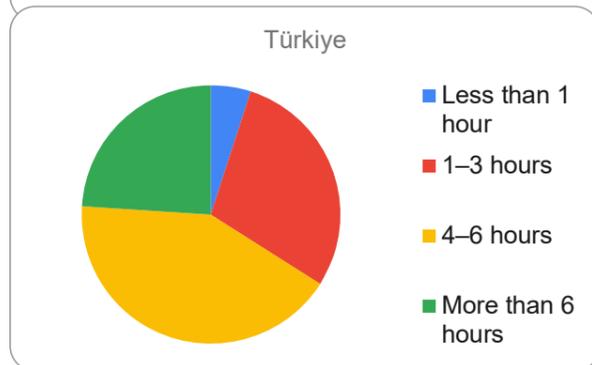
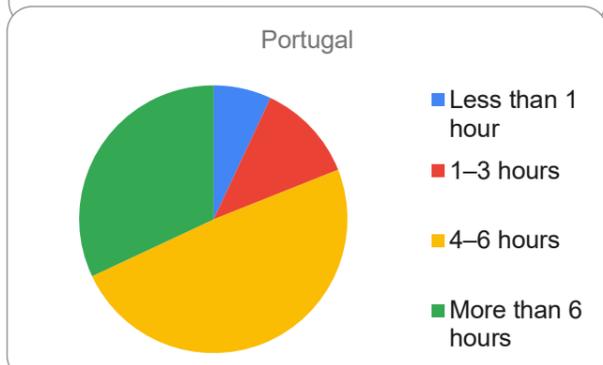
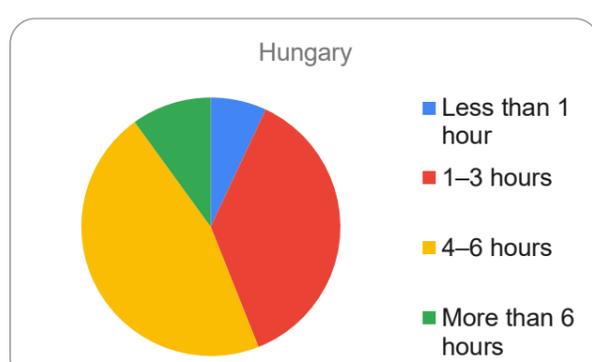
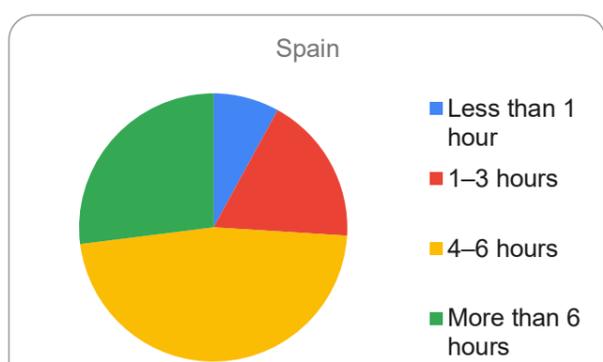


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**Questionnaire - Mobile phone usage - for participants - at the end of the project**

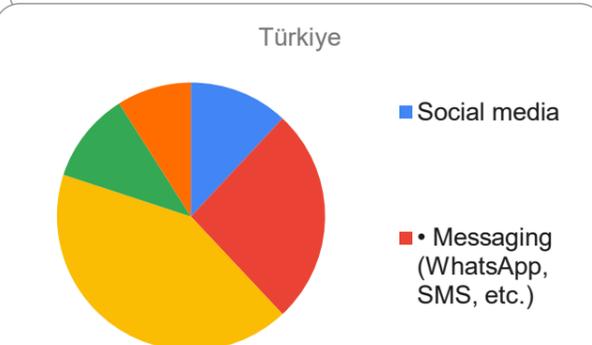
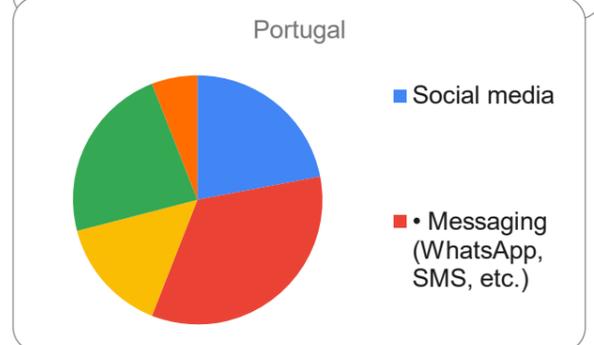
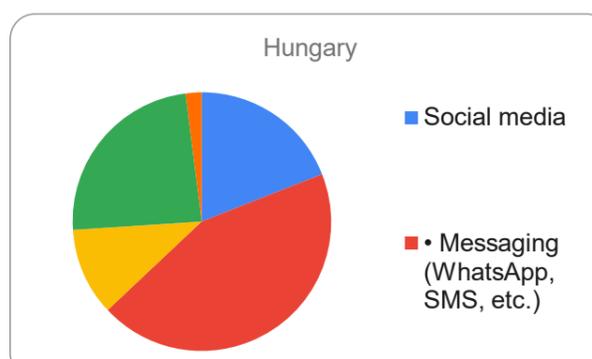
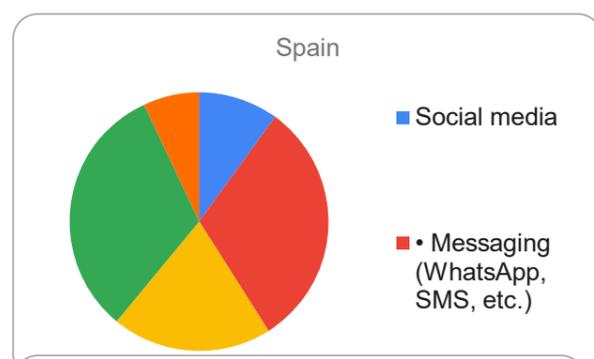
How much time do you spend on your phone daily?

	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%

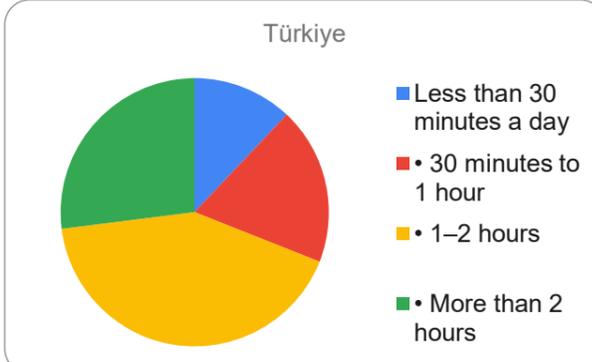
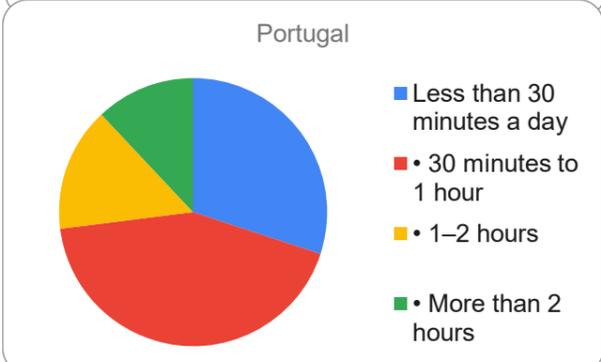
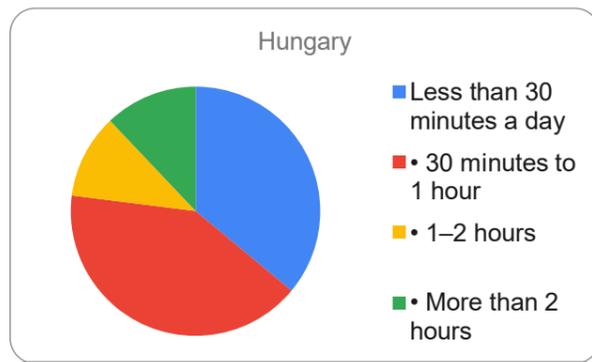
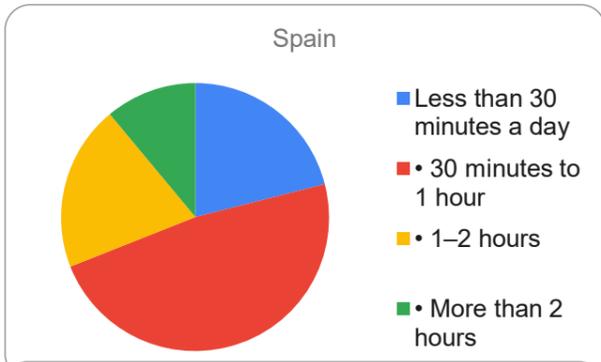


How much time do you spend studying on your phone (reading e-books, using educational apps, etc.)

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%
• 30 minutes to 1 hour	48%	41%	43%
• 1–2 hours	20%	11%	15%
• More than 2 hours	11%	12%	12%
	100%	100%	100%

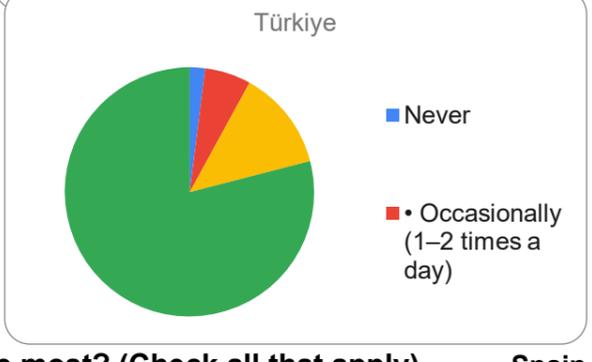
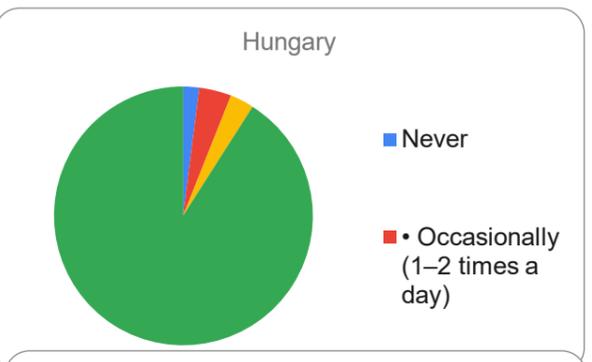
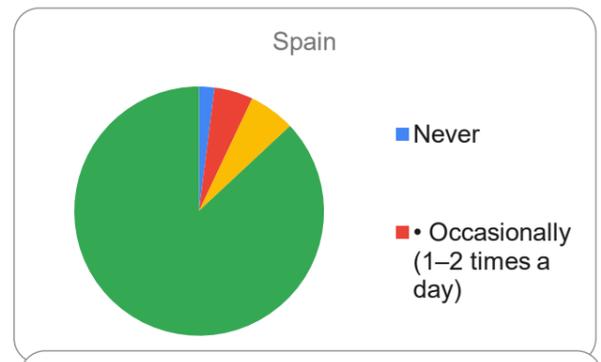


How often do you check your phone during school hours:

Never

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

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

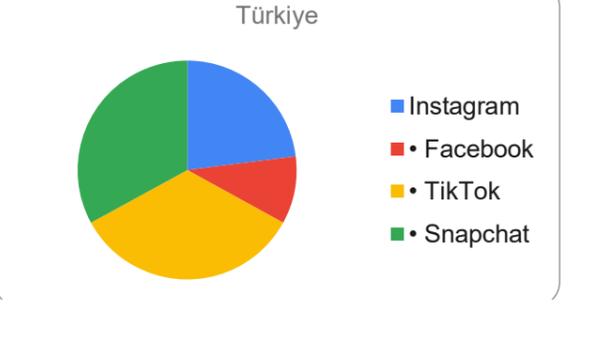
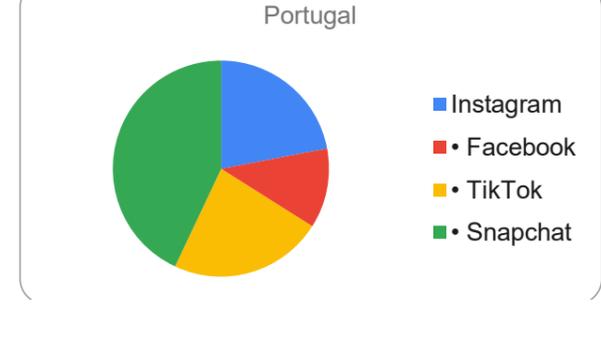
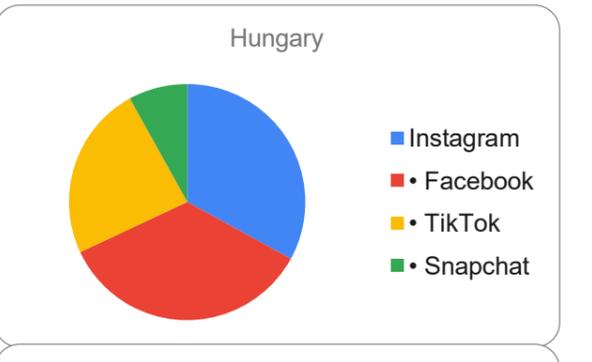
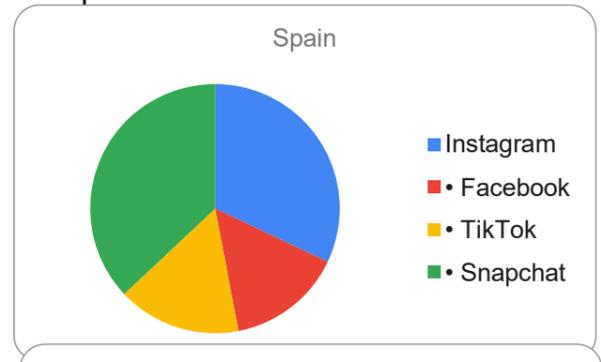


Which social media platforms do you use the most? (Check all that apply)

Instagram

- Facebook
- TikTok
- Snapchat

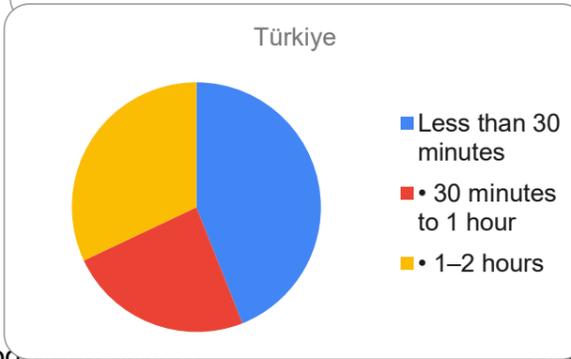
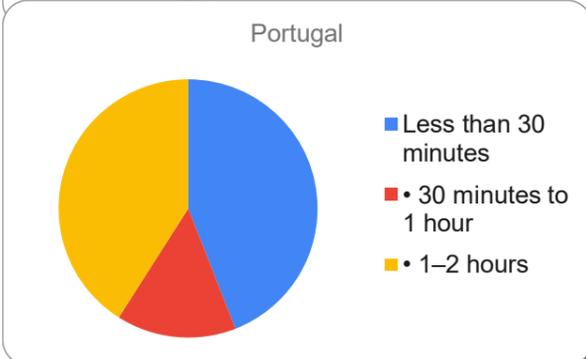
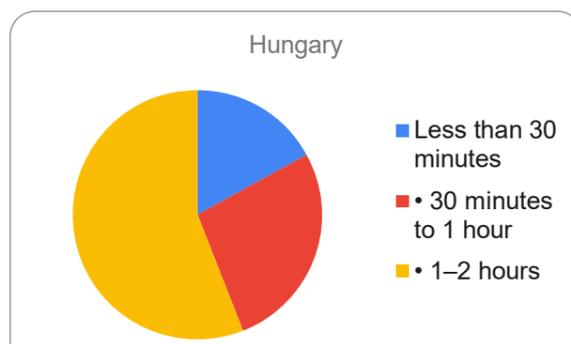
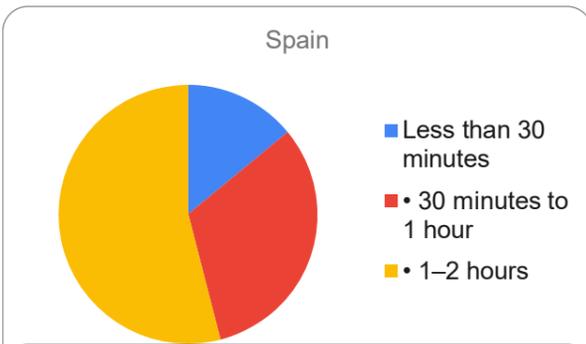
	Hungary	Portugal	Türkiye
Instagram	32%	33%	22%
• Facebook	15%	35%	12%
• TikTok	16%	24%	23%
• Snapchat	37%	8%	43%



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

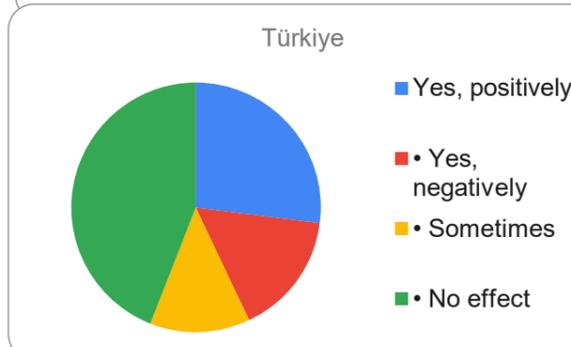
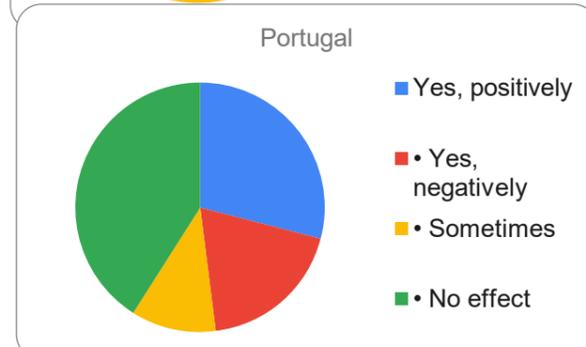
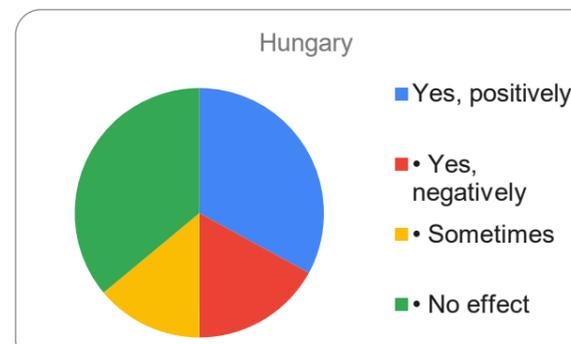
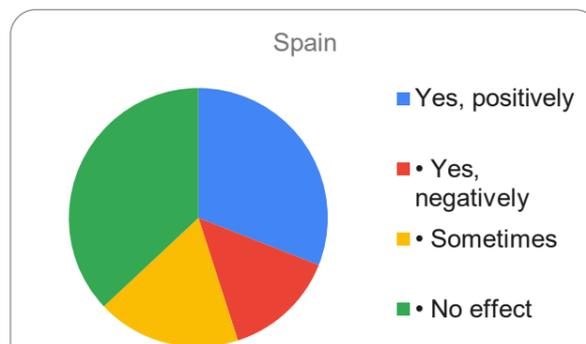
Spain	Hungary	Portugal	Türkiye
14%	17%	44%	44%
32%	27%	15%	24%
54%	56%	41%	32%
100%	100%	100%	100%



How often do you feel 100% of emotions?

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

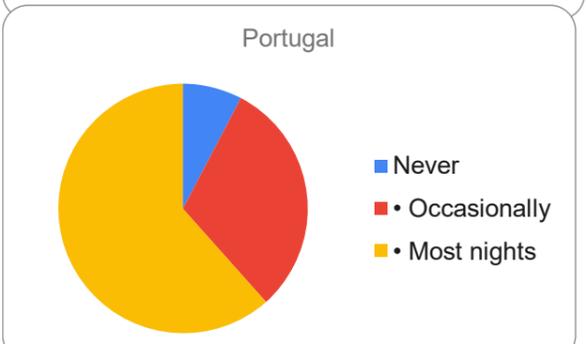
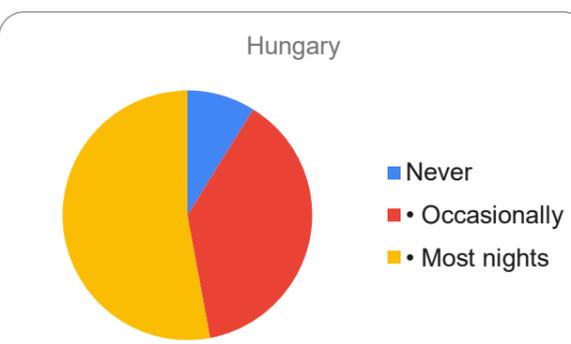
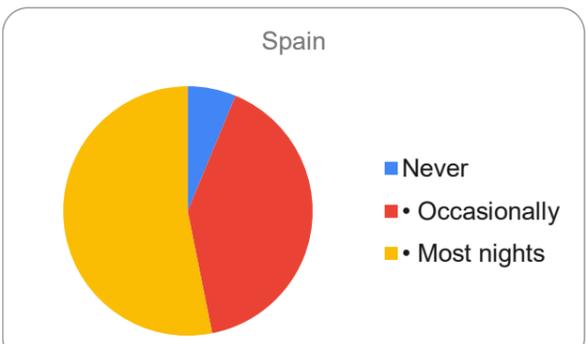
Spain	Hungary	Portugal	Türkiye
31%	33%	29%	27%
14%	17%	19%	16%
18%	14%	11%	13%
37%	36%	41%	44%
100%	100%	100%	100%



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

- Never
- Occasionally
- Most nights
- Every night

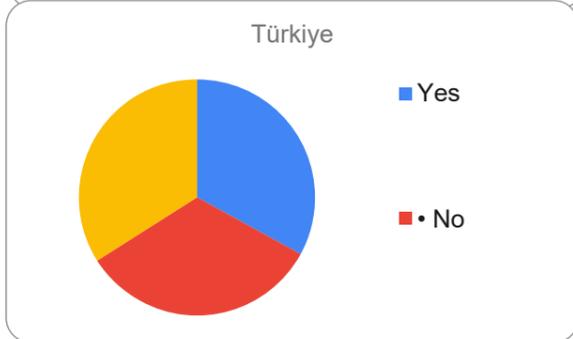
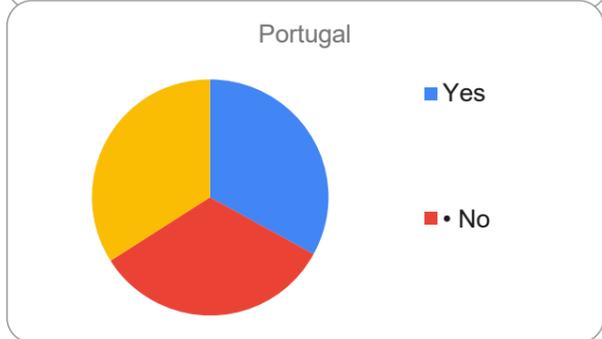
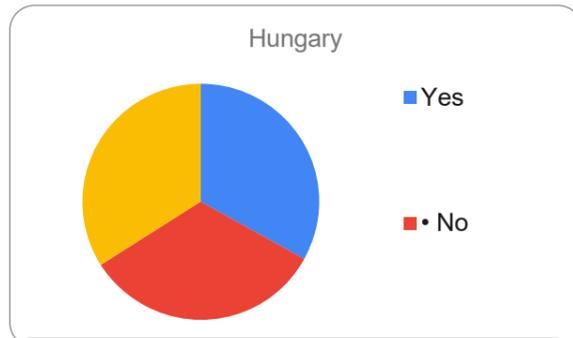
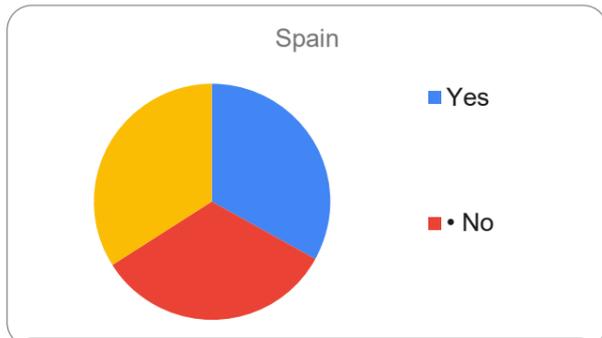
Spain	Hungary	Portugal	Türkiye
2%	3%	2%	2%
13%	13%	8%	20%
17%	18%	16%	13%
68%	66%	74%	65%
100%	100%	100%	100%



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

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

	Hungary	Portugal	Türkiye
Yes	33%	33%	33%
• No	33%	33%	33%
• Thought about it, but haven't tried yet	34%	34%	34%
	100%	100%	100%

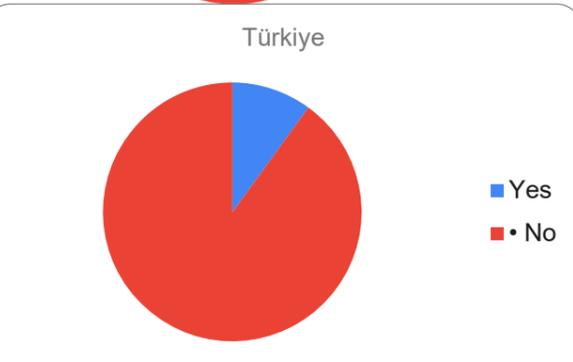
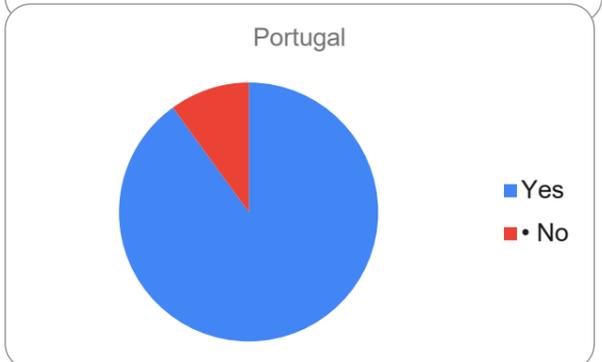
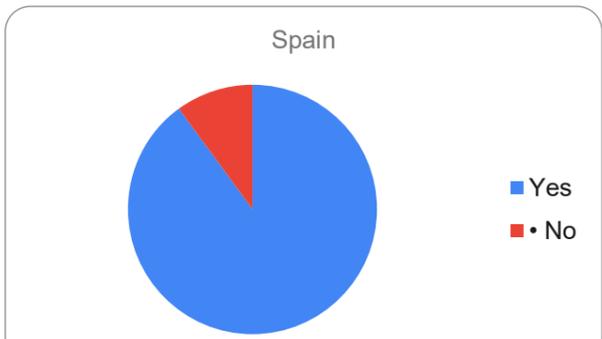


Do you use any apps or features to monitor or limit your screen time?

- Yes
- No

Spain

	Hungary	Portugal	Türkiye
Yes	90%	10%	90%
• No	10%	90%	10%
	100%	100%	100%

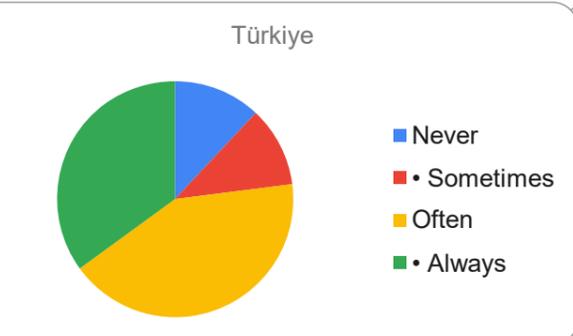
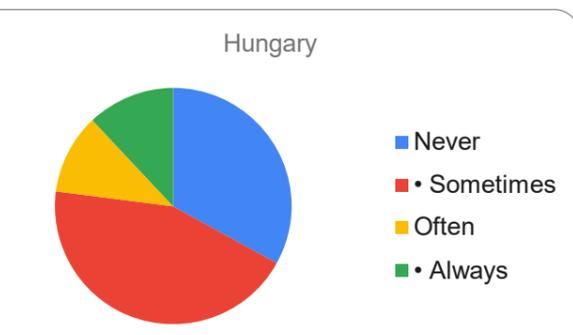
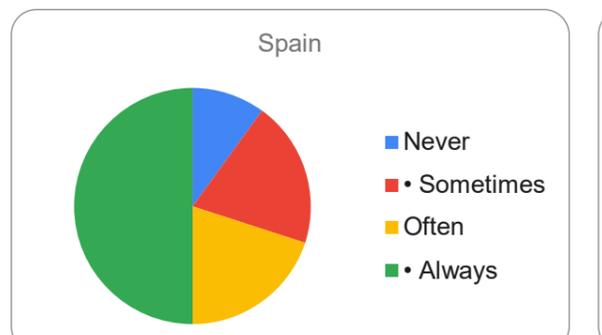


How often do you feel distracted by your phone while studying or doing homework?

- Never
- Sometimes
- Often
- Always

Spain

	Hungary	Portugal	Türkiye
Never	10%	33%	22%
• Sometimes	20%	44%	12%
• Often	20%	11%	15%
• Always	50%	12%	51%
	100%	100%	100%

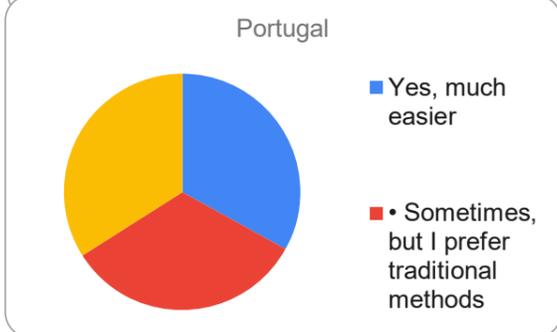
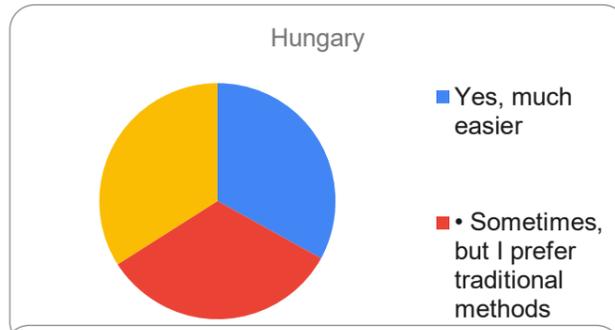
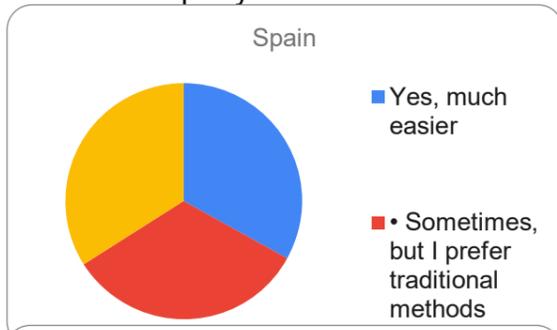


Do you find it easier to study using your phone (e-books, educational apps, etc.) compared to traditional methods? **Spain**

Yes, much easier

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

	Hungary	Portugal	Türkiye
Yes, much easier	33%	33%	33%
• Sometimes, but I prefer traditional methods	33%	33%	33%
• No, I prefer traditional methods	34%	34%	34%
• I use both equally	100%	100%	100%

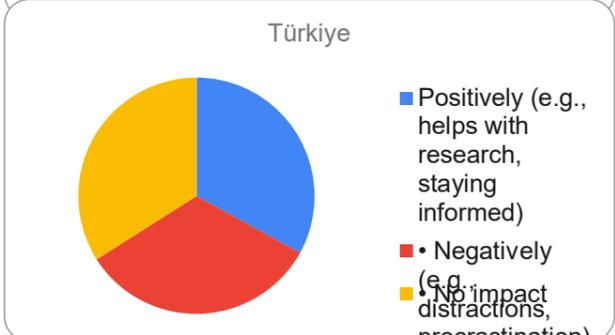
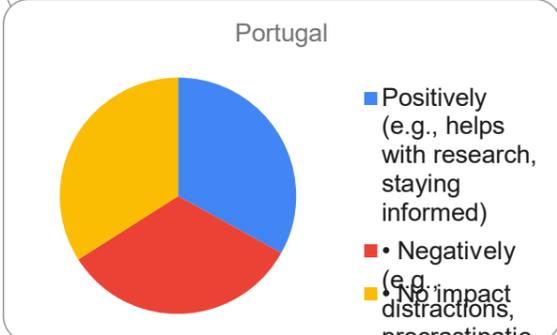
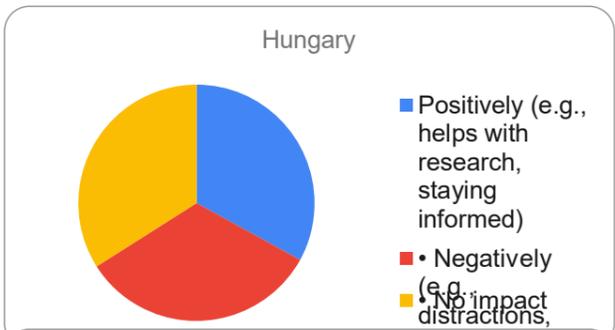
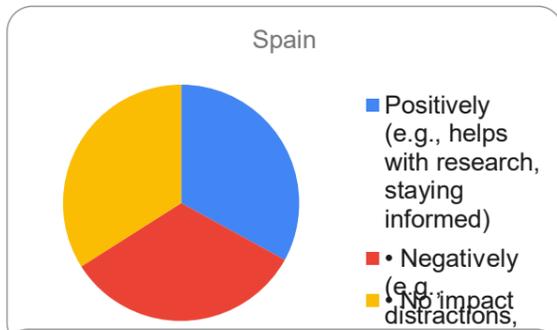


In what ways do you think social media has impacted your academic performance? **Spain**

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)	33%	33%	33%
• Negatively (e.g., distractions, procrastination)	33%	33%	33%
• No impact	34%	34%	34%
	100%	100%	100%



How do you prefer to communicate with your friends?

Face-to-face

- Social media
- Messaging apps
- Phone calls

	Hungary	Portugal	Türkiye
Face-to-face	20%	20%	20%
• Social media	20%	20%	20%
• Messaging apps	20%	20%	20%
• Phone calls	40%	40%	40%
	100%	100%	100%

