**Technology Use Questionnaire**

**1. How long (approximately) do you spend using the internet on your smartphone or tablet each day?**

Don’t use

1 hour

2 hours

3 hours

4hours

5 hours

6 hours+

**2. What do you mostly use your smartphone/tablet for?**

Texting and calling

Emails

Browsing the web for educational or medical information

Browsing the web for entertainment or lifestyle purposes

Browsing the web for any other purpose

Downloading or streaming music, TV shows, films and files

Playing games

Reading eBooks, listening to audio books

Reading news, online magazines and newspapers

Shopping online

Social networking (blogs, chat rooms, forums, social networking sites etc.)

Travel and navigation (google maps, train times etc.)

Using apps (not social networking apps)

Other

**3. Do you use apps?**

Yes

No

**4. What types of apps do you have?**

Books (audiobooks, eBooks)

Education (Language apps, driving theory tests, apps for school)

Entertainment (Emojis, colouring, podcasts, photo and video editing)

Film and TV streaming (e.g. Netflix, Vivo, YouTube)

Food and Drink (takeaway delivery, recipes, cooking)

Games (e.g. Pokémon Go, Angry Birds)

Health and Fitness (healthy living, activities, exercise)

Lifestyle (beauty, fashion, journals, crafts, photography)

Music streaming (e.g. Spotify)

Mental Health (mood trackers, self-help, CBT, DBT)

Physical health (medical education and management)

News, magazines and newspapers (e.g. Buzzfeed, BBC)

Reference (game cheats, thesaurus, Wikipedia)

Shopping (e.g. Ebay, Amazon)

Social Networking (e.g. Snapchat, Facebook)

Travel and Navigation (e.g. Google Maps, bus train and tube apps)

Other

**5. How many apps have you got?**

1 – 5

6 – 10

11 – 15

16 – 20

21 – 26

26 +

**6. How many apps do you have that you have not used in the past 3 months?**

1 – 5

6 – 10

11 – 15

16 – 20

21 – 26

26 +

**7. How many apps do you have that you use each week?**

1 – 3

4 – 6

7 – 9

10 – 12

13 – 15

15 +

**8. Do you use (or have you used) any apps to help with mental health problems such as low mood, anxiety or eating?**

Yes

No

**9. If you had a mental health problem and there were apps available to help, would you use them?**

Yes

No

**10. What do you think some of the advantages of using an app for your mental health are?**

It is more private

I don’t have to talk to someone face to face

It will always be there when I need it

I don’t have to wait to get information

I can get support and information whenever I need it

I don’t have to write things like my mood down on paper

It is personal to me

Other

**11. What do you think some of the barriers to using an app for your mental health might be?**

I don’t trust apps

I don’t know whether the information in them is accurate or true

I would prefer to speak to someone face to face

I don’t believe they would help me

I am afraid someone will see the app on my phone

It might cost money

Other