

Screen time survey

Think about a normal week and count screens used for fun. No names; skip any question you like.

Group or class

Date

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

1 On a school or work day, how many hours are you on screens for fun?

☐ Under 2 hours ☐ 2 to 3 hours ☐ 4 to 5 hours ☐ 6 to 7 hours ☐ 8 hours or more

2 On a day off, how many hours are you on screens?

☐ Under 2 hours ☐ 2 to 3 hours ☐ 4 to 5 hours ☐ 6 to 7 hours ☐ 8 hours or more

3 Which screens did you use yesterday? (tick all that apply)

☐ Phone ☐ Tablet ☐ Computer ☐ TV ☐ Games console ☐ Smartwatch

4 Outside school or work, what do you mostly use screens for? (tick all that apply)

☐ Videos ☐ Social apps ☐ Gaming ☐ Messaging ☐ Music ☐ Reading ☐ Browsing

5 What was yesterday's total in your phone's screen time report?

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
6 I am happy with the amount of time I spend on screens.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5					
7 I can put my phone down when I need to focus.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5					
8 My phone is out of reach when I go to sleep.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5					
9 Screens rarely push out things I had planned to do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5					
10 Most days I get outside or move about.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5					

11 Would you like to change how much time you spend on screens?

☐ Cut it a lot ☐ Cut it a little ☐ Keep it as it is ☐ Spend more

12 What would you like to do with some of the time you now spend on screens?

Optional questions (1 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

School days and homework (students answer)

13 On a school night, how long do you spend on screens for homework?

- ☐ None ☐ Under 1 hour ☐ 1 to 2 hours ☐ Over 2 hours

14 While doing homework, how often do you switch to videos, games or chats?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

15 Where is your phone during lessons?

- ☐ In my bag or locker ☐ Face down on my desk ☐ In my pocket ☐ Handed in ☐ I do not have one

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
16 I finish my homework before I start gaming or watching videos.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
17 My family and I agree on screen rules at home.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Work days (adults answer)

18 On a work day, how many hours are you on a screen for work?

- ☐ Under 2 hours ☐ 2 to 4 hours ☐ 5 to 7 hours ☐ 8 hours or more

19 What is your longest stretch at a screen without a break, on a normal work day?

- ☐ Under 30 minutes ☐ 30 to 60 minutes ☐ 1 to 2 hours ☐ Over 2 hours

20 How often do you check personal apps during working hours?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
21 After work I can switch off from work messages.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Evenings and sleep

22 On a normal night, when do you stop using screens?

- ☐ Over an hour before bed ☐ In the last hour ☐ Right up to lights out ☐ I fall asleep watching

23 Where does your phone charge overnight?

- ☐ Another room ☐ Across the room ☐ Next to my bed ☐ In my bed

Optional questions (2 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Evenings and sleep (continued)

24 On school or work nights, how many hours do you usually sleep?

- ☐ Under 6 hours ☐ 6 hours ☐ 7 hours ☐ 8 hours ☐ 9 hours or more

25 How often do you go to sleep later than you meant to because of a screen?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
26 I wake up feeling rested on most days.	☐	☐	☐	☐	☐

Eyes, body and breaks

27 After a long stretch on screens, how often do your eyes feel tired or dry?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

28 How often do you get a stiff neck or sore back after screen time?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

29 During long screen sessions, how often do you stand up or look away for a minute?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

30 In the last 7 days, on how many days were you active for an hour or more?

- ☐ 0 or 1 days ☐ 2 or 3 days ☐ 4 or 5 days ☐ 6 or 7 days

Cutting back

31 Which of these have you tried to manage your screen time? (tick all that apply)

- ☐ App time limits ☐ Notifications off ☐ Grayscale screen ☐ Phone-free hours ☐ Deleting an app
☐ Nothing yet

32 How often do you look at your phone's screen time report?

- ☐ Every day ☐ Every week ☐ Now and then ☐ Never ☐ I did not know it existed

Optional questions (3 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Cutting back (continued)

33 Which screen habit would you most like to change?

- ☐ Late-night scrolling
- ☐ Screens at meals
- ☐ Phone while working
- ☐ Weekend binges
- ☐ Gaming time

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
34 I could cut an hour a day from my screen time if I set my mind to it.	1	2	3	4	5					

About you (optional)

35 How old are you?

- ☐ 13 to 15
- ☐ 16 to 18
- ☐ 19 to 24
- ☐ 25 to 44
- ☐ 45 or older
- ☐ Prefer not to say

36 Which best describes you right now?

- ☐ At school
- ☐ At college
- ☐ Working
- ☐ Something else
- ☐ Prefer not to say