

# Digital Well-being: Fact or Fantasy?

## March-April 2020 – COVID hit

What is your gender?

- ☐ male (1)
- ☐ female (2)
- ☐ gender-fluid (3)
- ☐ no gender (4)

What is your age? \_\_\_\_\_

Which of the following best describes you?

- ☐ Religious and practice regularly (1)
- ☐ Religious but practice only some of the time (2)
- ☐ Religious but do not practice (3)
- ☐ Not religious (4)

Reflect back over the previous **6** months. In a **typical** week, how often did you engage in any of the following behaviors with another person? Held hands, kissed, cuddled, hugged, massaged, or stroked.

- ☐ less than once a week (1)
- ☐ 1 -3 days a week (2)
- ☐ 4-6 days a week (3)
- ☐ 1-2 times daily (4)
- ☐ 3 or more times daily (5)

## PERCEIVED SOCIAL SUPPORT

This next questionnaire is made up of a list of 13 statements each of which may or may not be true about you. For each statement select "definitely true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should select "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

<b>PSS1</b>	<b>definitely false (4)</b>	<b>probably false (3)</b>	<b>probably true (2)</b>	<b>definitely true (1)</b>
<b>If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

  

<b>PSS2</b>	<b>definitely false (4)</b>	<b>probably false (3)</b>	<b>probably true (2)</b>	<b>definitely true (1)</b>
<b>I feel that there is no one I can share my most private worries and fears with.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

  

<b>PSS3</b>	<b>definitely false (1)</b>	<b>probably false (2)</b>	<b>probably true (3)</b>	<b>definitely true (4)</b>
<b>If I were sick, I could easily find someone to help me with my daily chores.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>PSS4</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
There is someone I can turn to for advice about handling problems with my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>PSS5</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>PSS6</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
When I need suggestions on how to deal with a personal problem, I know someone I can turn to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>PSS7</b>	<b>definitely false</b> (4)	<b>probably false</b> (3)	<b>probably true</b> (2)	<b>definitely true</b> (1)
I don't often get invited to do things with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>PSS8</b>	<b>definitely false</b> (4)	<b>probably false</b> (3)	<b>probably true</b> (2)	<b>definitely true</b> (1)
If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>PSS9</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
If I wanted to have lunch with someone, I could easily find someone to join me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>PSS10</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
If I was stranded 10 miles from home, there is someone I could call who could come and get me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>validate</b>	<b>definitely false</b> (1)	<b>probably false</b> (2)	<b>probably true</b> (3)	<b>definitely true</b> (4)
To validate this survey, you must leave this question blank and go to the next question.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>PSS11</b>	<b>definitely false</b> (4)	<b>probably false</b> (3)	<b>probably true</b> (2)	<b>definitely true</b> (1)
<b>If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

  

<b>PSS12</b>	<b>definitely false</b> (4)	<b>probably false</b> (3)	<b>probably true</b> (2)	<b>definitely true</b> (1)
<b>If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## OPTIMISM SCALE

Looking ahead 5 years, how pessimistic or optimistic are you that each of the following has a bright, healthy future.

	extremely pessimistic	moderately pessimistic	slightly pessimistic	slightly optimistic	moderately optimistic	extremely optimistic
your work/career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
your relationships with friends/family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the United States	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
people and countries all around the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the physical planet Earth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SCREEN TIME

**IMPORTANT!** Use the following definition of screen time to answer the next 2 questions. Screen refers to the time you spend looking at a digital screen such as a TV, your phone's screen, a computer monitor, a movie theater screen, and a tablet screen, among others.

For each day of a **typical week**, please estimate how many hours you spend looking at screens in different environments. If less than 1 hour type in 0

	While at school and work combined	While NOT at school or work
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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## PEERCEIVED VITALITY SCALE

Respond to the following statements by indicating the degree to which each is generally true in your life.

	very false	false	somewhat false	neutral	somewhat true	true	very true
I feel alive and vital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes, I am so alive I just want to burst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have energy and spirit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I look forward to each new day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I nearly always feel awake and alert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel energized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>