

Internet use within AUCA (5mn only)

Dear everyone,

I am Ian Gorog, Assistant Professor in the Europeans Studies Department. I'm making a research about the way we use Internet in AUCA.

- It concerns all AUCA Community (students, staffs and faculties).
- The research is totally anonymous.
- I will present the data collected and the conclusions in a Public Conference soon.
- I really need all of you to participate!

Thanks.

* Required

Email/Messages(Whatsapp, Facebook etc.)



1. What type of virtual message communication type do you use the most in AUCA?

Mark only one oval.

- ☐ Email
- ☐ Whatsapp
- ☐ Text/Call
- ☐ Facebook
- ☐ Other:

2. What do you think of your internet consumption?

Mark only one oval.

	1	2	3	4	5	6	
Totally fine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Over use

3. Do you usually feel preoccupied with your Email box (think about previous on-line activity or anticipate next on-line session)?

Mark only one oval.

- ☐ Yes
- ☐ No

4. Do you feel overwhelmed when managing your emails/messages?*Mark only one oval.*

	0	1	2	3	4	5	
Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

5. Do you have the impression you need to increase the time you spend online to feel satisfied?*Mark only one oval.*

- ☐ Yes maybe
- ☐ Not really

6. Do you feel lucky when you get what you want?*Mark only one oval.*

	1	2	3	4	5	6	
Yes totally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not at all

7. Do you have the impression that random factors direct your life?*Mark only one oval.*

	1	2	3	4	5	6	
Yes strongly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not at all

8. Do you think your life is mainly controlled by others (parents, bosses etc.)?*Mark only one oval.*

	1	2	3	4	5	6	
Yes strongly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not at all

9. Have you repeatedly made unsuccessful efforts to control the way you use email/messages?*Mark only one oval.*

- ☐ Yes
- ☐ No

10. How do you feel when you cannot use the Internet for any kind of reasons (no internet connection, cinema, etc.)?*Mark only one oval.*

- ☐ Moody
- ☐ Totally fine
- ☐ Depressed
- ☐ Irritable
- ☐ Alright

11. What would you do if suddenly there is no internet at work/home?*Mark only one oval.*

- ☐ I would start immediately searching for an internet connection and fix it.
- ☐ I would stop my online activity and do something else peacefully.

12. Do you stay on-line longer than originally intended?*Mark only one oval.*

- ☐ Yes
☐ No

13. Have you risked the loss of significant relationship, job, educational or career opportunity because of the Internet?*Mark only one oval.*

- ☐ Yes
☐ No

14. Have you lied to family members, or others to conceal the extent of involvement with the Internet?*Mark only one oval.*

- ☐ Yes
☐ No

15. Do you sometimes use the Internet as a way of escaping from problems?*Mark only one oval.*

- ☐ Yes
☐ No

16. How much time do you spend emailing in total every day?*Mark only one oval.*

	1	2	3	4	5	6	7	8	9	10	
1 hour or less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 hours or more

17. You think it is...*Mark only one oval.*

	1	2	3	4	5	6	
Very short time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Far too much

18. How much time do you spend online in total every day?*Mark only one oval.*

	1	2	3	4	5	6	7	8	9	10	
1 hour or less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 hours or more

19. What are the first things you do when you arrive at AUCA?*Check all that apply.*

- ☐ Open your computer
- ☐ Check your emails
- ☐ Check your social media
- ☐ Take a coffee
- ☐ Read your notes/articles/books
- ☐ Chatting with mates/colleagues
- ☐ Other:

20. How often do you check your emails/messages during one day?*Mark only one oval.*

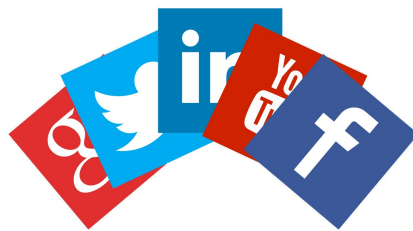
- ☐ Once or Twice
- ☐ A few times
- ☐ Every hour approximately
- ☐ Constantly
- ☐ Never

21. Do you leave email programs opened on computer screen when you work/study?*Mark only one oval.*

- ☐ Yes
- ☐ No

22. Do you use Social Media? **Mark only one oval.*

- ☐ Yes
- ☐ No *Skip to question 27.*

Social Media use**23. How much time do you spend in total on the social networks every day (Facebook, Odnoklassniki etc.)?***Mark only one oval.*

	1	2	3	4	5	6	7	8	9	10	
1 hour or less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 hours

24. Do you usually pay attention at the original source of an information published when using social networks?

Mark only one oval.

- ☐ Yes
- ☐ No

25. What are your main uses of Social Media?

Check all that apply.

- ☐ Intepersonal messages/chat
- ☐ Posting messages/status (broader audience)
- ☐ Follow the news
- ☐ Events
- ☐ Entertainment
- ☐ Other:

26. Which social media platform do you use

Check all that apply.

- ☐ Facebook
- ☐ Twitter
- ☐ Odnoklassniki
- ☐ Instagram
- ☐ VK
- ☐ Other:

Imagine that for one day there is no Internet in AUCA



27. How would you feel about it?

Mark only one oval.

	1	2	3	4	5	6	
Very stressed / Terrible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	No problem / Everythin is fine

28. How would it impact your work/studies?

Mark only one oval.

	1	2	3	4	5	6	
Disaster	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	No particular impact

29. Do you have a smartphone? *

Mark only one oval.

- ☐ Yes
- ☐ No Skip to question 42.

Smartphone use



30. Do you usually check your mobile phone for missed calls or messages when you wake up the morning?

Mark only one oval.

- ☐ Yes
- ☐ No

31. When you wake up at the middle of the night, do you check your smartphone?

Mark only one oval.

- ☐ I never wake up during the night. I sleep like a baby.
- ☐ I never check my phone when I wake up during the night.
- ☐ Sometimes I check it.
- ☐ I often check it.
- ☐ Almost every night.

32. How difficult do you find to control your phone use?

Mark only one oval.

	1	2	3	4	5	6	
Very easy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very hard

33. How do you feel without your phone?

Mark only one oval.

- ☐ Lost
- ☐ Frustrated
- ☐ Perfectly fine
- ☐ Anxious
- ☐ Happy

34. Do you try to limit your phone use?*Mark only one oval.*

- ☐ Frequently but I am unsuccessful.
- ☐ Frequently and I am successful.
- ☐ I never try.
- ☐ Sometimes but I am unsuccessful.
- ☐ Sometimes and I am successful.

35. Do you often anticipate your next use of your phone?*Mark only one oval.*

- ☐ Yes
- ☐ No

36. How do you usually feel when someone interrupts you while you are using your phone?*Mark only one oval.*

- ☐ It makes me angry.
- ☐ I'm totally fine.
- ☐ It bothers me.
- ☐ Other:

37. How often do you check your phone for missed calls and messages during the day?*Mark only one oval.*

- ☐ A few times
- ☐ Often
- ☐ Constantly
- ☐ Never

38. Do you use your phone in those situations?*Check all that apply.*

- ☐ When you are in class.
- ☐ When you talk to others.
- ☐ When you eat.
- ☐ When you read your notes/books etc.

39. Do you sometimes have the impression that your phone is ringing or vibrating but it isn't?*Mark only one oval.*

- ☐ Yes
- ☐ No

40. Do others have complained about you using your phone too much?*Mark only one oval.*

- ☐ Sometimes
- ☐ Never
- ☐ Often
- ☐ Rarely

41. How much time do you spend on messengers every day (Instant messaging service such as Whatsapp, Facebook Messenger etc.)?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
1 hour or less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 hours or more

Demographic Data

42. Age

Mark only one oval.

- ☐ Under 20
☐ Between 20 and 30
☐ Between 30 and 40
☐ Between 40 and 50
☐ More than 50

43. How do you usually follow the news?

Check all that apply.

- ☐ Newspaper
☐ Online Media
☐ TV/Radio
☐ Social Media (Facebook/Odnoklassniki/Twitter etc.)
☐ Other:

44. Gender

Mark only one oval.

- ☐ Female
☐ Male

45. Within the AUCA community you are: *

Mark only one oval.

- ☐ Faculty
☐ Staff
☐ Student

46. Are you interested about the results and analysis of this questionnaire?

Mark only one oval.

- ☐ Very interested
☐ Not really
☐ OMG this questionnaire was WAY TOO LONG, so I better be!

47. After fulfilling this survey, what do you think about your internet consumption?

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