

Smartphone Addiction (my own 'diagnostic')

Do you usually check your mobile phone for missed calls or messages when you wake up the morning?(158 responses)

Yes 1

No 0

When you wake up at the middle of the night, do you check your smartphone?(158 responses)

I never wake up during the night. I sleep like a baby. 0

I never check my phone when I wake up during the night. -1

Sometimes I check it. 1

I often check it. 2

Almost every night. 3

How difficult do you find to control your phone use?(156 responses)

Value Count

1 0

2 0

3 0

4 1

5 2

6 3

How do you feel without your phone?(157 responses)

Lost 2

Frustrated 1

Perfectly fine 0

Anxious 3

Happy -1

Do you try to limit your phone use?(158 responses)

Frequently but I am unsuccessful. 2

Frequently and I am successful .	-2
I never try.	0
Sometimes but I am unsuccessful.	1
Sometimes and I am successful.	-1

Do you often anticipate your next use of your phone?(156 responses)

Yes	1
No	0

How often do you check your phone for missed calls and messages during the day?(159 responses)

A few times	0
Often	1
Constantly	2
Never	-1

Do you use your phone in those situations?(143 responses)

Value	Count
When you are in class.	1
When you talk to others.	1
When you eat.	1
When you read your notes/books etc.	0

Do you sometimes have the impression that your phone is ringing or vibrating but it isn't?(158 responses)

Yes	1
No	0

Do others have complained about you using your phone too much?(158 responses)

Sometimes	1
Never	0
Often	2
Rarely	0