Screen Time	F

Please do NOT include time spent on school related work, but DO include watching TV, shows or videos, texting or chatting, playing games, or visiting social networking sites (Facebook, Twitter, Instagram). On an average day in the past week, how much time do you:

Watch "or stream" movies, videos or TV shows? (such as Hulu, Netflix, Amazon, YouTube, Twitch)	<ul><li>0</li><li>15 minutes</li><li>30 minutes</li><li>45 minutes</li></ul>
	$\bigcirc$ 1 hour
	○ 1.5 hours
	2 hours
	2.5 hours
	◯ 3 hours
	4 hours
	<ul><li>6 hours</li></ul>
	7 hours
	8 hours
	O 9 hours
	○ 10 hours
	$\bigcirc$ 11 hours
	○ 12 hours
	13 hours
	<ul><li>○ 14 hours</li><li>○ 15 hours</li></ul>
	○ 15 hours
	17 hours
	18 hours
	19 hours
	O 20 hours
	O 21 hours
	O 22 hours
	<ul><li>23 hours</li></ul>
	<ul><li>24 hours</li></ul>



Play single-player video games on a computer, console, phone or other device (Xbox, PlayStation, iPad, AppleTV)?	<ul> <li>30 minutes</li> <li>45 minutes</li> <li>1 hour</li> <li>1.5 hours</li> <li>2 hours</li> <li>2.5 hours</li> <li>3 hours</li> <li>4 hours</li> <li>5 hours</li> <li>6 hours</li> <li>7 hours</li> <li>8 hours</li> <li>9 hours</li> <li>10 hours</li> <li>11 hours</li> <li>12 hours</li> <li>13 hours</li> <li>14 hours</li> <li>15 hours</li> <li>16 hours</li> <li>17 hours</li> <li>18 hours</li> <li>19 hours</li> <li>20 hours</li> <li>21 hours</li> </ul>
	○ 20 hours

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Play multiplayer video games on a computer, console, phone, or other device (Xbox, PlayStation, iPad, AppleTV) where you can interact with others in the game?

15 minutes
30 minutes
45 minutes
1 hour
1.5 hours
2 hours

15 minutes
30 minutes
45 minutes
<ul><li>45 minutes</li><li>1 hour</li></ul>
1.5 hours
<ul> <li>1.5 hours</li> <li>2 hours</li> <li>2.5 hours</li> <li>3 hours</li> <li>4 hours</li> <li>5 hours</li> <li>6 hours</li> <li>7 hours</li> <li>8 hours</li> </ul>
2.5 hours
3 hours
4 hours
5 hours
○ 6 hours
7 hours
8 hours
O 9 hours
10 hours
11 hours
<ul><li> 12 hours</li><li> 13 hours</li><li> 14 hours</li></ul>
13 hours
14 hours
15 hours
16 hours
17 hours
18 hours
<ul><li>○ 19 hours</li><li>○ 20 hours</li></ul>
O 20 hours
O 21 hours
<ul><li>22 hours</li><li>23 hours</li></ul>
O 23 hours
24 hours

**REDCap** 

Text on a cell phone, tablet, computer, iPod, or other electronic device (e.g., GChat, Whatsapp, Kik etc.)?	30 minutes 45 minutes 1 hour 1.5 hours 2 hours 2 hours 3 hours 4 hours 5 hours 6 hours 7 hours 9 hours 10 hours 11 hours 12 hours 13 hours 14 hours 15 hours
	<ul><li>14 hours</li></ul>
	<ul><li>○ 17 hours</li><li>○ 18 hours</li></ul>
	19 hours
	20 hours
	21 hours
	22 hours
	23 hours
	$\stackrel{\smile}{\bigcirc}$ 24 hours

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Visit social media apps (e.g., Snapchat, Facebook, Twitter, Instagram, TikTok, etc.? (Do not include time spent editing photos or videos to post on social media.)

$\bigcirc$ 0
15 minutes
30 minutes
45 minutes
1 hour
<ul><li>1 hour</li><li>1.5 hours</li><li>2 hours</li><li>2.5 hours</li><li>3 hours</li><li>4 hours</li></ul>
2 hours
2.5 hours
3 hours
4 hours
5 hours
6 hours
7 hours
8 hours
9 hours
○ 10 hours
<ul><li>11 hours</li><li>12 hours</li><li>13 hours</li></ul>
12 hours
○ 13 hours
14 hours
<ul><li>15 hours</li><li>16 hours</li></ul>
16 hours
17 hours
18 hours
○ 19 hours
20 hours 21 hours 22 hours
O 21 hours
0 15 minutes 30 minutes 45 minutes 1 hour 1.5 hours 2 hours 3 hours 4 hours 5 hours 6 hours 7 hours 10 hours 11 hours 12 hours 13 hours 14 hours 15 hours 16 hours 17 hours 16 hours 17 hours 18 hours 19 hours 20 hours 21 hours 22 hours 23 hours
24 hours

**₹EDCap** 

Video chat (Skype, FaceTime, VRchat, etc.) that is NOT for school	<ul><li>○ 0</li><li>○ 15 minutes</li><li>○ 30 minutes</li></ul>
	O 45 minutes
	◯ 1 hour
	○ 1.5 hours
	2 hours
	○ 2.5 hours
	3 hours
	4 hours
	5 hours
	6 hours
	7 hours
	8 hours
	9 hours
	10 hours
	11 hours
	11 hours
	13 hours
	14 hours
	15 hours
	16 hours
	O 17 hours
	18 hours
	19 hours
	O 20 hours
	O 21 hours
	22 hours
	23 hours
	O 24 hours

• REDCap

Searching or browsing the internet (e.g., using Google) that is NOT for school

| 15 minutes | 30 minutes | 45 minutes | 1 hour | 1.5 hours | 2 hours | 2.5 hours | 3 hours | 4 hours | 5 hours | 6 hours | 7 hours | 8 hours | 9 hours | 10 hours | 11 hours | 12 hours | 13 hours | 14 hours | 15 hours | 16 hours | 17 hours | 18 hours | 16 hours | 17 hours | 18 hours | 19 hours | 19 hours | 19 hours | 20 hours | 20 hours | 21 hours | 21 hours | 21 hours | 22 hours | 22 hours | 21 hours | 22 hours | 24 hours | 25 hours | 26 hours | 26 hours | 26 hours | 27 hours | 28 hours

REDCap

On a typical day, how much TIME per day do you spend in TOTAL connecting with friends digitally (all forms listed above included)?	0 15 minutes 30 minutes 45 minutes 1 hour 1.5 hours 2 hours 2.5 hours 3 hours 4 hours 5 hours 6 hours 7 hours 9 hours 11 hours 11 hours 12 hours 13 hours 14 hours 15 hours 16 hours 17 hours 18 hours 20 hours 21 hours 22 hours

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On a typical day, how much TIME per day do you spend in TOTAL on a computer, phone, tablet, iPod, or other device or video game? (Do NOT include time spent on school work)

$\bigcirc$ 0
15 minutes
30 minutes
◯ 45 minutes
◯ 1 hour
1.5 hours
<ul><li>1 hour</li><li>1.5 hours</li><li>2 hours</li><li>2.5 hours</li><li>3 hours</li></ul>
2.5 hours
3 hours
4 hours
5 hours
<ul><li>4 hours</li><li>5 hours</li><li>6 hours</li><li>7 hours</li><li>8 hours</li></ul>
○ 7 hours
8 hours
9 hours
○ 10 hours
11 hours
12 hours
13 hours
○ 14 hours
15 hours
○ 16 hours
○ 17 hours
18 hours
<ul><li>19 hours</li><li>20 hours</li></ul>
O 21 hours
22 hours 23 hours
23 hours
24 hours

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On a typical day in the past week, how much TIME per day did you spend playing an instrument or singing?	0 15 minutes 30 minutes 45 minutes 1 hour 1.5 hours 2 hours 2.5 hours 3 hours 4 hours 5 hours 6 hours 7 hours 8 hours 10 hours 11 hours 12 hours 12 hours 13 hours 14 hours 15 hours 16 hours 17 hours 18 hours 20 hours 21 hours 21 hours

**REDCap** 

On a typical day in the past week, how much TIME per day did you spend listening to music/watching music videos?	0 15 minutes 30 minutes 45 minutes 1 hour 1.5 hours 2 hours 2.5 hours 3 hours 4 hours 5 hours 6 hours 7 hours 9 hours 10 hours 11 hours 12 hours 13 hours 14 hours 15 hours 16 hours 17 hours 18 hours 20 hours 21 hours 21 hours 22 hours 22 hours 23 hours
	<ul><li>23 hours</li><li>24 hours</li></ul>

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