Piper BJ, Daily SM, Martin SL, Martin MW. Evaluation of a brief intervention to reduce mobile phone use in college students. Appendix (Supplemental). *The Guthrie Journal.* 2022;74(1).

Appendix

Pre- and Post-Intervention Survey

Name:_____ **Code: DC – XX OB - XX**

Please write a number in the space provided next to each statement indicating how much you agree or disagree with the following statements:

Note: All coding records are confidential and will be destroyed after the instruments are turned in to the researcher. You may choose to not answer any question you feel uncomfortable with.

1 = Strongly agree 2 = Agree 3 = Disagree 4 = Strongly disagree

1. I bring my cell phone everywhere I go. _____
2. If I forget my cell phone, I feel stressed and/or anxious. _____
3. If my cell phone dies and I do not have a charger, I feel stressed and/or anxious. _____
4. In a setting where cell phone use is discouraged (i.e., in class or at work) I check it anyway. _____
5. My cell phone is one of the most important possessions I own. _____
6. I sometimes miss things going on around me (i.e., conversations, class lectures, etc.) because I am doing something on my cell phone. _____
7. At times I text while driving. _____ *(Note: In Maine, texting while driving is illegal.)*
8. At times I talk on the phone while driving. _____
9. I sleep with my cell phone within reach. _____
10. I view my cell phone bill as a necessary expense. _____
11. I usually keep my cell phone on my person. _____
12. I feel socially isolated when I don't have my cell phone with me. _____
13. I believe there may be negative social side effects to using cellphones. (circle one)
    Yes No Really not sure
14. I believe there may be negative health effects related to cellphone use. (circle one)
    Yes No Really not sure
15. I believe there may be negative environmental effects related to cellphone use. (circle one)
    Yes No Really not sure

1 = Strongly agree
2 = Somewhat agree
3 = Neither agree nor disagree
4 = somewhat disagree
5 = Strongly disagree

1. I learned something new from the Intervention Fact Sheet. _____
2. I am concerned that my cell phone use has negative effects on my health. _____
3. I am concerned that my cell phone use has negative effects on the environment. _____
4. I should change some of my behaviors when it comes to my cell phone use. _____
5. I plan to keep my cell phone away from my body more often. _____
6. I plan to use a hands-free device for calls when I can. _____
7. I am not concerned at all about my cell phone use and behaviors. _____
8. I am not going to change the way I use my cell phone at all. _____

Thank you for your participation!