



**22. Over the last 2 weeks, how often have you been bothered by the following problems?  
(Make one selection per statement)**

	Not at all	Several days	Over half the days	Nearly everyday
22.a) - Feeling nervous, anxious, or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.b) - Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.c) - Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.d) - Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.e) - Being so restless that it's hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.f) - Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.g) - Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23.a) - What time do you usually wake up on a normal school day? (Monday - Friday)

- 5-5:29am  
 5:30-5:59am  
 6-6:29am  
 6:30-6:59am  
 7:00-7:29am  
 7:30-7:59am  
 8:00-8:29am  
 8:30-9am  
(Pick one - the most relevant to you)

23.b) - Around what time do you normally go to bed.....but NOT to sleep - on a school night (Monday-Friday)?

- 6-6:59pm  
 7-7:29pm  
 7:30-7:59pm  
 8:00-8:29pm  
 8:30-8:59pm  
 9:00-9:29pm  
 9:30-9:59pm  
 10:00-10:29pm  
 10:30-10:59pm  
 11:00-11:29pm  
 11:30-11:59pm  
 Midnight-1am  
 2am  
(Pick one - the most relevant to you)

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23.c) - Around what time do you usually fall asleep -  
on a normal school night (Monday-Friday)?

- 6-6:59pm
- 7-7:29pm
- 7:30-7:59pm
- 8:00-8:29pm
- 8:30-8:59pm
- 9:00-9:29pm
- 9:30-9:59pm
- 10:00-10:29pm
- 10:30-10:59pm
- 11:00-11:29pm
- 11:30-11:59pm
- Midnight-1am
- 2am

(Pick one - the most relevant to you)

**24.) - Over the past 2 weeks, how often have you been bothered by any of the following problems? (Make one selection per statement)**

	Not at all	Several days	More than half the days	Nearly everyday
24.a) - Having little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.b) - Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.c) - Having trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.d) - Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.e) - Having a poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.f) - Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.g) - Having trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.h) - Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.i) - Having thoughts that you would be better off dead or of hurting yourself in some way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25.a) - Around what time do you usually wake up on a normal Saturday morning?

- 5-5:29am
  - 5:30-5:59am
  - 6-6:29am
  - 6:30-6:59am
  - 7:00-7:29am
  - 7:30-7:59am
  - 8:00-8:29am
  - 8:30-9am
  - 9-9:29am
  - 9:30-9:59am
  - 10:00-10:29am
  - 10:30-10:59am
  - 11:00-11:29am
  - 11:30-11:59am
  - Noon-1pm
- (Pick one - the most relevant to you )

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25.b) - Around what time do you normally go to bed.....but NOT to sleep - on a Saturday night?

- 6-6:59pm
  - 7-7:29pm
  - 7:30-7:59pm
  - 8:00-8:29pm
  - 8:30-8:59pm
  - 9:00-9:29pm
  - 9:30-9:59pm
  - 10:00-10:29pm
  - 10:30-10:59pm
  - 11:00-11:29pm
  - 11:30-11:59pm
  - Midnight-1am
  - 2am
- (Pick one - the most relevant to you )

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25.c) - Around what time do you usually fall asleep - on a normal Saturday night?

- 6-6:59pm
  - 7-7:29pm
  - 7:30-7:59pm
  - 8:00-8:29pm
  - 8:30-8:59pm
  - 9:00-9:29pm
  - 9:30-9:59pm
  - 10:00-10:29pm
  - 10:30-10:59pm
  - 11:00-11:29pm
  - 11:30-11:59pm
  - Midnight-1am
  - 2am
- (Pick one - the most relevant to you)

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26.a) - What time do you usually wake up on a normal Sunday morning?

- 5-5:29am
  - 5:30-5:59am
  - 6-6:29am
  - 6:30-6:59am
  - 7:00-7:29am
  - 7:30-7:59am
  - 8:00-8:29am
  - 8:30-9am
  - 9-9:29am
  - 9:30-9:59am
  - 10:00-10:29am
  - 10:30-10:59am
  - 11:00-11:29am
  - 11:30-11:59am
  - Noon-1pm
- (Pick one - the most relevant to you )

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26.b) - Around what time do you normally go to bed.....but NOT to sleep - on a Sunday night?

- 6-6:59pm
  - 7-7:29pm
  - 7:30-7:59pm
  - 8:00-8:29pm
  - 8:30-8:59pm
  - 9:00-9:29pm
  - 9:30-9:59pm
  - 10:00-10:29pm
  - 10:30-10:59pm
  - 11:00-11:29pm
  - 11:30-11:59pm
  - Midnight-1am
  - 2am
- (Pick one - the most relevant to you)

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26.c) - Around what time do you usually fall asleep - on a normal Sunday night?

- 6-6:59pm
  - 7-7:29pm
  - 7:30-7:59pm
  - 8:00-8:29pm
  - 8:30-8:59pm
  - 9:00-9:29pm
  - 9:30-9:59pm
  - 10:00-10:29pm
  - 10:30-10:59pm
  - 11:00-11:29pm
  - 11:30-11:59pm
  - Midnight-1am
  - 2am
- (Pick one - the most relevant to you)

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27.a) - Before shutting your eyes and trying to go to sleep - when would you have typically, last used a screen device (such as; phone, laptop, TV..)?

- 2+ hours before trying to sleep
  - 1 hour before trying to sleep
  - 30 minutes before trying to sleep
  - 10 minutes before trying to sleep
  - Just before trying to sleep
  - Don't know
- (Pick one - the most relevant to you)

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28.) - If you wake up during the night or before you need to get up in the morning, do you ever check your phone or another electronic device?

- Yes
  - No
  - Don't know
- (Pick one)

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28.a) - Which of the following most closely relates to you?

- I wake up every night (7 nights/week) and always check my phone or another electronic device before going back to sleep
  - I wake up every night (7 nights/week) and sometimes check my phone or another electronic device before going back to sleep
  - I wake up some nights (3-6 nights/week) and always check my phone or another electronic device before back to sleep
  - I wake up some nights (3-6 nights/week) and sometimes check my phone or another electronic device before back to sleep
  - I rarely wake up during the night, but if I do, I always check my phone or another electronic device before going back to sleep
  - I rarely wake up during the night, but if I do, I sometimes check my phone or another electronic device before going back to sleep
- (Pick one - the most relevant to you )

**29.) - These questions ask you how you feel about yourself. Please answer each question. Remember there are no right or wrong answers, just answer honestly (Make one selection per statement).**

	Almost all of the time	A lot of the time	Some of the time	A little of the time	Hardly ever
29.a) - I am able to stand up for myself and what I believe in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.b) - How I feel about myself depends on what others think of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.c) - I feel I can be myself around other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.d) - I make an effort to look good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.e) - Overall I feel good about my abilities compared to others (e.g. at school, playing sports or socially)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.f) - If I make an innocent mistake I let it get me down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.g) - I feel useless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**30.) - These questions ask you how you feel about yourself. Please answer each question. Remember there is no right or wrong answer. Answer as honestly as possible (Make one selection per statement).**

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
30.a) - Overall I like who I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.b) - I am a good person who has a lot to offer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.c) - I feel that I am a valuable person who is at least equal to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.d) - How I feel about my body makes me feel less confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.e) - I feel confident in my abilities to achieve the things I set my mind to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.f) - I think other people like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31.) - Imagine you are the Prime Minister for a day and had the opportunity to make changes to the online world.

What would you change about the online world, and why?

(Something you would change, and why you would change it.....)