

# Interview Protocol

Introduction:

Hi, my name is Vedit. I'm conducting research to better understand how students spend their time every day, and their relationship with technology.

## Question Themes

**About You:** Can you tell me a bit about yourself? What are you currently studying or working on, and what interests or hobbies do you have?

**Daily Routine:** Could you walk me through a typical day for you? How do you structure your time, and where does your phone fit into your daily routine?

**Phone Usage:** What do you primarily use your phone for? Are there specific apps or activities you engage with more than others?

**Social Media Engagement:** How do social media platforms play a role in your daily life? When and why do you typically use them?

**Focus and Distraction:** Are there moments in your day when you find yourself easily distracted by your phone? In which situations do you wish you were more focused?

**Online Presence:** How connected are you to online communities, trends, or memes? How important is it for you to stay updated?

**Platform Activity:** Do you ever feel like you're spending too much time on certain platforms? Are there any you wish you could reduce your usage of?

**Phone Frustrations:** What aspects of using your phone do you find cumbersome or frustrating? How do these challenges affect your daily life?

**Alternative Solutions:** Have you ever thought about using a more basic phone (sometimes called a “dumb phone”) or taking other steps to reduce your phone usage? What appeals to you about these alternatives, or what concerns do you have?

**Additional Thoughts:** Is there anything else you’d like to share about your relationship with your phone or technology in general?

## Extra Questions

Notes: These are questions from previous interviews that were improvised on spot. Could be good questions to remember.

- If it’s ok with you, could you share the information shown on your ScreenTime screen?
- Tell me a bit about your study routine.
- What do you do to stay focused when studying
- Information that you check every day. Where? What?
- Do you forget stuff?
- How do you jot down your daily thoughts?
- Do you journal often?
- Do you note down Shower Thoughts?