

Appendix

ESM Questionnaire

WHEN YOU WERE BEEPED...

1.1. Where were you? (required)

- A. In class, Computer Sciences
- B. In class, not Computer Sciences
- C. On campus, not in class
- D. At home
- E. In public, not work or school
- F. At my job site
- G. Other

1.2 Please provide more detail: (required)

2.1. Who was the primary person/people you were with? (required)

- A. N/A (I was alone)
- B. Classmate(s)
- C. Friend(s)
- D. Family member(s)
- E. Significant other
- F. Co-worker(s)
- G. Faculty/staff
- H. Other

3.1. What was the main thing you were doing? (required)

- A. Academic work/study
- B. Leisure
- C. Socializing
- D. Personal maintenance (e.g. sleep, eating, personal hygiene)
- E. Employment
- F. Other activity

3.2. Please provide more detail on what you were doing:

4. **Were you doing this because you:**
 - A. Wanted to
 - B. Had to
 - C. Had nothing else to do

5. **Is the main thing you were doing (choose one):**
 - A. More like work
 - B. More like play
 - C. Both
 - D. Neither

6. **If you were using technology; what kind of device was it?**
 - A. N/A
 - B. Computer
 - C. Tablet
 - D. Smartphone (other than study phone)
 - E. Gaming device
 - F. Other

7. **How did you feel about your main activity? (6-point scale: not at all/very)**
 - 7.1. Was this activity challenging to you?
 - 7.2. Was this activity interesting to you?
 - 7.3. Was the activity important to you?
 - 7.4. How skilled are you in this activity?
 - 7.5. Did you enjoy what you were doing?
 - 7.6. How well were you concentrating?
 - 7.7. How important is this activity in relation to your future goals/plans?
 - 7.8. Were you living up to your own expectations?
 - 7.9. Were you living up to the expectations of others?
 - 7.10. Were others expecting a lot from you?
 - 7.11. Did the situation allow you to be involved or to act?
 - 7.12. Did you have the abilities to deal with the situation?
 - 7.13. Were you succeeding at what you were doing?
 - 7.14. Did you wish you were doing something else?
 - 7.15. Did you feel good about yourself?

8. **How were you feeling when you were beeped? (6-point scale: not at all/very)**
 - 8.1 Happy
 - 8.2 Energetic
 - 8.3 Anxious
 - 8.4 Competitive

- 8.5 Lonely
- 8.6 Proud
- 8.7 Cooperative
- 8.8 Bored
- 8.9 Self-confident
- 8.10 Overwhelmed