

FAMILY QUESTIONNAIRE

I agree to the use of the information I am going to provide on a completely anonymous basis for the study “Screen use in childhood: cross-sectional study and literature review”

- a) Yes
- b) No

Sociodemographic characteristics

1. Who is completing this questionnaire?
 - a) Mother
 - b) Father
 - c) Both parents
 - d) Other:
2. Date of birth of the child:
3. Sex of the child:
 - a) Male
 - b) Female
4. Mother's age: _____ years
5. Father's age: _____ years
6. Mother's country of origin:
7. Father's country of origin:
8. Monthly household income:
 - a) Less than €1000 per month
 - b) Between €1000-2000 per month
 - c) Between €2000-3000 per month
 - d) Between €3000-5000 per month
 - e) More than €5000 per month
9. Mother's educational attainment (highest level of education attained):
 - a) Did not attend school
 - b) Primary education
 - c) Compulsory secondary education
 - d) Noncompulsory secondary education or vocational education
 - e) University degree
10. Father's educational attainment (highest level of education attained):
 - a) Did not attend school
 - b) Primary education
 - c) Compulsory secondary education
 - d) Noncompulsory secondary education or vocational education
 - e) University degree
11. Are you (parents) separated or divorced?
 - a) Yes
 - b) No

Questions about family screen use

12. **What devices and services do you have at home? (check all that apply):**
 - a) Television
 - b) Computer
 - c) Tablet
 - d) Smartphone
 - e) Wi-Fi/Internet connection
 - f) Subscription platforms (Netflix, Max, Prime, Disney, etc)
 - g) Video game consoles (PlayStation, Nintendo Switch, Xbox, etc)
13. **Do you have or have you had any device holders for your child? (tablet/mobile phone adapter in the car for children, mobile phone holder in the stroller, etc)**
 - a) Yes
 - b) No
14. **If you have a television, if someone is at home, how often is it on in the background when no one is watching it?**
 - a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
15. **What about other devices (tablets, computers, video game consoles, etc)? Do you turn them off when they are not in use?**
 - a) We always turn them off
 - b) We frequently turn them off
 - c) Sometimes we turn them off
 - d) We rarely turn them off
 - e) We never turn them off
16. **Do you eat while watching television?**
 - a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
17. **What about other devices (cell phones, tablets, etc)? Does anyone in the household use them during meals?**
 - a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
18. **Do you leave your cell phone (or other electronic devices) aside or in another room while playing with your child?**
 - a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
19. **Do your children use screens (television, cell phone, video games, etc) in the two hours before bedtime?**
 - a) Always
 - b) Frequently

- c) Sometimes, especially on weekends
 - d) Rarely
 - e) Never
20. Do you select the content your children consume (videos, movies, video games, etc)?
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
21. Do you follow the age recommendations for apps, video games, content, etc?
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
22. Do you check the content (videos, apps, video games, etc) BEFORE your child sees it to make sure you know what they are going to see?
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
23. Do you have parental control measures in place on the devices your child uses?
- a) Yes
 - b) No
24. If you share your devices (tablet, computer) or use subscription platforms at home (Netflix, Max, Disney, etc), does the child have individual accounts/user profiles for them?
- a) Yes
 - b) No
25. Which of the following devices does your child have? (*meaning a device used primarily by the child*)
- a) They have their own *smartphone*
 - b) They have their own *tablet*
 - c) They have their own computer (laptop or desktop)
 - d) He has his own video game console
 - e) Other: _____
26. We would like to know, in relation to yesterday (whether it was a weekday or weekend), how much time your child spent doing the following activities. If the child is too young or did not engage in any of them yesterday, leave the answer blank. For activities the child DID do yesterday, express the time spent on them in minutes or hours:
- a) Watching television (conventional or subscription platforms): _____ minutes / _____ hours
 - b) Streaming videos (YouTube, etc): _____ minutes / _____ hours
 - c) Using social media (TikTok, Instagram, etc): _____ minutes / _____ hours
 - d) Playing video games (on a computer or game console): _____ minutes / _____ hours
 - e) Playing games on a cell phone: _____ minutes / _____ hours
 - f) Using instant messaging platforms (WhatsApp, Telegram, etc): _____ minutes / _____ hours
 - g) Video calls: _____ minutes / _____ hours
 - h) Using electronic devices for educational or creative purposes (doing homework, reading, drawing, creating photo albums, etc): _____ minutes / _____ hours

27. Considering the amount of time your child spends on screens and the content they access, how would you rate the use of digital media/platforms in terms of the effect on their...

1. Learning?
 - a) Very beneficial
 - b) Somewhat beneficial
 - c) No effect
 - d) Somewhat harmful
 - e) Very harmful
2. Ability to concentrate?
 - a) Very beneficial
 - b) Somewhat beneficial
 - c) No effect
 - d) Somewhat harmful
 - e) Very harmful
3. Creativity?
 - a) Very beneficial
 - b) Somewhat beneficial
 - c) No effect
 - d) Somewhat harmful
 - e) Very harmful
4. Ability to relate to others?
 - a) Very beneficial
 - b) Somewhat beneficial
 - c) No effect
 - d) Somewhat harmful
 - e) Very harmful
5. Health?
 - a) Very beneficial
 - b) Somewhat beneficial
 - c) No effect
 - d) Somewhat harmful
 - e) Very harmful

28. How would you rate the amount of time your child spends using screens?

- a) Too much time
- b) Just right
- c) Too little time

29. Do you have family rules about screen time?

- a) Yes
- b) No

30. If the answer is yes, what do these rules involve? (check all that apply)

- a) Limiting screen time
- b) Limiting where they can be used (common areas such as the living room, etc)
- c) Limiting the content that can be accessed
- d) Scheduled screen-free times (mealtimes, homework, playtime, etc)
- e) Planning screen-free activities (outdoors, crafts, excursions, etc)
- f) Other: *specify* _____

31. Are these rules followed by all household members?

- a) Always
- b) Frequently
- c) Sometimes
- d) Rarely
- e) Never
- f) Only children have to comply with them

SPECIFIC SECTION BASED ON AGE GROUP

Specific questionnaire for children aged 0 to 2 years (both included)

32. How often do you give your child access to an electronic device (smartphone, tablet, television, etc), even if only for a short time?

- a) Daily
- b) Many days
- c) Some days
- d) Rarely
- e) Never

33. If you have allowed the child access to a device, what was it for? (check all that apply)

- a) For entertainment
- b) To soothe them when they were crying or upset
- c) To distract them in a restaurant, on a car trip or in another situation where they were going to get bored
- d) For educational purposes
- e) Video call with a family member
- f) Other: _____

34. How much time would you say your child spends on screens (cell phone, tablet, television, computer, video games, etc) each day?

- a) None
- b) Less than 30 minutes a day
- c) Between 30 minutes and 1 hour a day
- d) Between 1 and 2 hours a day
- e) Between 2 and 4 hours a day
- f) More than 4 hours a day

35. What types of screens has your child used so far? (check all that apply)

- a) Television (conventional and/or subscription platforms)
- b) Cell phone
- c) Tablet
- d) Computer
- e) Video game console
- f) Other: _____

36. If your child has ever used these devices (mobile phone, tablet, television, etc), do you usually accompany them while they are using them?

- a) Always
- b) Frequently
- c) Sometimes
- d) Rarely

- e) Never
 - f) I choose the content, but then I let the child watch it/play alone
37. **When do you accompany your child while they use devices?**
- a) I am with the child the entire time he/she is using it
 - b) I choose the content, but I let the child watch it alone
 - c) I don't usually accompany the child when he/she uses devices
38. **If your child has ever been unsupervised while using your cell phone/tablet, do you check the content the child accessed afterwards?**
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
39. **Do you feel that you are a good role model for your child when it comes to the use of digital devices (cell phone, tablet, computer, television, etc)?**
- a) Yes, I think I make adequate use of them both in front of the child and in other situations
 - b) Yes, because I try not to use devices in front of the child
 - c) I'm not the best example, although I try to use devices less when I'm with my child
 - d) I am not a good example because I think I use devices excessively in general

Specific survey for children aged 3 to 5 years (both included)

40. **How much time would you say your child spends on screens (cell phone, tablet, television, computer, video games, etc) each day?**
- a) None
 - b) Less than 30 minutes a day
 - c) Between 30 minutes and 1 hour a day
 - d) Between 1 and 2 hours a day
 - e) Between 2 and 4 hours a day
 - f) More than 4 hours a day
41. **If you have allowed the child access to a device, what was it for? (check all that apply)**
- a) For entertainment
 - b) To soothe them when they were crying or upset
 - c) To distract them in a restaurant, on a car trip or in another situation where they were going to get bored
 - d) For educational purposes
 - e) Video call with a family member
 - f) Other: _____
42. **What types of screens does your child use? (check all that apply)**
- a) Television (conventional and/or subscription platforms)
 - b) Cell phone
 - c) Tablet
 - d) Computer
 - e) Video game consoles
 - f) Other: _____
43. **When your child uses electronic devices, do you usually accompany them while they are using them?**
- a) Always
 - b) Frequently

- c) Sometimes
 - d) Rarely
 - e) Never
 - f) I choose the content, but then I let the child watch it/play alone
44. **When do you accompany your child while they use devices?**
- a) I am with the child the entire time he/she is using it
 - b) I choose the content, but I let the child watch it alone
 - c) I don't usually accompany the child when he/she uses devices
45. **If your child has ever been unsupervised while using your cell phone/tablet, do you check the content the child accessed afterwards?**
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
46. **Do you feel that you are a good role model for your child when it comes to the use of digital devices (cell phone, tablet, computer, television, etc)?**
- a) Yes, I believe I make adequate use of them both in front of him/her and in other situations
 - b) Yes, because I try not to use devices in front of the child
 - c) I am not the best example, although I try to use devices less when I am with my child
 - d) I am not a good example because I believe I use devices excessively in general
47. **Have you ever talked to your child about the risks of the digital world? (Talking to strangers, sharing personal information, sending images, etc):**
- a) Yes
 - b) No

Specific survey for children aged 6 to 12 (both included)

48. **How much time would you say your child spends each day on screens (cell phone, tablet, television, computer, video games, etc)?**
- a) None
 - b) Less than 30 minutes a day
 - c) Between 30 minutes and 1 hour per day
 - d) Between 1 and 2 hours a day
 - e) Between 2 and 4 hours a day
 - f) More than 4 hours a day
49. **When your child uses electronic devices (mobile phone, tablet, television, etc), do you usually supervise their use (check what the child is doing, how much time the child spends, the content consumed, etc)?**
- a) Always
 - b) Frequently
 - c) Sometimes
 - d) Rarely
 - e) Never
50. **Do you regularly check your child's devices?**
- a) Yes, I do so regularly without the child knowing
 - b) Yes, I do it regularly with the child present
 - c) Sometimes

- d) Rarely
 - e) Never
51. Does your child have their own cell phone with internet access?
- a) Yes
 - b) No
 - c) They have their own cell phone but without internet access
52. If the answer is YES, what was the age the child first had it?
- _____ years old
53. If the answer is yes, does the device have parental control measures in place?
- a) Yes
 - b) No
54. Is your child registered on any social media platforms? (TikTok, YouTube, Instagram, etc)
- a) Yes
 - b) No
55. If yes, does the child share his/her passwords with you so you can check his/her activity on social media?
- a) Yes
 - b) No
56. Do you feel that you are a good role model for your child when it comes to the use of digital devices (cell phone, tablet, computer, television, etc)?
- a) Yes, I believe I make adequate use of them both in front of them and in other situations
 - b) Yes, because I try not to use devices in front of the child
 - c) I'm not the best example, although I try to use devices less when I'm with my child
 - d) I am not a good example because I think I use devices excessively in general
57. Have you ever talked to your child about the risks of the digital world? (talking to strangers, cyberbullying, sharing personal information, sending images, etc):
- a) Yes, we have discussed this topic in depth
 - b) Yes, I have mentioned something about being careful when using devices
 - c) No, I trust that the school will give them the necessary information
 - d) No, I think they are still too young to receive this type of information
58. Do you think your child is aware of all these potential risks?
- a) Yes, absolutely
 - b) Yes, although I think my child should receive more information
 - c) No, I don't think my child is aware of these risks
 - d) I've never thought about it
59. Given the possibility that your child may accidentally or intentionally access adult content (pornography), have you talked to them explicitly about healthy sexual relationships?
- a) Yes
 - b) No
60. If your child found themselves in a situation related to the digital world in which they felt uncomfortable or threatened, do you think they would come to you, as parents, to seek help?
- a) Yes, I think he/she would tell us right away
 - b) Yes, although he/she would probably turn to their friends or teachers first
 - c) I seriously doubt he/she would tell us
 - d) No, I don't think he/she would tell us

FOR EVERYONE AGAIN

61. Are you familiar with the recommendations of scientific societies (Spanish Pediatric Association, etc) regarding screen use in children?
- a) Yes
 - b) No
62. Has a health care professional (primary care doctor, pediatric specialist, nurse, etc) ever talked to you about these recommendations?
- a) Yes
 - b) No