Argomenti:

## Sport (allegato)

## Alimentazione (allegato)

## Trasporti (allegato)

## Stile di vita (allegato)

## Social Media (vedi sotto)

Anagrafica:

eta’ , sesso , peso , altezza , tipo istituto superiore [classico,scientifico,tecnico,linguistico,altro]

1. how many social media sites do you have accounts with?

2. how many times a day do you look at social media?

not everyday; once a day; 2-5 times a day; 5-10 times a day; 10 + times

3. How much time do you spend on social media per day?

less than 30 minutes; 30-60 minutes; 1- 2 hours; 2-3 hours; 3 hours +

4. how often do you post on social media?

never; every few months; every few weeks; weekly; daily; multiple times a day

5. when do you access social media?

during free time whilst at school/work; during social occasions; meal times; any spare moment

6. do you check social media before you get out of bed?

yes no

7. is checking social media the last thing you do before going to bed?

yes no

8. what do you use social media for?

keeping in touch with friends and family; event planning; buying and selling; inspiration; news; dating to meet new friends; to find employment; to browse/time waste

9. has social media effected a relationship friend/ family/ romantic?

yes no

10. do you consider yourself addicted to social media?

yes no