

TIGPS 2024 Eighth-Grade Student Survey (Online Questionnaire)

Dear student,

Thank you for taking the time to participate in our research and for sharing your valuable opinions. To take part in this survey, participants must meet the following two criteria:

1. You are currently enrolled as an eighth-grade student.
2. You have previously received the survey invitation (including the leaflet and the study information sheet) and understand that this questionnaire is an academic study exploring the life experiences of adolescents in the digital age. Participation is entirely voluntary, and you may choose whether or not to take part. Your personal identity and school information will be kept strictly confidential, and all research procedures and data handling comply with the regulations of the ethics review board.

You have read and understood the above information and agree to participate in this survey. Please click “Start” to begin the questionnaire.

Note: As a token of appreciation for your participation and support, each participant who completes the questionnaire will receive a **NT\$200** digital gift voucher. The vouchers are expected to be distributed between **September and October 2024**. Please be sure to provide a valid email address and mobile phone number, as the voucher will be sent to you directly.

Your name: _____

Mobile phone number: _____ (Example: 0972-123456)

Is this mobile phone number:

☐ **1. My own** ☐ **2. My parent's** ☐ **3. Another family member's**

E-mail address: _____

Sincerely,
The TIGPS Research Project Team
April 2024

(I) Personal and Family Background Information

s1. What is your sex (biological sex)?

☐ (01) Female ☐ (02) Male

s2. What is the marital status of your biological parents?

- ☐ (01) Married and living together ☐ (02) Married but living apart due to work
☐ (03) Married but separated ☐ (04) Divorced and living apart
☐ (05) Divorced but living together ☐ (06) Not married but living together
☐ (07) Not married and living apart ☐ (08) Biological father deceased
☐ (09) Biological mother deceased ☐ (10) Both biological parents deceased
☐ (11) Other (please specify): _____

s3. In our society, some people are closer to the upper levels, while others are closer to the lower levels. Below is a ladder diagram representing different social levels from top to bottom. Which level do you think your family is closest to?

10	<input type="checkbox"/> (10) Top level
9	<input type="checkbox"/> (09)
8	<input type="checkbox"/> (08)
7	<input type="checkbox"/> (07)
6	<input type="checkbox"/> (06)
5	<input type="checkbox"/> (05)
4	<input type="checkbox"/> (04)
3	<input type="checkbox"/> (03)
2	<input type="checkbox"/> (02)
1	<input type="checkbox"/> (01) Bottom level

s4. Please indicate how much you agree or disagree with the following statements.

	Strongly disagree	Disagree	Agree	Strongly agree
s4a. Even when I feel slightly unwell or have a valid reason to rest, I still try to complete the tasks I am expected to do each day.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s4b. Even if it is something I do not enjoy, I still make my best effort to complete it.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s4c. Even when it takes a long time before results become visible, I continue to put effort into the task and maintain my performance.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s5. To what extent do the following statements describe your family life?

	Strongly disagree	Disagree	Agree	Strongly agree
s5a. When making decisions, family members discuss things together.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s5b. My family enjoys spending leisure time together.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s5c. When there are family activities, everyone	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

in my family participates.

s5c. Family members accept each other's friends.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s5e. When I experience setbacks, I can always get comfort from my family.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s5f. When I need help or advice, I can rely on my family.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s6. Over the past year, how would you describe your interactions with your parent(s)?

	Never	Occasionally	Sometimes	Often
s6a. Criticized you or blamed you.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6b. Understood you and affirmed your ideas.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6c. Showed concern for you.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6d. Shared their experiences as a reference for solving problems.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6e. Were indifferent to you.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6f. Often had conflicts with you, and the relationship felt tense.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6g. Knew your whereabouts each day.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6h. Sometimes punished you for the same thing, and sometimes did not.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6i. Hit you when disciplining you.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s6j. Talked to you about their thoughts on matters related to you.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s7. For someone of your age, how appropriate do you think it is for parents to regulate the following matters? And how strict do you think your parents are about these matters?

	1. Appropriateness				2. Strictness			
	Not at all	Not very much	Some-what	Very much	Not at all	Not very much	Some-what	Very much
s7a. Clothing, appearance, and style	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s7b. Activities with friends	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s7c. Interests and hobbies	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s7d. Attitude toward elders	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s7e. Being responsible in what you do	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s7f. Being honest in how you behave	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s8. Since entering grade eight, have any of the following events occurred? **【Choose all that apply】**

- ☐ (01) I had a falling out with a close friend.
- ☐ (02) My academic performance or class ranking declined.
- ☐ (03) I had conflicts with classmates at school. ☐ (04) I changed classes.
- ☐ (05) I was misunderstood by others. ☐ (06) I experienced discrimination.
- ☐ (07) I was embarrassed in public. ☐ (08) My academic workload was heavy.
- ☐ (09) I felt pressure about further education.
- ☐ (10) I became seriously ill or was seriously injured.
- ☐ (11) My family experienced financial difficulties.
- ☐ (12) A family member passed away. ☐ (13) None of the above.

(II) School Life and Academic Experience

s9. To what extent do you agree or disagree with the following statements about your school?

	Strongly disagree	Disagree	Agree	Strongly agree
s9a. I like my school.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s9b. I do not feel that I am a part of my school.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s9c. I am proud of my school.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s10. To what extent do the following descriptions apply to your school?

	Strongly disagree	Disagree	Agree	Strongly agree
s10a. Student truancy or skipping classes is a serious problem.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s10b. Student smoking or drinking is a serious problem.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s11. To what extent do the following statements about you and your homeroom teacher describe your current situation?

	Strongly disagree	Disagree	Agree	Strongly agree
s11a. My homeroom teacher cares about me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s11b. I feel close to my homeroom teacher.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s12. To what extent do the following statements about your class describe the current situation?

	Strongly disagree	Disagree	Agree	Strongly agree
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s12a. When I need help, my classmates are always willing to lend a hand.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s12b. When my classmates need help, I am always willing to lend a hand.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s12c. Compared with other classes, students in my class trust one another the most.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s13. What is your seat number in class? Seat number: _____

s14. The following questions ask about your interactions with classmates online and in real life.

Please write down the seat numbers of the classmates you like most and least, you may select up to five classmates for each question.

s14a. Which classmates do you **like** to interact with online (e.g., playing games together, talking on the phone, chatting)?

(1) _____ 、 (2) _____ 、 (3) _____ 、 (4) _____ 、 (5) _____

s14b. Which classmates do you **dislike** interacting with online?

(1) _____ 、 (2) _____ 、 (3) _____ 、 (4) _____ 、 (5) _____

s14c. Which classmates do you **like** to interact with in real life (not online) (e.g., working in the same group, eating together, discussing schoolwork, sharing personal thoughts)?

(1) _____ 、 (2) _____ 、 (3) _____ 、 (4) _____ 、 (5) _____

s14d. Which classmates do you **dislike** interacting with in real life (not online)?

(1) _____ 、 (2) _____ 、 (3) _____ 、 (4) _____ 、 (5) _____

s15. Approximately how was your average academic performance last semester?

- ☐ (01) Ranked within the top 5 in the class ☐ (02) Ranked 6th to 10th in the class
☐ (03) Ranked 11th to 20th in the class ☐ (04) Ranked 21st to 30th in the class
☐ (05) Ranked below 30th in the class

s16. What expectations do your parents have regarding your academic performance?

- ☐ (01) At least among the top students in the class ☐ (02) At least above average
☐ (03) At about the class average level ☐ (04) Just passing is sufficient
☐ (05) No specific expectations ☐ (06) Other (please specify): _____

s17. Since entering Grade 8, have you attended any private tutoring outside of school(including one-on-one tutoring or cram schools)?

- ☐ (1) Yes **(continue to s17a)** ☐ (2) No **(skip to s18)**

s17a. Which subjects do you receive tutoring in? 【Choose all that apply】

- ☐ (01) Mathematics ☐ (02) English ☐ (03) Biology ☐ (04) Chinese

☐ (05) Social studies (history, geography, civics)

☐ (06) Information technology / Computer studies ☐ (07) Other (please specify): _____

s18. To what extent do your parents have the following expectations for your future development?

s18a. They expect my academic achievement to make them proud.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
No at all								Very much	

s18b. They expect me to have a high-paying job in the future.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
No at all								Very much	

s18c. They expect me to contribute to the family's financial support in the future.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
No at all								Very much	

s18d. They expect me to bring honor to the family in the future.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
No at all								Very much	

s19. To what extent do the following statements describe your parents' situation?

	Strongly disagree	Disagree	Agree	Strongly agree
s19a. My parents know who my main teachers at school are.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19b. My parents are aware of my learning situation at school (e.g., whether I can keep up with the coursework).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19c. My parents know what I am currently learning at school (e.g., how far the class has progressed).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19d. My parents attend parent-teacher meetings or school events.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19e. My parents contribute time or money to support class activities or facilities.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19f. My parents volunteer at my school.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19g. My parents spend time helping me with my schoolwork.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19h. My parents check my school communication notebook.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s19i. My parents purchase supplementary learning materials for me (e.g., practice books or test papers).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s19j. My parents search online for learning materials or educational platforms for me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

(III) Online Life Experiences

s20a. Regarding internet use, does your father show any of the following behaviors?

	Never	Occasionally	Sometimes	Often	Not Applicable
s20aa. He sets rules about when I am allowed to use the internet and when I am not.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ab. He limits the amount of time I spend online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ac. He talks with me about interesting or funny things that happen online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ad. He accompanies me when I go online to search for information or do homework.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ae. He encourages me to use the internet.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20af. He discusses my internet use and online experiences with me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ag. He worries that my internet use may cause health problems (e.g., eye or physical condition).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ah. He worries that my academic performance may be negatively affected by my internet use.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ai. He asks me what I do online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20aj. He checks my internet browsing history.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20ak. He scolds me for using the internet.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20al. He has conflicts with me because of my online shopping.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)

s20b. Regarding internet use, does your mother show any of the following behaviors?

	Never	Occasionally	Sometimes	Often	Not Applicable
s20ba. She sets rules about when I am allowed to use the internet and	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)

when I am not.					
s20bb. She limits the amount of time I spend online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bc. She talks with me about interesting or funny things that happen online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bd. She accompanies me when I go online to search for information or do homework.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20be. She encourages me to use the internet.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bf. She discusses my internet use and online experiences with me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bg. She worries that my internet use may cause health problems (e.g., eye or physical condition).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bh. She worries that my academic performance may be negatively affected by my internet use.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bi. She asks me what I do online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bj. She checks my internet browsing history.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bk. She scolds me for using the internet.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)
s20bl. She has conflicts with me because of my online shopping.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (-4)

s21. How much time do you spend on the following online activities on weekdays (school days)?

s21a. Completing schoolwork (e.g., searching for information needed to complete assignments)

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s21b. Extracurricular learning (e.g., online courses, both paid and free)

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s21c. Playing online games

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s21d. Watching videos, listening to music, viewing memes, cartoons, or comics

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s21e. Chatting with others (messaging)

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s21f. Browsing information online based on personal interests

- ☐ (01) None ☐ (02) Less than 0.5 hour ☐ (03) 0.5–1 hour ☐ (04) 1–1.5 hours
☐ (05) 1.5–2 hours ☐ (06) 2–2.5 hours ☐ (07) 2.5–3 hours ☐ (08) 3–3.5 hours
☐ (09) 3.5–4 hours ☐ (10) 4–4.5 hours ☐ (11) 4.5–5 hours ☐ (12) More than 5 hours

s22. When you encounter difficulties or feel worried in real life, how often do you go online to do the following?

	Never	Occasionally	Sometimes	Often
s22a. Chat with others to receive support or comfort.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s22b. Discuss problems with others in order to find ways to solve the difficulties.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s22c. Search for relevant information to try to solve the difficulties.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s22d. Browse information unrelated to the difficulties to distract myself.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s22e. Play games to reduce feelings of distress or stress.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s22f. Shop online to improve my mood or reduce feelings of stress.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s23. Regarding your behavior on social media, how well do the following statements describe you?

	Strongly disagree	Disagree	Agree	Strongly agree
s23a. I only post photos in which I look happy or cheerful.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23b. I deliberately choose photos in which I look good to post.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23c. I post content that enhances my image, even if it does not reflect the real situation.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23d. I do not mind posting photos in which I do not look very good.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23e. I do not mind posting content that may negatively affect my image.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23f. I do not mind sharing negative experiences that happen to me on my social media.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23g. I browse other people's online content without being noticed.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s23h. I hide records of my online activity.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s23i. I avoid joining conversations on social media with my friends, even when I am reading their messages.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
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s24. Regarding your interactions with others on social media, how well do the following statements describe your feelings?

	Strongly disagree	Disagree	Agree	Strongly agree
s24a. My sense of self-worth largely depends on how others view me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s24b. I worry that my comments or actions will be criticized.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s24c. I feel disappointed when I update my status and no one responds.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s24d. I frequently check whether my posts have received new responses.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s24e. If people knew the real me, they would lose interest in me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s24f. I feel anxious before posting anything.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s25. To what extent do the following statements describe your personal experiences and feelings?

	Strongly disagree	Disagree	Agree	Strongly agree
s25a. I like the image of myself that I present online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25b. I am able to present the best side of myself online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25c. I feel that I can become my ideal self in the online world	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25d. I like the image of myself in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25e. I am able to present the best side of myself in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25f. I feel that I can become my ideal self in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25g. I often take on different roles in the online world.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25h. I present different images of myself on different social media platforms (e.g., Facebook, Instagram).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25i. I enjoy having multiple identities or images of myself online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25j. The way I present myself online is different from who I am in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25k. I feel that I am a different person in the online world than in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25l. My words and behaviors online are very different from those in real life.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s25m. Compared with real life, I feel more relaxed and comfortable online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25n. I prefer my life online to my life in the real world.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s25o. If possible, I would like to stay online all the time.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s26. Regarding your opinions expressed online, to what extent do you agree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree
s26a. I often compare my life achievements with those of others online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s26b. I often pay attention to other people's performance online and compare it with my own.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s26c. I often compare how popular I am with others online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s26d. When I want to better understand certain things, I try to look at other people's opinions online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s26e. I am always curious about how people online think or act when they encounter the same problems as I do.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s26f. I like to look at different perspectives and experiences shared by others online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s27. To what extent do you agree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree
s27a. Not keeping up with my friends' online chats or jokes makes me feel anxious.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s27b. Missing online gatherings or interactions with my friends makes me feel distressed.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s27c. I frequently use the internet to keep track of what my friends are doing and where they are.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s27d. Missing online premieres, live streams, or events makes me feel distressed.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s28. Regarding your internet use, how well do the following statements describe your situation?

	Strongly disagree	Disagree	Agree	Strongly agree
s28a. When I want to go online but cannot, I feel restless and on edge.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28b. If I do not go online for a period of time, I feel uncomfortable.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28c. If I do not use the internet for more than a day, I feel very distressed.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28d. I have noticed that the amount of time I spend online for leisure has been increasing.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28e. On average, I spend much more time online for leisure each week than I used to.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28f. The actual amount of time I spend online often exceeds what I originally planned.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28g. My internet use has caused some negative effects on my studies or work.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28h. My internet use has clearly harmed my physical or mental health.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28i. My interactions with family members and friends have decreased due to my internet use.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s28j. I often stay up late using the internet for leisure, which results in poor energy or physical condition during the day.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

(IV) Peer Relationships and Bullying Behaviors

s29. To what extent do you agree with the following statements about your closest friend(s)?

	Strongly disagree	Disagree	Agree	Strongly agree
s29a. When I need help or advice, I can rely on them.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s29b. They sometimes cause trouble.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s29c. They care about me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s29d. I often receive help from them.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s29e. When I feel frustrated, I can always receive comfort from them.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s30. Do you think your friends **in real life can be trusted, or do you think you need to be careful when dealing with them?**

☐ (01) They can always be trusted

☐ (02) They can usually be trusted

☐ (03) I usually need to be careful ☐ (04) I always need to be careful

s31. Do you think strangers in real life can be trusted, or should you be careful when interacting with them?

☐ (01) They can always be trusted ☐ (02) They can usually be trusted

☐ (03) I usually need to be careful ☐ (04) I always need to be careful

s32. Do you think online friends can be trusted, or do you think you need to be careful when dealing with them?

☐ (01) They can always be trusted ☐ (02) They can usually be trusted

☐ (03) I usually need to be careful ☐ (04) I always need to be careful

s33. Do you think online strangers can be trusted, or do you think you need to be careful when dealing with them?

☐ (01) They can always be trusted ☐ (02) They can usually be trusted

☐ (03) I usually need to be careful ☐ (04) I always need to be careful

s34. Since entering Grade 8, have you ever experienced any of the following situations in real life (not online), such as being verbally abused, maliciously mocked, having your belongings damaged or taken, being physically attacked, or being excluded from discussions or activities by others?

☐ (01) Yes ☐ (02) No **(skip to s36)**

s35. Since entering Grade 8, how often have you experienced the following situations in real life (not online)?

	Never	Occasionally	Sometimes	Often
s35a. I was insulted or threatened with swear words.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35b. I was the target of rumors or negative talk.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35c. I was excluded from discussions or activities, or others were told not to talk to me or associate with me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35d. I was mocked or teased about my appearance or behavior.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35e. I was mocked or teased for liking someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35f. My belongings were deliberately damaged or hidden on purpose.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35g. I was extorted or forced to hand over my belongings.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s35h. I was physically attacked.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s36. Since entering Grade 8, have you ever engaged in any of the following behaviors in real life (not online) toward others, such as verbally abusing or maliciously mocking someone, damaging or taking their belongings, physically attacking someone, or deliberately excluding someone from discussions or activities?

☐ (01) Yes ☐ (02) No **(skip to s38)**

s37. Since entering Grade 8, how often have you done the following to others in real life (not online)?

	Never	Occasionally	Sometimes	Often
s37a. Used swear words to insult or threaten someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37b. Spread rumors or said bad things about someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37c. Prevented someone from joining activities or discussions, or told others not to talk to or associate with that person.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37d. Mocked or teased someone about their appearance or behavior.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37e. Mocked or teased someone for liking someone else.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37f. Deliberately damaged someone's belongings or hid them on purpose.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37g. Extorted someone or forced them to hand over their belongings.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s37h. Physically attacked someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s38. Since entering Grade 8, have you ever experienced any of the following online behaviors from others, such as being verbally abused, maliciously mocked, excluded from discussions, having embarrassing videos spread, or having false information posted about you?

☐ (1) Yes ☐ (2) No **(skip to s40)**

s39. Since entering Grade 8, how often have you experienced the following situations online?

	Never	Occasionally	Sometimes	Often
s39a. I was insulted or threatened with swear words.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s39b. I was the target of rumors or negative talk.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s39c. I was excluded from discussions.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s39d. I was mocked or teased about my appearance or behavior.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s39e. I was mocked or teased for liking someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s39f. Embarrassing photos or videos of me were shared online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s39g. My social media account or email was impersonated, and false information was spread online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s40. Since entering Grade 8, have you ever engaged in any of the following online behaviors toward others, such as verbally abusing or maliciously mocking someone, excluding others from discussions, spreading embarrassing videos, or posting false information?

☐ (1) Yes ☐ (2) No **(skip to s42)**

s41. Since entering Grade 8, how often have you done the following to others online?

	Never	Occasionally	Sometimes	Often
s41a. Used swear words to insult or threaten someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41b. Spread rumors or said bad things about someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41c. Prevented someone from joining discussions.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41d. Mocked or teased someone about their appearance or behavior.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41e. Mocked or teased someone for liking someone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41f. Shared embarrassing photos or videos of someone online.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s41g. Used someone's social media account or email to spread false information to others.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s42. In the past six months, have you done any of the following? **【Choose all that apply】**

- ☐ (01) Cheated on an exam ☐ (02) Run away from home
☐ (03) Skipped classes or played truant
☐ (04) Taken someone's belongings without permission
☐ (05) Deliberately damaged someone else's property ☐ (06) Intentionally injured someone
☐ (07) Smoked cigarettes (tobacco) ☐ (08) Used e-cigarettes ☐ (09) Drank alcohol
☐ (10) Chewed betel nut ☐ (11) Watched or listened to pirated music or videos
☐ (12) Downloaded illegal software ☐ (13) Stayed out late at night without returning home
☐ (14) None

(V) Digital Environment and Literacy

s43. How often do you experience the following situations?

	Never	Occasionally	Sometimes	Often
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s43a. For me, the cost of purchasing digital devices (e.g., smartphones, computers, tablets) is too high.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s43b. For me, the cost of using the internet is too expensive.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s44. To what extent do you agree with the following reasons for using a mobile phone or the internet?

	Strongly disagree	Disagree	Agree	Strongly agree
s44a. It is a good way to pass the time.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s44b. It helps me find and connect with people who share my interests or feel compatible with me.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s44c. It improves my performance in studying or completing tasks.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s44d. It helps me stay informed about the latest sports, concerts, or other entertainment events.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s44e. It allows me to share my ideas or things I have created.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s45. To what extent do the following statements describe your online learning behaviors?

	Strongly disagree	Disagree	Agree	Strongly agree
s45a. When studying or doing homework, I turn off unrelated websites, instant messaging, mobile apps, or notification sounds.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s45b. I am able to require myself to finish my homework or studying before visiting websites I like or using my phone.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s45c. I use dashboards on learning platforms to monitor my effort or performance (e.g., current scores, missing assignments, video viewing records, or my performance compared with the class).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s45d. I use tools outside of learning platforms (e.g., Google Calendar for scheduling, Forest for focus, Notion for notes, Anki for flashcards) to plan my learning progress.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s46. Do the following statements apply to your use of computers and the internet?

	No	Yes
s46a. I use location-based services to find information I need (e.g., maps, navigation, transportation, or restaurants).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)
s46b. I regularly change my passwords (e.g., for	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)

my phone, tablet, computer, Instagram, TikTok, Dcard).

s46c. My classmates, close friends, or family members know my passwords. ☐ (01) ☐ (02)

s47. How much do you agree with the following statements about your use of media websites and digital platforms?

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
s47a. I am able to identify appropriate keywords to find the most relevant answers.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47b. I can quickly find websites that I have visited before.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47c. I am clear about my purpose when visiting a specific website or using a specific app.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47d. I understand which types of information can be shared publicly online and which should not.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47e. I am able to judge whether the comments I post online are appropriate.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47f. When posting content or sharing photos or videos, I adjust privacy settings depending on who I want to share them with.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47g. I am able to find others' online videos or media content and remix or adapt them for my own creations.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47h. I am able to use online materials in accordance with copyright regulations (e.g., Creative Commons licenses).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)
s47i. I am able to upload videos, webpages, or images that I have created to cloud storage platforms.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)	<input type="checkbox"/> (05)

s48. The content of information technology courses at my school includes : **【Choose all that apply】**

- ☐ (01) Basic computer concepts: Introduction to the basic components of a computer, such as hardware (e.g., CPU, memory, storage devices) and software (e.g., operating systems and applications).

- ☐ (02) Basic computer operation skills: Teaching students how to use operating systems (e.g., Windows or macOS), word processing software (e.g., Word), spreadsheet software (e.g., Excel), and presentation software (e.g., PowerPoint).
- ☐ (03) Programming and Logical Thinking: Learning how to use the internet, including web browsers, information search skills, and basic knowledge of online safety and privacy protection.
- ☐ (04) Multimedia applications: Learning how to use various multimedia tools, such as image editing, audio editing, and video editing software.
- ☐ (05) Information ethics and digital citizenship: Discussing online etiquette, digital copyright, cyberbullying, and the impact of online behavior.
- ☐ (06) Basic data processing and analysis: Introducing how to collect, organize, and conduct simple analyses of data, possibly using spreadsheet software or other basic tools.
- ☐ (07) Exploratory information technology projects: Encouraging students to carry out small projects that apply what they have learned to solve real-world problems or engage in creative work.
- ☐ (08) None of the above

s49. The school technology curriculum has helped improve my digital knowledge and skills.

- ☐ (01) Strongly disagree ☐ (02) Disagree ☐ (03) Agree ☐ (04) Strongly agree

(VI) Life Experiences and Attitudes

s50. Overall, how satisfied are you with your life?

- ☐ (01) Very dissatisfied ☐ (02) Dissatisfied ☐ (03) Satisfied ☐ (04) Very satisfied

s51. Overall, how happy have you been recently?

- ☐ (01) Very unhappy ☐ (02) Unhappy ☐ (03) Happy ☐ (04) Very happy

s52. Overall, how would you rate your current health status?

- ☐ (01) Pretty poor ☐ (02) Poor ☐ (03) Good ☐ (04) Pretty good

s53. How much do you agree with the following statements about yourself?

	Strongly disagree	Disagree	Agree	Strongly agree
s53a. I feel that I am a person of value.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s53b. I view myself in a positive and optimistic way.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s53c. I am satisfied with myself.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s54. Based on your experiences over the past six months, please indicate how well the following statements describe you.

	Not applicable	Somewhat applicable	Applicable
s54a. I try to be kind to others and care about their feelings.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)
s54b. I often share things with others (e.g., food, games, stationery).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)
s54c. If someone is hurt, upset, or feeling unwell, I am willing to help.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)
s54d. I treat younger children in a friendly way.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)
s54e. I often volunteer to help others (e.g., parents, teachers, classmates).	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)

s55. How much do you agree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree
s55a. When I feel nervous, I can notice changes in my body, such as a faster heartbeat.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55b. When my emotions make it hard for me to concentrate, I am aware of it.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55c. I am aware of my own emotions.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55d. When I feel sad, I know how to help myself feel better.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55e. I know how to calm myself down.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55f. When I feel frustrated, I am able to adjust myself and get through difficult times.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55g. I set goals for myself.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55h. I achieve the goals I set for myself.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55i. I think about the steps needed to achieve my goals.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55j. I get along well with my classmates.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55k. I share my feelings or thoughts with others.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55l. When I have difficulties or problems at school, I talk to a teacher or a trusted adult.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55m. I accept people whom I am not familiar with.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55n. I can tell how others might be feeling by looking at their facial expressions.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55o. I know when others need help.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55p. When I have problems getting along with classmates, I know how to seek help.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55q. Before making decisions, I think ahead	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

about what might happen.

s55r. I know what is right and what is wrong.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55s. I think of different ways to solve problems.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s55t. When friends or classmates want to break rules, I tell them that it is wrong.	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s56. Please indicate how often you have experienced the following feelings or situations during the past 1 to 2 weeks.

	Not at all or less than one day	One to two days during the past week	Three to four days during the past week	Five to seven days during the past week	Nearly every day during the past two weeks
s56a. I have had a poor appetite.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56b. I have had difficulty sleeping.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56c. I have felt sad.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56d. I have felt that I am a bad person.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56e. I have thought about harming myself.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56f. I have lost interest in things I usually enjoy.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56g. I have felt that my movements are too slow.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56h. I have felt tired all the time.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56i. I have wished that I were dead.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56j. I have had difficulty concentrating on important things.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56k. I have felt restless and on edge.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56l. I have felt lonely.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56m. I have felt nervous or anxious.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s56n. I have been unable to stop or control my worrying.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s57. To what extent do you agree with the following statements?

	Strongly disagree						Strongly agree	
s57a. I keep my emotions to myself.	1	2	3	4	5	6	7	
s57b. I try to reduce my negative emotions (e.g., sadness or anger) by thinking about something else.	1	2	3	4	5	6	7	

s57c. When I face stressful situations, I try to think about them in ways that help me calm down.	1	2	3	4	5	6	7
s57d. I control my emotions by not expressing them.	1	2	3	4	5	6	7
s57e. When I want to feel more positive emotions, I try to look at the situation from a different perspective.	1	2	3	4	5	6	7
s57f. When I experience negative emotions, I try hard not to show them.	1	2	3	4	5	6	7

s58. During the past two weeks, to what extent have you experienced the following feelings?

	Never	Sometimes	Less than half of the time	More than half of the time	Most of the time
s58a. I have felt cheerful and in good spirits.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s58b. I have felt calm and relaxed.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s58c. I have felt energetic and full of vitality.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s58d. I have woken up feeling refreshed and well rested.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)
s58e. My daily life has been filled with things that interest me.	<input type="checkbox"/> (00)	<input type="checkbox"/> (01)	<input type="checkbox"/> (02)	<input type="checkbox"/> (03)	<input type="checkbox"/> (04)

s59a. On school days, what time do you usually arrive at school?

_____ hour _____ min (hour:5,6,...,10; min:0,5,10,...55)

S59b. On school days, what time do you usually leave school?

_____ hour _____ min (hour:5,6,...,10; min:0,5,10,...55)

S60. Over the past month, what have your usual sleep habits been? (hour:1,2,...,24; min:0,5,10,...55)

s60a. Over the past month, on school days, what time do you usually go to bed?

_____ hour _____ min

s60b. Over the past month, on school days, what time do you usually wake up?

_____ hour _____ min

S60c. Over the past month, on non-school days, what time do you usually go to bed?

_____ hour _____ min

S60d. Over the past month, on non-school days, what time do you usually wake up?

_____ hour _____ min

S60e. Over the past month, how would you rate your overall sleep quality?

☐ (01) Very poor ☐ (02) Poor ☐ (03) Good ☐ (04) Very good

s61. Over the past month, how many of the following beverages did you consume per week on average?

s61a. Beverage carton, Tetra pak, or bottled sweetened beverages

- ☐ (01) None ☐ (02) 1-7 units. ☐ (03) 8-14 units ☐ (04) 15-21 units
☐ (05) 22-28 units ☐ (06) 29-35 units ☐ (07) 36 units or more

s61b. Hand-shaken drinks

- ☐ (01) None ☐ (02) 1-2 units ☐ (03) 3-4 units ☐ (04) 5-6 units
☐ (05) 7-8 units ☐ (06) 9-10 units ☐ (07) 11 units or more

s62. What is your current height? _____ cm

s63. What is your current weight? _____ kg

s64. Please select the option that best describes your current body type.

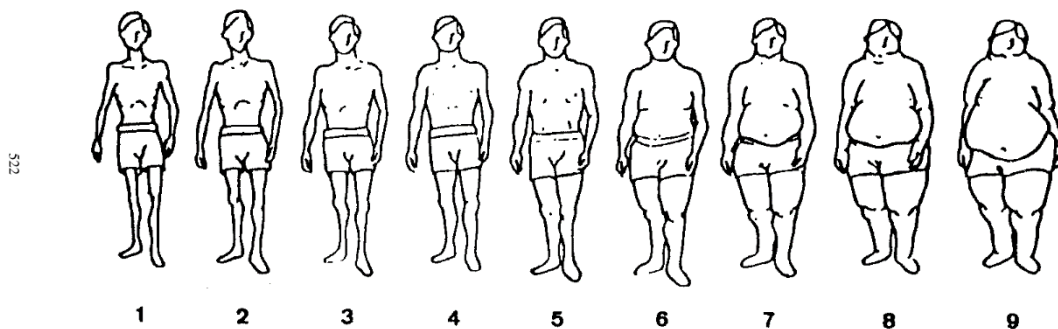
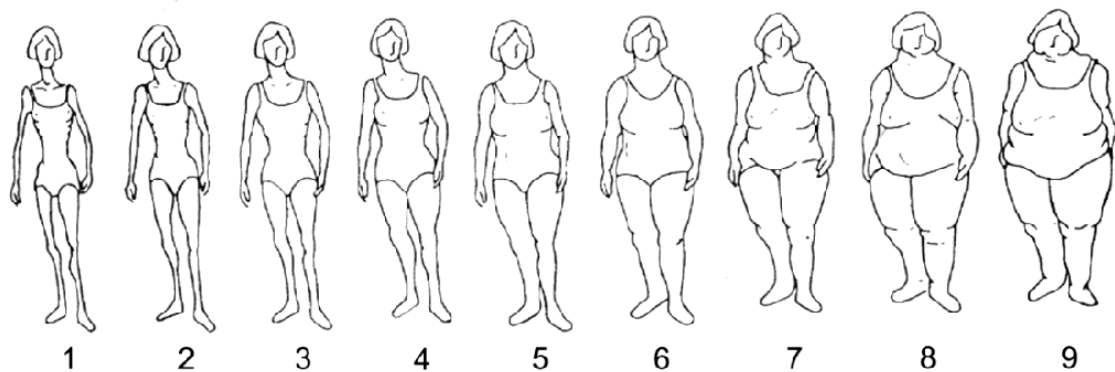


Figure 1. Stimulus figures for 'ideal' and 'aspired to' ratings (from Stunkard, Sorensen, & Schulsinger, 1983).



**This is the end of the questionnaire.
Thank you so much for your time and for completing this survey!**