

Supplementary file: Questionnaire

A: Sociodemographic characteristics

1. Do you agree to participate in this research?
 - ☐ Yes
 - ☐ No
2. Gender
 - ☐ M
 - ☐ F
3. Age _____
4. Educational qualification
 - ☐ Primary school certificate
 - ☐ Secondary school certificate
 - ☐ High school diploma
 - ☐ University Degree / Master
5. Employment
 - ☐ Student
 - ☐ Housewife
 - ☐ Employee
 - ☐ Self-employed
 - ☐ Retired
 - ☐ Unemployed
6. Country of origin
 - ☐ Italy
 - ☐ Other _____

B. Questions addressed to all participants

7. How many Mobile Digital Devices (smartphone or tablet) do you use every day?
 - ☐ None
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ More than 3
8. How many hours do you spend, overall, in front of your smartphone / tablet during the day? _____
9. In your opinion, does the use of smartphones and / or tablets by a preschooler (0-5 years old), pose a risk to his/her health?
 - ☐ Yes
 - ☐ No
 - ☐ I don't know

10. If yes, how harmful do you think it is on a scale of 1 to 7? (1 = *not harmful*; 7 = *very much harmful*)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

11. How long do you think it is correct the use of a smartphone and / or tablet, during the day, for:

- A child aged under 2 year.
 - _____(minutes)
 - I don't know
- A child aged 3-5 years old.
 - _____(minutes)
 - I don't know

12. Referring to the use of smartphone and / or tablet by a preschooler, how much is, in your opinion, the risk of:

(Scale of 1 to 7; 1 = not at all risky; 7 = extremely risky)

- Having sleep disorders
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Becoming obese
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Becoming epileptic
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Having eye irritation
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Becoming celiac
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Confusing virtual reality with the real world
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know

13. Referring to the use of smartphone and / or tablet by a preschooler, how much is, in your opinion, the risk of:

(Scale of 1 to 7; 1 = no benefit at all; 7 = high benefit)

- Learning new words (for children aged under 2 years old)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Learning new words (for children aged 3-5 years old)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know
- Developing cognitive/creative skills

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know

- Preventing ADHD (Attention Deficit and Hyperactivity Disorder)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know

- Communicating with distant relatives

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know

- Approaching technology

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ I don't know

14. Do you have children?

- ☐ No
- ☐ Yes

C. Questions addressed to preschoolers' parents

15. If yes, do you have preschool children (0-5 years old)?

- ☐ No
- ☐ Yes

16. If yes, how old are they?

Child 1 _____

Child 2 _____

Child 3 _____

Etc.

17. Do you usually let your child use the smartphone and / or tablet?

- ☐ Yes
- ☐ No

18. If yes, how long per day? _____

19. Do you let him/her use it alone?

- ☐ Yes
- ☐ No

20. If yes, how long do you let him use alone?

- ☐ Less than half the time
- ☐ About half the time
- ☐ More than half the time

21. Has the child ever requested the device from you, if he is able to?

- ☐ Yes
- ☐ No

22. If yes, for what reason? (*More than one answer allowed*)

- ☐ Playing
- ☐ Using educational apps
- ☐ Taking pictures

- Watching videos
 - Watching cartoons / TV series
 - Other _____
23. When it is time to stop using your smartphone or tablet, does your child annoys and try to oppose?
- Yes
 - No
24. If you give your child the smartphone and / or tablet, what is the main reason?
(Only one answer)
- To make him/her feel good
 - To make him/her stop crying
 - Because it favors his/her cognitive development
 - To approach him/her to technology
 - To distract him/her while I do cleaning, work, focus on other things
 - To communicate with relatives / friends (e.g. videochat)
 - Other _____
25. Have you ever sought or received information about risks associated with using smartphone / tablet?
- Yes
 - No
26. If yes, what was the source of information? (More than one answer allowed)
- Website/social media
 - Meetings organized by Municipality
 - Meetings organized by Schools
 - Pediatrician
 - Other _____

N.B. The original questionnaire was in Italian language.