**Healthy smartphone use**

Tick all of the criteria that apply to you. If you answer ‘yes’ to five or more, you may not have a healthy relationship with your smartphone.

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| **Criteria** | **Yes** |
| 1. Is your smartphone always within reaching distance? |  |
| 1. Is checking your smartphone the first thing in the morning and the last thing you do at night? |  |
| 1. Do you check your smartphone when you are in a face-to-face conversation with someone? |  |
| 1. Do you use your smartphone when watching TV or eating meals? |  |
| 1. Do you panic when you realise the battery is running low and you don’t have a charger on you? |  |
| 1. Do you start sweating when you think you left your smartphone at home? |  |
| 1. Do you reply to texts or social media while driving and stopped at red lights? |  |
| 1. Do you lose time while on your smartphone? |  |
| 1. Do you obsessively check for emails, texts, social media posts etc? |  |