

## Appendix 2

The study of awareness of teachers involved in general and vocational education about the impact of electronic devices on health and lifestyle conducted in the period of distance learning

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### 1. How old are you?

- 20–29
- 30–39
- 40–49
- 50–59
- 60–69
- 70–79
- Upwards of 80 years

### 2. Are you female or male?

- Female
- Male

### 3. What location are you currently teaching in? \_\_\_\_\_

### 4. How long have you been working as a teacher (years)? \_\_\_\_\_

### 5. What type of educational institution are you currently working at?

- Regular public school
- Gymnasium
- Lyceum
- School with advanced curriculum
- College
- Supplementary education provider
- Higher educational institution

### 6. Please specify your average screen time per day during the distance learning period

- < 1 h
- 1 h
- 2 h
- 3 h
- 4 h
- 5 h
- 6 h
- 7 h
- 8 h
- 9 h
- 10 h
- > 10 h

### 7. How many more hours you spend using electronic devices during the distance learning period?

- < 1 h
- 1 h
- 2 h
- 3 h
- 4 h
- 5 h
- 6 h
- 7 h
- > 7 h

### 8. How many stationary and portable electronic devices do you normally use in a brick-and-mortar setting?

- None
- 1
- 2
- 3
- 4
- > 4

### 9. How many stationary and portable electronic devices do you use during the distance learning period?

- 1
- 2
- 3
- 4
- > 4

**10. How many hours a day do you use your electronic devices in a brick-and-mortar setting, according to the Screen time app statistics? \_\_\_\_\_**

**11. How many hours a day do you use your electronic devices during the distance learning period? \_\_\_\_\_**

**12. Which of the following symptoms do you have when using stationary and portable electronic devices in the distance learning period?**

- Headache
- Difficulty falling asleep
- Heavy head
- Eye fatigue
- Eye pain
- Blurred vision
- Seeing dark spots
- Gritty eyes
- Muffled hearing or ringing in the ear
- Fatigue, back pain
- Fatigue, neck pain
- Psychoemotional strain
- Exhaustion
- No complaints

**13. How long does it take for the first health symptoms to appear when using stationary and portable electronic devices during the distance learning period?**

- 30 min
- 1 h
- 1.5 h
- 2 h
- > 2 h
- I do not have health complaints

**14. Do you have more health complaints in the distance learning period than before?**

- No
- Yes

**15. How often do you take screen breaks in the brick-and-mortar setting?**

- I do not take screen breaks
- Every 30–40 min
- Every hour
- Every 1.5 h
- Every 2 h
- Less often than every 2 h

**16. How often do you take screen breaks in the distance learning period?**

- I do not take screen breaks
- Every 30–40 min
- Every hour
- Every 1.5 h
- Every 2 h
- Less often than every 2 h

**17. Has your physical activity decreased during the distance learning period?**

- Yes
- No

**18. What types of physical activity prevail in your routine during the distance learning period?**

- Physical exercise
- Using exercise machines
- Walking
- Dancing
- Minimum physical activity

**19. What do you do to maintain good health in the distance learning period?**

- Eat healthily
- Keep regular hours/work-life balance
- Do not engage in unhealthy habits
- Do morning exercise, stay active
- Body tempering, affirmations, etc.
- Nothing

**20. Where do you get information about healthy lifestyle during the period of distance learning?**

- Blogs
- Social media
- Mass media
- Advocacy advertisement for public health
- Medical websites
- Medical workers, family, friends
- Literature
- I am not keen on this subject

**Thank you for your cooperation!**