

Digital Distraction Self-Assessment

Circle the number that most closely represents your normal behaviours regarding the statements:

(0 = Never, 3 = Sometimes, 5 = Always)

Statements	Score
• I spend more time on my device than playing outside.	0 1 2 3 4 5
• I become easily irritated when someone interrupts me while I am on my device.	0 1 2 3 4 5
• I have trouble concentrating in a noisy environment or in the classroom.	0 1 2 3 4 5
• I spend much of my leisure time on devices (e.g., gaming, surfing the internet, social networking, or texting).	0 1 2 3 4 5
• I become easily restless or bored when engaged in just one activity.	0 1 2 3 4 5
• I often doing three or more tasks at a time, or use multiple devices (e.g., texting, homework, surfing net, listening to music).	0 1 2 3 4 5
• When speaking with someone I have difficulty sustaining eye contact.	0 1 2 3 4 5
• After spending time in front of a screen, I find myself becoming irritable, spacey or even anxious.	0 1 2 3 4 5
• I often make mistakes, misplace items, or forget important information.	0 1 2 3 4 5
• When eating, I like to be in front of a screen.	0 1 2 3 4 5
• When listening to instructions, like from my teacher or parent, I tend to miss important details.	0 1 2 3 4 5
• My parents complain about the amount of time I spend on the internet, gaming, texting, watching TV, or using the tablet.	0 1 2 3 4 5
• I trouble understanding what others feel, or why others may get upset with me.	0 1 2 3 4 5
• I find it difficult to sit quietly for even just a few minutes.	0 1 2 3 4 5
• I sometimes will get defensive or secretive about when I use my devices.	0 1 2 3 4 5
TOTAL:	

Add up the scores. Assess the degree of focus according to the following key:

60 – 75 *Major issue:* distraction is having a negative impact on his/her quality of life.

16 – 59 *Moderate issue:* may want to consider changing some of his/her lifestyle habits.

0 – 15 *Not a major issue:* he/she is generally able to concentrate and focus well.



SUGGESTED READING LIST

Tom Chatfield (2012). *How To Thrive In The Digital Age*. MacMillan.

Frances Booth (2013). *The Distraction Trap: How To Focus In A Digital World*. Pearson Education Ltd.

Shaahin Cheyene (2012). *How the Internet Is Changing Our Brain*:
http://www.huffingtonpost.com/shaahin-cheyene/internet-brain_b_1248845.html

Nicholas Carr (2010). *The Shallows: What the Internet Is Doing To Our Brains*. W.W. Norton & Company.

Matthew Crawford (2015). *The World Beyond Your Head: On Becoming an Individual in an Age of Distraction*. Allen Lane.

Victoria L. Dunckley (2014). *Gray Matters: Too Much Screen Time Damages the Brain*:
<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

Howard Gardner (2014). *The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World*. Yale University Press.

Larry D. Rosen (2012). *iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us*. Palgrave Macmillan.

Mindful Kids: <https://mindfulkids.wordpress.com/>

Mindful Schools: <http://www.mindfulschools.org>

Mindful Teachers: <http://www.mindfulteachers.org/>

Mindfulness for Teens: <http://mindfulnessforteens.com>

Dan Siegel & Tina Payne Bryson (2011). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam Books.

Gary Small (2009). *iBrain: Surviving The Technological Alteration Of The Modern Mind*. Harper Paperbacks.

Sherry Turkle (2012). *Alone Together: Why We Expect More from Technology and Less from Each Other*. Basic Books.

