**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **DIGITAL TECHNOLOGIES QUESTIONNAIRE**

Below is a list of phrases that describe certain feeling that you may have. Rate yourself by finding the answer which best describes the extent to which you have these conditions. Select only one of the four responses for each of the following questions.

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| **Anxiety regarding the use of digital technologies:**  |

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| --- | --- |
| **I feel stressed or scared…** |  **Not Slightly Fairly Very**  **Anxious Anxious Anxious Anxious** |
| 1. While touching a computer keyboard. |   |
| 2. When holding a tablet without knowing how to use it. |   |
| 3. Thinking that I could damage its components while using a computer. |   |
| 4. Thinking that I could damage its components while using a tablet. |   |
| 5. When sitting in front of a computer or tablet and messages keep appearing on its screen to say that I did something wrong. |   |
| 6. Every time I have to attend a workshop on digital technologies.  |   |
| 7. Finding myself in a conversation among people who are computer literate. |   |
| 8. Being with people who talk using computer jargon. |   |
| 9. Hearing that social media is more addictive than cigarettes. |   |
| 10. Hearing a relative or friend saying that his/her computer/ tablet or cell phone broke down. |   |
| 11. Watching someone using a computer comfortably. |   |
| 12. Thinking that I might be asked at some stage to use a computer or tablet as part of my job. |   |
| 13. Hearing that the use of social media is expanding rapidly. |   |
| **I feel stressed or scared…** |  **Not Slightly Fairly Very**  **Anxious Anxious Anxious Anxious** |
| 14. Every time I have to save files and content (e.g. texts, pictures, music, video, web pages). |   |
| 15. When I have to apply different methods and tools to organise files, content and online information. |   |
| 16. When I retrieve and manage the online information and content I have saved and stored. |   |
| 17. When I do online searches through search engines. |   |
| 18. When I have to select among the information that I find on the Internet. |   |
| 19. When i filter and monitor the online information.  |   |

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| --- | --- |
| 20. Because I know that not all online information is reliable. |   |
| 21. Every time I have to compare different information sources. |   |
| 22. When I cross-check and assess the validity and credibility of online information. |   |
| 23. Hearing that digital technologies can be used to interact with services (e.g. online communities). |   |
| 24. When I actively use basic features of social media. |   |
| 25. Every time I actively engage in online participation. |   |
| 26. When I have to create simple digital content (e.g. text, table, image, audio, etc.). |   |
| 27. When I produce digital content in different formats, including multimedia (e.g. text, table, image, audio, etc.). |   |
| 28. When I realize that time passes without me noticing when I navigate the Internet. |   |
| 29. Hearing that people’s academic or work performance has been negatively affected by their mobile phone use. |   |

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| **I feel stressed or scared…** |  **Not Slightly Fairly Very**  **Anxious Anxious Anxious Anxious** |
| 30. When I edit the digital content (e.g. text, table, image, audio, etc.) in order to enhance the final output. |   |
| 31. Thinking a life without my mobile phone. |   |
| 32. When I present my ideas to others and I have to use presentation software to do this creatively. |   |
| 33. When I have to integrate audio, text, images, video and music in film formats in order to present my ideas to others. |   |
| 34. Thinking that social media provides constant updates. |   |
| 35. When I have to file text, pdf and video formats into named folder so I can find them easily later. |   |

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| **Foreign Language and Culture**  |  |
|  |  **Strongly Agree Disagree Strongly**  **Agree Disagree**  |
| 1. I am interested in learning a foreign language. |   |
| 2. I feel nervous or stressed when speaking a foreign language with a native speaker. |   |
| 3. I think I would be happy if other cultures were more similar to my own. |   |
| 4. I respect the values and customs of other people from other cultures. |   |
| 5. I enjoy learning a foreign language.  |   |
| 6. I like to meet people from other cultures and who speak other languages. |   |
| 7. I would like to know more about the lives of people from other cultures. |   |
| 8. I would like to travel to countries where foreign languages are spoken. |   |
| 9. I think that people from other countries and cultures are similar to me. |   |
| 10. I like food from other cultures and countries |   |
| 11. I like hearing the names of foods from other cultures and countries. |   |
| 12. I would like to learn how to cook recipes from other cultures and countries. |   |
| 13. I like to learn about the ingredients that go into recipes and food from other cultures and countries. |   |
| 14. I like to try new types of food. |   |
| 15. I feel nervous when I am offered food I have never tasted before. |   |
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| **Attitude to using Digital Technologies:**  |

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| --- | --- |
|   |  Strongly Agree Disagree Strongly  Agree Disagree |
| 1. Using digital technologies is enjoyable |   |
| 2. I feel nervous when holding a tablet without knowing how to use it. |   |
| 3. I feel very confident when I use digital technologies. |   |
| 4. I believe it is very important for me to learn how to use different types of digital technologies. |   |
| 5. I learn many new things when I use digital technologies |   |
| 6. I am afraid to use digital devices and equipment. |   |
| 7. I am actively engaged in online communication. |   |
| 8. I adopt a safe and sensible attitude during activities that involve digital technologies |   |
| 9. I can express my own identity and personality when I use digital media. |   |

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| **Motivation for acquiring digital competences:**  |

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| --- | --- |
| 1. Digital technologies could save me some time when doing my work. |  |
| 2. I could find a better job if I could use digital technologies.  |   |
| 3. Digital technologies give me the opportunity to learn more. |   |
| 4. Digital technologies could increase my productivity. |   |
| 5. I know that digital technologies will help me to learn many new things. |   |
| 6. I want to learn how to use digital technologies in order to keep in touch with my friends and family online. |   |
|  |  Strongly Agree Disagree Strongly  Agree Disagree |
| 7. I want to acquire employment experience in the digital technologies sector. |   |
| 8. I want to help my children learn how to use digital technologies. |   |
| 9. I want to meet new friends through training in using digital technologies |   |
| 10. I want to acquire digital competences just for pleasure. |   |
| 11. I want to acquire digital competences as an intellectual challenge. |   |
| 12. Digital technologies provide good career options. |   |
| 13. Digital technologies are a very competitive field and I am an achiever |   |

**Thank you for completing this questionnaire!**