**APPENDIX**

**QUESTIONNAIRE ON QUALITY OF LIFE, SOCIAL ANXIETY AND INTERNET ADDICTION AMONG STUDENTS**

Dear Respondents,

This questionnaire is designed to collect information on quality of life, social anxiety and internet addiction of students in tertiary institution in Osun State, Nigeria. Please, note that there is no right or wrong answers to any of the items because the response provided will be used for the research purpose only and treated confidentially.

Section A**: Demographic Information**

Instruction: Please tick (√) or supply simple expression as appropriate and where applicable in the space provided in front of each item in this section.

**Sex:** Male ( ) Female ( )

**Age as at last Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Religion:** Christianity ( ) Islam ( ) Traditional ( ) Others specify **( )**

**Ethnicity:** Yoruba ( ) Hausa ( ) Igbo ( ) Others **( )**

**Family of Type:** Monogamous ( ) Polygamous ( )

**Birth Order:** First ( ) Middle ( ) Last ( )

**Marital Status:** Single ( ) Married ( ) Separated ( ) Divorced

**Institution Type:** NCE ( ) Polytechnic ( ) University ( )

**Institution Ownership:** Private ( ) Public ( )

**Section B: INTERNET ADDICTION SCALE (IAS)**

Instruction: From the list items below, please tick (√) the appropriate column that best describe the frequency of your internet use

KEY: ALW= Always, OFT= Often, FRQ= Frequently, OCC=Occasionally, RRL= rarely and DNA= Does Not Apply

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| S/N |  ITEMS | ALW | OFT | FRQ | OCC | RRL | DNA |
| 1 | How often do you stay online longer than you intended?  |  |  |  |  |  |  |
| 2 |  How often do you neglect household chores to spend more time online? |  |  |  |  |  |  |
| 3 | How often do you prefer the excitement of the internet to intimacy/relationships with your friends? |  |  |  |  |  |  |
| 4  | How often do you form new relationships with fellow online users? |  |  |  |  |  |  |
| 5 |  How often do other people in your life complain to you about the amount of time you spend online? |  |  |  |  |  |  |
| 6 |  How often do your school works suffer because of the amount of time you spend online? |  |  |  |  |  |  |
| 7 | How often do you check your e-mail before something else that you need to do? |  |  |  |  |  |  |
| 8 | How often do you feel preoccupied with the internet? |  |  |  |  |  |  |
| 9 | How often do you become defensive or secretive when anyone asks you about what you do online? |  |  |  |  |  |  |
| 10 | How often do you block out disturbing thoughts about your life with soothing thoughts of the internet? |  |  |  |  |  |  |
| 11 | How often do you find yourself anticipating when you when you will go online again? |  |  |  |  |  |  |
| 12 | How often do you fear that life without the internet would be boring, empty, and joyless?  |  |  |  |  |  |  |
| 13 | How often do you get annoyed if someone if someone bothers you while you are online?  |  |  |  |  |  |  |
| 14 | How often do you lose sleep due to browsing? |  |  |  |  |  |  |
| 15 | How often do you feel fantasized about being online? |  |  |  |  |  |  |
| 16 | How often do you find yourself saying “just a few minutes” when online? |  |  |  |  |  |  |
| 17 | How often do you try to cut down the amount of time you spend online and fail? |  |  |  |  |  |  |
| 18 | How often do you try to hide how long you’ve been online? |  |  |  |  |  |  |
| 19 | How often do you choose to spend more time online than going out with others? |  |  |  |  |  |  |
| 20 | How often do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online? |  |  |  |  |  |  |

**SECTION B: SOCIAL ANXIETY SCALE (SAS)**

Instruction: Please read each question and tick (√) the appropriate column that best describes your feelings.

Key: 1= Not at all, 2= Slightly 3= Moderately, 4= Very Much, 5=Extremely

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S/N** | Items  | Not at all | Slightly | Moderately | Very much | Extremely |
|  | I become anxious any time I’m in front of other people. |  |  |  |  |  |
|  | I become anxious when using public toilets. |  |  |  |  |  |
|  | I can suddenly be aware of my voice and that of others listening to me. |  |  |  |  |  |
|  | I get nervous that people are staring at me as I am walk down the street. |  |  |  |  |  |
|  | I fear that I may blush when I am with others. |  |  |  |  |  |
|  | I feel anxious if I have to enter a room where others have already seated. |  |  |  |  |  |
|  | I worry about shaking or trembling when I am watched by other people. |  |  |  |  |  |
|  |  I get tense if I have to sit facing other people on a bus or public transport.  |  |  |  |  |  |
|  | I get panicky that others might see me to be faint, sick or ill. |  |  |  |  |  |
|  | I find it difficult to drink or eat something if am in a group of people in social events. |  |  |  |  |  |
|  | I feel anxious to eat in front of strangers in the restaurant. |  |  |  |  |  |
|  | I get worry that I will lose control of myself in front of other people. |  |  |  |  |  |
|  | I feel awkward and tense if I know that people are watching me. |  |  |  |  |  |
|  | I am afraid that people will think that my behaviour is odd. |  |  |  |  |  |
|  |  I always avoid or disapprove of someone I don’t know very well. |  |  |  |  |  |
|  | I feel anxious when having to interact for longer than a few minutes with people. |  |  |  |  |  |
|  | Before entering social situations, I think about all the things that can go wrong.  |  |  |  |  |  |
|  | I am scare of speaking up at a meeting.  |  |  |  |  |  |
|  | I leave social situations where there are authority figures. |  |  |  |  |  |
|  | I can feel conspicuous standing in a queue |  |  |  |  |  |
|  | I felt moments of terror, fear or fright in social situations. |  |  |  |  |  |
|  | I felt a racing heart, sweaty, trouble breathing, faint, or shaky in social situations |  |  |  |  |  |
|  | I had thoughts of being rejected, humiliated, embarrassed, ridiculed, or offending others |  |  |  |  |  |
|  | I left social situations early or participated only minimally (e.g., said little, avoided eye contact) |  |  |  |  |  |
|  | I needed help to cope with social situations (e.g., alcohol or medications, superstitious objects) |  |  |  |  |  |

Thank you.