

## Interruptive Notification-Related Daily Activity Disruptions

How often do you stop or pause the following activities when you receive a pop-up notification on your smartphone (or smartwatch)?

Pop-up notifications are information alerts that intend to actively draw your attention in order to inform you of a new event or information, such as a new chat message, system update/alert, etc. They appear prominently on-screen as a pop-up alert or banner in the foreground; not just as a number indicator in the background.

### Scale of Response Options (from 1 to 6)

Never  Rarely  Occasionally  Somewhat often  Often  Very often

1. Intimate relations
2. Socializing in person (i.e., not remotely through a phone, computer, tablet, etc.)
3. Relaxing
4. Praying/worship/meditating
5. Eating
6. Exercising
7. Watching TV/movies/videos
8. Reading for pleasure
9. Shopping
10. Preparing food
11. On the phone
12. Napping/sleeping
13. Browsing the internet
14. Using social networking sites
15. Housework
16. Working for pay
17. Paying attention in class
18. Doing schoolwork/studying (outside of class time)
19. Waiting (e.g., in line, for the bus)
20. Commuting (traveling to or from work/school)

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The development and scoring of this scale can be found in the following papers:

Rozgonjuk, D., Elhai, J. D., Ryan, T., & Scott, G. (2019). Fear of missing out is associated with disrupted activities from receiving smartphone notifications and surface learning in college students. *Computers & Education, 140*, 103590.

Elhai, J. D., Rozgonjuk, D., Alghraibeh, A. M., & Yang, H. (2021). Disrupted daily activities from interruptive smartphone notifications: Relations with depression and anxiety severity and the mediating role of boredom proneness. *Social Science Computer Review, 39*, 20-37.

Downloadable from: <https://www.jon-elhai.com/research#access>