

## Smartphone Interruptive Notification Frequency Scale

Next, we want to know about pop-up notifications you receive 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.

How often do you receive the following types of pop-up notifications on your smartphone (or smartwatch)?

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

Never  Rarely  Occasionally  Somewhat often  Often  Very often

1. Voice/video call pop-up notifications
2. Texting/instant message pop-up notifications
3. Email pop-up notifications
4. Social networking site pop-up notifications
5. Internet/website pop-up notifications
6. Music/podcasts/radio pop-up notifications
7. Game pop-up notifications
8. System update/alert pop-up notifications
9. Calendar or reminder pop-up notifications
10. Other pop-up notifications

-If you indicated "Other pop-up notifications"... Which ones did you mean? \_\_\_\_\_

-If you wear a smartwatch... How often do you receive pop-up notifications on your smartwatch?  
 Never  Rarely  Occasionally  Somewhat often  Often  Very often

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The development of this scale is presented in the paper below. The scale is free to use, without restriction.

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.

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