

Am I Living a Screen-Balanced Life?

Screen-Balance Quotient Test (SBQ)

Survey Description: Am I Living a Screen-Balanced Life?: Screen Balance Quotient (SBQ) Test is an assessment using a 5-item Likert scale to measure an individual's Screen-Balance Quotient (SBQ). The Screen Balance Quotient measures four domains including device behavior, and how that behavior affects relational/ social life, emotional state, and mental/ spiritual health. The test takes approximately 3-5 minutes.

The following assessment uses a 5-item Likert scale to measure your Screen-Balance Quotient (SBQ). The Screen Balance Quotient measures four domains including your device behavior, and how that behavior affects your relational/ social life, emotional state, and mental/ spiritual health. The test takes approximately 3-5 minutes.

DIRECTIONS: For each statement below, select the corresponding phrase that best describes you. **NOTE:** Whenever the word "device" is used, it refers to any screens including smartphone, tablet, personal computer or laptop, television, gaming system, etc.

1-No, never, 2- Nah, rarely, 3- Well, sometimes, 4-Um, often, 5-Yes, always

Use

1. ____ I pick up my device to check my messages even if I don't hear a notification.
2. ____ I check my device at stoplights.
3. ____ My device is the first thing I check in the morning.
4. ____ My device the last thing I check before falling asleep.
5. ____ My device is plugged in beside my bed while I sleep.
6. ____ I take my device into the bathroom with me.
7. ____ During meals, my device is part of the table place setting.
8. ____ I lose track of time when using technology.
9. ____ I get frustrated about the amount of time I waste on my device.

Relational/Social

10. ___ I feel the need/urge to respond to texts/emails/or social network alerts when I'm in the presence of family/friends
11. ___ Because of my devices, I have more difficulty fully engaging in conversations with others.
12. ___ People closest to me tell me I need to put my device away.
13. ___ My spouse /significant other makes comments about my devices impacting our relationship.
14. ___ My device negatively impacts the quality of my closest relationships.
15. ___ When placing orders at fast food restaurants, coffee shops, or retail stores, I check or talk on my phone while interacting with the clerk or barista.
16. ___ I find myself missing out on memorable family moments because my device consumes my attention.
17. ___ I use written communication on technology (email, social networks, texting) to confront others on personal matters.

Emotional

18. ___ I find myself scrolling through Instagram/Twitter/Facebook feeds realizing I've already seen it all but still keep coming back for more.
19. ___ During a period of waiting, quiet, or boredom, I instinctively pick up my device.
20. ___ I feel anxious if I am without access to my phone for two hours.
21. ___ In potential conflict, I text or send a message, rather than call or talk to the person face-to-face.
22. ___ I choose activities based on what kind of photos I could post later.
23. ___ I negatively compare my life to others' lives via social media profiles and posts (on Facebook, Pinterest, Twitter, etc.).
24. ___ I post selfies or other edited pictures to impress others.
25. ___ I use social media to vent my frustrations or negative emotions rather than talking to a close friend or family member.
26. ___ I feel disappointed if I don't get the number of likes/ comments on a picture or post I was hoping to get.
27. ___ I get irritated when someone interrupts my time on my device.

Mental / Spiritual

28. ___ I text, email, tweet or scroll through my phone while driving.
29. ___ I multitask on multiple devices at the same time. (e.g. Laptop and cellphone, TV and cellphone, tablet and cellphone, laptop and tablet etc.)
30. ___ I find myself viewing and answering texts, tweets, and emails even when it means interrupting other tasks I am doing.
31. ___ My use of technology (smartphone, personal device, TV, social media, etc.) affects the quality/quantity of my sleep (e.g. Staying up too late, waking through the night to check device, etc.).
32. ___ My use of technology affects my ability to focus on tasks.
33. ___ My technology use negatively affects my ability/time for creative thinking.
34. ___ I find it difficult to sit alone with my thoughts, in prayer, or meditation – without a device – for 30 minutes or more.
35. ___ I find it difficult to sit still, enjoy the simple pleasures of life or nature without a device.
36. ___ When I go to church/religious service/conference, I find it difficult to sit through the worship/message/lecture without using my phone for activities unrelated to the service (reading a Bible app or taking notes)

_____ Add the total sum of your score here. See below for results.

Overall Scoring: 36-180

36-76 – Very High SBQ – You are living a very screen-balanced life. Your phone does not own you or your emotions. Your emotions are not tied to or rarely affected by social networks or presence of phone. You maintain great focus in your spiritual life and you maintain a healthy ability to focus on tasks. Your balance of online and offline relationships is healthy. Way to go.

77-116 – Moderately High SBQ – You are living a screen-balanced life, for the most part. Rarely, if ever does your phone own you. Social networks or the absence of your phone sometimes, perhaps rarely, affects your emotions. If they do, you're generally aware of it and take notice. You sometimes have a hard time focusing on tasks, but you correct it and find ways to set boundaries. The same is true with your spiritual life and focus in general. Your balance of online and offline relationships is moderately healthy.

117 - 156 **Moderately Low SBQ** - You are defined by more screen, than balance. Your phone owns you more often than not. Your emotions or the absence of your phone often affects your emotions. Your balance of online and offline relationships is generally not as healthy, as evidenced by others commenting on your use of your phone and perhaps increased disappointment by the lack of likes or comments on social media posts. You have a hard time focusing on nature, meditation /prayer, or even mental tasks without being distracted, bored, or interrupted.

157-180 - **Low SBQ** -You are defined by the screen. Your phone owns you. Your emotions are tied to your social networks and most likely what others think of you and your posts. Your balance of online and offline relationships is poor. Your value is placed more in your phone than in intimate real life relationships. Distraction, inability to focus on tasks, and difficulty having face-to-face conversations without a phone are common for you.