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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Question |  | Options | | | | | | | | |
| 1 | What is your gender? | All | Male | Female |  |  |  |  |  |  |  | |
| 2 | In which one of these regions do you live? | All | Scotland and the North | Midlands and Wales | South |  |  |  |  |  |  | |
| 3 | Which of the following best describes your current working status? | All | Full-time 40+ hrs | Full-time 30-39hrs | Full-time 40+ hrs | Part-time 1-29 hrs | Unemployed-seeking work | Unemployed-not seeking work | retired | student | Other | |
| 4 | What is your age**?** | All | 16-17 | 18-19 | 20-21 | 21-24 | 25-27 | 28-30 |  |  |  | |
| 5 | You previously said that you work, how would you describe your normal working environment? | Workers | Office or desk | Industrial, e.g. plant, factory | Outdoor, e.g. building site, agriculture | Other indoor e.g. school, hospital, kitchen | Other |  |  |  |  | |
| 6 | In a typical week, how many hours, if any, do you spend playing computer, video or console games? | All | None | 1-4 | 5-9 | 10-14 | 15-19 | 20-25 | 25+ | Don’t know |  | |
| 7 | Approximately how many hours is the length of your typical working day? If your hours vary, please say the hours you work most frequently in a day? | workers | Less than 8 | 8-10 | 10-12 | More than 12 |  |  |  |  |  | |
| 8 | Thinking about your average week day, what is the longest length of time you spend sitting down in one place before getting up to move around? This can include sitting at a desk, in front of a computer or television etc. | All | Less than 30 minutes | 30 minutes up to 1 hours | 1 up to 2hrs | 2 up to 3hrs | 3 up to 4 hrs | 4 up to 5hrs | 5 up to 8hrs | More than 8hrs | Don’t know | |
| 9 | Please state how regularly, if at all, you work ‘over-time’ either paid or unpaid | workers | Very often | fairly often | not very often | not at all | don’t know |  |  |  |  | |
| 10 | Please state how regularly, if at all, you eat lunch at your desk | workers | Very often | fairly often | not very often | not at all | don’t know |  |  |  |  | |
| 11 | Please state how regularly, if at all, you get up and walk around away from your desk during the day ? | workers | Very often | fairly often | not very often | not at all | don’t know |  |  |  |  | |
| 12 | Please state how regularly, if at all, you work at weekends? | workers | Very often | fairly often | not very often | not at all | don’t know |  |  |  |  | |
| 13 | For how long do you typically spend playing computer games before you take a break? | gamers | Less than 1 hour 30 mins | 1hour 30 mins to 3 hrs | 3 to 5 hours | More than 5 hours |  |  |  |  |  | |
| 14 | What was the longest time that you ever spent playing a computer game without taking a break? | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |
| 15 | If I need to go to the toilet while playing a computer game, I often choose to continue playing rather than pausing the game to go to the toilet | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |
| 16 | Playing computer games for long periods of time can cause serious health problems | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |
| 17 | If I am hungry or thirsty while playing a computer game, I often choose to continue playing rather than pausing the game to get a drink or some food | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |
| 18 | I regularly choose to exercise and keep fit rather than playing computer games | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |
| 19 | I often lose track of time when playing computer games, and spend longer playing than I originally intended | gamers | agree | disagree | Don’t know |  |  |  |  |  |  | |