

JHA_Écrans Mtl complémentaire web
Questionnaire anglais

Introduction

We are contacting you today as part of a study conducted by the Direction régionale de santé publique de Montréal.

The topic is:

- Screen use during free time (cell phones, computers, television, etc.)
- Your participation in or opinion on online gambling and betting (lottery, sports betting, casino, etc.)

We are asking for your help in completing a survey that will take approximately 12 minutes. The information collected will remain anonymous and strictly confidential. This information will help guide services aimed at improving health and quality of life. Your participation is important and would be greatly appreciated.

To ensure the quality of our study, it is important to answer all questions. However, as your participation is voluntary, please feel free to decline to answer certain questions or even end the interview at any time.

We would first like to know a little more about your **physical activity habits in your free time**. For example, playing sports, doing fitness training, dancing, hiking or any other physical activity you do.

How often do you usually do **physical activities** in your free time?

Every day	1
2 to 6 times a week	2
About once a week	3
2 to 3 times a month	4
About once a month	5
Less than once a month	6
Never	7
I don't know/I prefer not to answer	99

- 1) We would also like to know more about your **screen-related leisure activities**. This includes all types of screens used in your free time (television, computer, mobile phone, tablet, etc.). **[Rotate the statements – keep statements a and b, as well as d and e, together]**

Indicate the extent to which you use screens for the following leisure activities.

	Very often	Often	Sometimes	Rarely	Never	I don't use it that way
a) Explore or scroll through content on social media	4	3	2	1	0	99
b) Expressing myself or interacting on social media	4	3	2	1	0	99

c) Watching videos, films, shows and TV series	4	3	2	1	0	99
d) Play video games on a mobile device (cell phone, tablet)	4	3	2	1	0	99
e) Play video games on a computer or game console	4	3	2	1	0	99
f) Consult information or news websites (Wikipedia, online newspapers, etc.)	4	3	2	1	0	99
g) Any other use of screens (shopping, reading, webinars, training, etc.)	4	3	2	1	0	99

2) Regarding your screen time, is there an activity you do **more** than others? I'm more of a: **[Rotate statements except DNK]**

Explore or scroll through content on social media	1
Express myself or interact on social media	2
Watch videos, movies, TV shows, and series	3
Play video games on a mobile device	4
Play video games on a computer or game console	5
Consult news or information websites	6
Any other screen use (shopping, reading, webinars, exercise, etc.)	7
I do a little of everything / I don't have a primary use	8
I don't know/I prefer not to answer	99

3) How many hours do you usually spend on **screen-based leisure activities**?

a) On a normal weekday, 1=Less than one hour per day 2=From 1 to less than 2 hours per day 3=From 2 to less than 3 hours per day 4=From 3 to less than 4 hours per day 5=From 4 to less than 5 hours per day 6=From 5 to less than 6 hours per day 7=6 hours or more per day 8=I don't use screens in my leisure time 99=I don't know/I prefer not to answer	b) On a normal weekend day, 1=Less than 1 hour per day 2=From 1 to less than 2 hours per day 3=From 2 to less than 3 hours per day 4=From 3 to less than 4 hours per day 5=From 4 to less than 5 hours per day 6=From 5 to less than 6 hours per day 7=6 hours or more per day 99=Don't know/Prefer not to answer
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4) What type of device do you most often use for your screen-related leisure activities?

Cell phone	1
Tablet	2
Television	3
Laptop	4
Desktop computer	5
Game console	6
No particular screen type	7
E-reader	8
I don't know/Prefer not to answer	99

[If mobile or computer video games are used in Q2 or Q3, ask Q6.]

5) Some video or mobile games offer the possibility to pay to buy virtual items (e.g. skin, mods) or loot boxes that improve appearance or power, or allow faster progress in the game.

In the past 12 months, have you spent any money on virtual items or loot boxes while playing video games or mobile games?

Never	1
Sometimes	2
Often	3
I don't know/I prefer not to answer	99

6) Would you say that your use of screens in your free time has an impact... on your **sense of well-being and your quality of life in general**?

Very positive	1
Somewhat positive	2
Neither positive nor negative (neutral)	3
Somewhat negative	4
Very negative	5
I don't know/Prefer not to answer	99

7) Thinking about your screen use **over the past twelve months**, indicate your situation for the following statements:

	Often	Sometimes	Rarely	Never	I don't know / I prefer not to answer
a) Screens (video games, social media, etc.) have harmed with my work or other commitments that are important to me	3	2	1	0	99
b) I lost sleep because of screens.	3	2	1	0	99

- 8) The following questions concern ONLINE gambling and games of chance (e.g. lottery, casino games, sports betting, poker, etc.) available via a website or application on computer, smartphone or tablet.

These are games where **YOU BET REAL MONEY (e.g., by credit or debit card) and where you can win or lose money.**

From the following list of games, indicate all the games on which you have **bet money while playing ONLINE in the last 12 months.**

[Rotation of statements A to I]	Yes	No	I don't know/I prefer not to answer
a) Lottery tickets purchased online such as 6/49, Lotto Max or Grande Vie (excluding sports lotteries)	1	2	99
b) Online scratch-off games or instant lotteries such as Lucky 7, Hidden Words or Lifetime Winner	1	2	99
c) Online slot machines	1	2	99
d) Online sports betting on sporting events such as hockey, football, horse racing, etc., as well as online sports lotteries	1	2	99
e) Online Poker	1	2	99
f) Other online casino games such as Blackjack, Roulette or Baccarat (excluding poker or slot machines)	1	2	99
g) Online Bingo	1	2	99
h) Day trading, or online betting on financial markets (FOREX, binary options)	1	2	99
i) Other online gambling games than those mentioned	1	2	99

[If there is at least 1 yes to Q9 a to i, set Q10a and Q10b]

- 9) A. What categories of websites or applications have you used to bet online?

Only Loto-Québec websites or applications (Espacejeux.com, OK POKER, Mise-o-jeu, lotteries application)	1
Sites or applications other than Loto-Québec only	2
Loto-Québec websites and applications and others besides Loto-Québec	3
I don't know/I prefer not to answer	99

- 10) B. Have you used any day trading websites or applications?

Yes	1
No	2
I don't know/I prefer not to answer	99

[If there is at least 1 yes to Q9 a to i, ask Q11 by presenting only the statements chosen in Q9]

10) Considering all your gambling activities over the past 12 months, approximately **how often have you played the following:**

	Every day	2 to 6 times a week	About once a week	2 to 3 times a month	About once a month	6 to 11 times a year	1 to 5 times a year	I don't know/I prefer not to answer
a) Lottery tickets purchased online such as 6/49, Lotto Max or Grande Vie (excluding sports lotteries)	1	2	3	4	5	6	7	99
b) Online scratch-off games or instant lotteries such as Lucky 7, Hidden Words or Lifetime Winner	1	2	3	4	5	6	7	99
c) Online slot machines	1	2	3	4	5	6	7	99
d) Online sports betting on sporting events such as hockey, football, horse racing, etc., as well as online sports lotteries	1	2	3	4	5	6	7	99
e) Online Poker	1	2	3	4	5	6	7	99
f) Other online casino games such as Blackjack, Roulette or Baccarat (excluding poker or slot machines)	1	2	3	4	5	6	7	99
g) Online Bingo	1	2	3	4	5	6	7	99
h) Day trading, or online betting on financial markets (FOREX, binary options)	1	2	3	4	5	6	7	99
i) Other online gambling games than those mentioned	1	2	3	4	5	6	7	99

[If there is at least 1 yes to Q9 a to i, ask Q12]

- 11) Excluding your winnings, approximately how much money do you spend on gambling? You can answer weekly, monthly, or annually. Note: Choose the appropriate frequency and enter the amount in your answer choice.

a) \$ Week	
b) \$ Month	
c) \$ Year	
I don't know/I prefer not to answer	

[If there is at least 1 yes to Q9 a to i, ask Q13]

- 12) The next 3 questions are needed to complete the information about people who engage in online gambling. It is important to answer them.

	Almost always	Most of the time	Sometimes	Never	I don't know/I prefer not to answer
a) Have you ever gambled more money than you could afford to lose?	3	2	1	0	99
b) Have people criticized your gambling habits or told you that you have a gambling problem (even if you felt they were wrong)?	3	2	1	0	99
c) Have you ever felt guilty about your gambling habits or what happens when you gamble?	3	2	1	0	99

For the following questions, we would like to have your opinion on certain aspects of the topics discussed.

- 13) In your opinion, what is the level of presence of advertising relating to online gambling?

There are few	1
The level is reasonable	2
There are too many	3
I don't know/I prefer not to answer	99

- 14) In your opinion, should advertising for online gambling and betting be banned?

Yes	1
No	2
I don't know/I prefer not to answer	99

15) What is your opinion on the accessibility of online gambling and betting in Quebec?

Accessibility is poor	1
Accessibility is reasonable	2
Accessibility is too high	3
Accessibility is far too high and the regulations should be reviewed	4
I don't know/I prefer not to answer	99

16) In your opinion, what is the level of risk associated with the following activities (for physical and mental health, finances or the development of an addiction)?

[Rotation of statements]	1 No risk	2	3	4	5	6	7	8	9	10 High risk	I don't know/I prefer not to answer
a) Buying lottery tickets online	1	2	3	4	5	6	7	8	9	10	99
b) Online slot machines	1	2	3	4	5	6	7	8	9	10	99
c) Online sports betting	1	2	3	4	5	6	7	8	9	10	99
d) Online casino games (excluding slot machines)	1	2	3	4	5	6	7	8	9	10	99
e) Online poker	1	2	3	4	5	6	7	8	9	10	99

17) In your opinion, what is the level of risk associated with the consumption or practice of the following products and activities (for physical and mental health, finances or the development of an addiction)?

[Rotation of statements]	1 No risk	2	3	4	5	6	7	8	9	10 High risk	I don't know/I prefer not to answer
a) Tobacco	1	2	3	4	5	6	7	8	9	10	99
b) Alcohol	1	2	3	4	5	6	7	8	9	10	99
c) Cannabis	1	2	3	4	5	6	7	8	9	10	99
d) Online gambling	1	2	3	4	5	6	7	8	9	10	99
e) In-person gambling (e.g., casinos, lotteries, bars, retailers)	1	2	3	4	5	6	7	8	9	10	99

18) Selon vous, quel est le niveau de risque associé à une utilisation régulière des activités suivantes (pour la santé physique et mentale, les finances ou le développement d'une dépendance)?

[Rotation of statements]	1 No risk	2	3	4	5	6	7	8	9	10 High risk	I don't know/I prefer not to answer
a) Use of social media	1	2	3	4	5	6	7	8	9	10	99
b) Video games	1	2	3	4	5	6	7	8	9	10	99
c) Watching short videos (e.g., Shorts, Reels, TikTok)	1	2	3	4	5	6	7	8	9	10	99
d) Watching long videos (e.g., movies, series, YouTube long-form content)	1	2	3	4	5	6	7	8	9	10	99
e) Viewing pornographic content	1	2	3	4	5	6	7	8	9	10	99
f) Use of chatbots (e.g., ChatGPT, Gemini, Claude)	1	2	3	4	5	6	7	8	9	10	99

In closing, I have a few statistical questions to ask you to help us properly classify the survey data.

19) For regional analysis purposes, what are the first three characters of your postal code?

(Example: H3C)

First three characters	...
I prefer not to answer	A9A

20) May I ask what **age range** you are in?

18-24 years old	1
25-34 years old	2
35-44 years old	3
45-54 years old	4
55-64 years old	5
65 years and over	6
I prefer not to answer	99

21) What gender do you identify with?

Female	1
Male	2
Other	3
I prefer not to answer	99

22) Are you...

Single, never married	1
Married	2
In a civil partnership	3
Widowed	4
Separated	5
Divorced	6
I prefer not to answer	99

23) Do you have any children under the age of 18 living in your household?

Yes	1
No	2
I prefer not to answer	99

24) What is the highest diploma, certificate or degree you hold or have completed?

None	1
High school diploma or equivalent (DES)	2
Vocational school certificate or diploma (DEP)	3
College certificate or diploma (other non-university certificate or diploma obtained from a CEGEP, community college, technical institute, etc.)	4
University certificate or diploma below the bachelor's degree level	5
Bachelor's degree (e.g., B.A., B.Sc., LL.B.)	6
University certificate or diploma above the bachelor's degree level	7
Master's degree (e.g., M.A., M.Sc., M.Ed.)	8
Doctorate in medicine, dentistry, veterinary medicine, or optometry (M.D., DDS, DMD, DVM, O.D.)	9
Doctorate (e.g., Ph.D., D.Sc., D.Ed.)	10
Other <specify>	97
I prefer not to answer	99

25) Which of these statuses best describes your current situation? Are you...

Self-employed	1
Employee	2
Student	3
On leave (maternity, sick, or strike)	4
Unemployed or seeking employment	5
Retired	6
Homemaker	7
Other <please specify>	97
Prefer not to answer	99

26) To the best of your knowledge, for the last year, what do you estimate to be the total income of all members of your household, from all sources, before taxes and other deductions?

Under \$15,000	1
From \$15,000 to less than \$25,000	2
From \$25,000 to less than \$35,000	3
From \$35,000 to less than \$55,000	4
From \$55,000 to less than \$75,000	5
From \$75,000 to less than \$100,000	6
From \$100,000 to less than \$120,000	7
\$120,000 and over	8
I prefer not to answer	99

27) What language(s) did you first learn at home during your childhood and still understand today?

Check all that apply.

English	1
French	2
Other	3
I prefer not to answer	99

28) In total, how many people live in your home **including yourself**?

1	1
2	2
3	3
4	4
5 or more	5
I prefer not to answer	99

Thank you sincerely for taking the time to complete this questionnaire.

Your participation is valuable and directly contributes to a better understanding of gambling habits and their impact on the population.

If you, or someone you know, feels the need for information or support related to gambling, a free and confidential helpline is available:

Gambling Help and Referral: <https://aidejeu.ca/en/>

Thank you again for your contribution.