**Supplementary File 1**

**A SURVEY ABOUT PAIN AND ELECTRONIC MEDIA USE**

Dear student, we invite you to answer this questionnaire about muscle pain and the use of electronic devices.

Thank you very much for your cooperation.

**IDENTIFICATION**

Degree:

Intermediate school:

* 5th YEAR
* 6th YEAR
* 7th YEAR
* 8th YEAR
* 9th YEAR

High school:

* 1st YEAR
* 2nd YEAR
* 3rd YEAR

Birth: \_\_\_ / \_\_\_ / \_\_\_

Sex: □ Male □ Female

**PHYSICAL ACTIVITY**

1. Do you attend physical education classes at your school? □ No □ Yes
2. Do you regularly practice any other sport? Any exercise, such as gymnastics, biking, skateboarding, dancing, swimming, hiking, martial arts, bodybuilding, etc.

□ No □ Yes

Which exercise do you practice? How many times per week do you practice each one of them?

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Physical Activity | Times per week | | | | | | | | | |  |
|  |  |  | 1 | 2 | | | 3 | | 4 | 5 | 6 | 7 |  |
|  |  |  | 1 | 2 | | | 3 | | 4 | 5 | 6 | 7 |  |
|  |  |  | 1 | 2 | | | 3 | | 4 | 5 | 6 | 7 |  |
|  |  |  | 1 | 2 | | | 3 | | 4 | 5 | 6 | 7 |  |
|  |  |  | 1 | 2 | | | 3 | | 4 | 5 | 6 | 7 |  |
|  |  |  |  |  |  |  | |  |  |  |  |  |  |

**USE OF COMPUTER (DESKTOP, NOTEBOOK OR LAPTOP, TABLET)**

1. Which of the following electronic devices do you have at home? (You can check more than one option)

□ Desktop

□ Internet

□ Laptop

□ Video game console (Nintendo, Playstation, WII, XBOX)

□ Tablet (iPad, etc.)

□ Portable video game (PSP, Nintendo DS, Game Boy)

□ Smartphone

□ TV

1. Which of the following electronic devices do you have in your bedroom? (You can check more than one option)

□ Desktop

□ Internet

□ Laptop

□ Video game console (Nintendo, Playstation, WII, XBOX)

□ Tablet (iPad, etc.)

□ Portable video game (PSP, Nintendo DS, Game Boy)

□ Smartphone

□ TV

1. At what age did you start using a computer? \_\_\_ years □ I do not remember
2. What kind of computer do you regularly use?

□ Never or almost never use a computer (if you answered this option, skip to question 17)

□ Desktop

□ Laptop

□ Tablet (iPad or other)

1. Where do you use the computer asked in question **6**? (Check only one option)

□ My bedroom

□ School

□ Other place in my home

□ Friend’s house

□ Other \_\_\_\_\_\_\_\_\_\_\_\_

1. How many days a week do you use a computer?

* 1 day
* 2 days
* 3 days
* 4 days
* 5 days
* 6 days
* Every day

1. For how long do you use a computer (desktop, notebook or laptop, tablet) from Monday to Friday?

□ I do not use a computer.

□ I use on average \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. For how long do you use a computer on Saturdays, Sundays, and holidays?

□ I do not use a computer.

□ I use on average for \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. Do you regularly use your computer after 10 pm?

□ No □ Yes

1. When you use a computer, you are usually:

□ Standing up

□ Sitting on the couch with the computer on my lap

□ Sitting in front of a desk

□ Sitting on the floor

□ Sitting on my bed with a computer on my lap

□ Lying down

If you use a desktop computer, answer the next three questions (**13 to 15**). If you never use a desktop, skip to question **16**.

1. Feet are mostly:

□ Lying on the floor

□ Suspended

1. The computer screen is mostly:

□ In front of your eyes

□ Above your eyes

□ Below your eyes

1. The computer keyboard and mouse are mostly:

□ On a shelf below the computer desk

□ On the desk where the computer is

1. You mostly use the computer to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**USE OF ELECTRONIC GAMES**

1. Do you play electronic games?

□ Yes

□ Never or almost never (if you answered this option, skip to question **27**).

1. At what age did you start to play video games? \_\_\_\_\_\_ years □ I do not remember
2. What gaming platforms do you mostly use?

□ Computer or notebook

□ Wii

□ Tablet

□ Xbox

□ Cell phone

□ Mobile gaming devices (PSP, Nintendo DS, Game Boy)

□ Playstation

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which controllers do you use to play?

□ Mouse

□ Touch screen

□ Trackball

□ Body (type of dance mat, kinect, or Wii interactive controllers)

□ Joystick

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. When you are playing electronic games, you are usually:

□ Standing up

□ Sitting on the couch

□ Sitting in front of a desk

□ Sitting on the floor

□ Sitting on a chair or an armchair

□ Lying down

□ Sitting on the bed

1. Where do you mostly play electronic games?

□ My home

□ Friend’s home

□ School

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How often do you play electronic games in a week?

* 1 day
* 2 days
* 3 days
* 4 days
* 5 days
* 6 days
* Every day

1. For how long do you play electronic games from Monday to Friday?

□ I do not play

□ I play, on average, for \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. For how long do you play electronic games on Saturdays, Sundays, and holidays?

□ I do not play

□ I play, on average, \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. Do you regularly play electronic games after 10 pm?

□ No □ Yes

**USE OF INTERNET**

1. At what age did you start to use the internet? \_\_\_ years

□ I do not remember

1. Do you access the Internet?

□ Yes

□ Never or almost never access the internet (if you answered this option, skip to question 35).

1. How many days a week do you use the Internet?

□ 1 day

□ 2 days

□ 3 days

□ 4 days

□ 5 days

□ 6 days

□ Every day

1. Which electronic device do you mostly use to access the Internet?

□ Desktop

□ Tablet

□ Laptop

□ Cell phone

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Where do you mostly access the Internet?

□ My home

□ School

□ On the street

□ House of friends

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you usually access the Internet after 10 pm?

□ No

□ Yes

1. For how long do you access the Internet from Monday to Friday?

□ I do not access the Internet

□ I access the Internet, on average, for \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. For how long do you access the Internet on Saturdays, Sundays and holidays?

□ I do not access the Internet

□ I access the Internet, on average, for \_\_\_\_\_\_\_\_\_\_\_ hours/day

**USE OF CELL PHONE**

1. Do you have a cell phone?

□ Yes, I do

□ No, I do not. If you checked this option skip to question 41.

1. At what age did you get your first cell phone? \_\_\_\_\_ years

□ I do not remember

1. What are your options when using a cell phone?

□ To send or receive messages or use WhatsApp

□ To listen to music

□ To access the Internet

□ To play

□ To watch videos

□ To access social networks

□ To take photos

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. For how long do you use your cell phone from Monday to Friday?

□ I do not use a cell phone

□ I use a cell phone, on average for \_\_\_\_\_\_\_\_\_ hours / day

1. For how long do you use your cell phone on Saturdays, Sundays, and holidays?

□ I do not use a cell phone

□ I use a cell phone, on average for \_\_\_\_\_\_\_\_\_ hours / day

1. Do you use your cell phone after 10 pm?

□ No

□ Yes

**USE OF TELEVISION**

1. For how long do you watch television from Monday to Friday?

□ I do not watch TV

□ I watch, on average, for \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. For how long do you watch television on Saturdays, Sundays, and holidays?

□ I do not watch TV

□ I watch, on average, for \_\_\_\_\_\_\_\_\_\_\_ hours/day

1. Do you usually watch TV after 10 pm?

□ No

□ Yes

**SIMULTANEOUS USE OF TWO OR MORE ELECTRONIC DEVICES**

1. Which electronic devices do you frequently use at the same time?

□ Desktop

□ Tablet

□ Cell phone

□ Laptop

□ Electronic games

□ TV

**PRESENCE OF MUSCULOSKELETAL PAIN (MUSCLES, BONES, OR JOINTS)**

1. Do you have a chronic disease?

□ No

□ Yes

If so, which disease (s)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please, answer about PAIN in the LAST THREE MONTHS. Do not consider pain resulting from beating, falling or bruising.

1. Did you have any pain in muscles, bones, or joints in the past three months?

□ Yes

□ No

1. Which body parts hurt in the last three months? (You can check more than one option)

□ Neck

□ Wrists and hands

□ Hips, legs, and feet

□ Shoulders and arms

□ Back

1. Which body parts hurt when using a computer in the last three months? (You can check more than one option)

□ Neck

□ Back

□ Shoulders and arms

□ Hips, legs, and feet

□ Wrists and hands

□ No pain

1. Which body parts hurt playing electronic games in the last three months? (You can check more than one option)

□ Neck

□ Back

□ Shoulders and arms

□ Hips, legs, and feet

□ Wrists and hands

□ No pain

1. Which body parts hurt using electronic games in the last three months? (You can check more than one option)

□ Neck

□ Wrists and hands

□ Hips, legs, and feet

□ Shoulders and arms

□ Back

**51.** Please, point in the picture which body parts are painful

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**JOB**

1. Do you have a job?

□ No

□ Yes

What is your job? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many hours per day do you work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_