

**2026 PEW RESEARCH CENTER'S AMERICAN TRENDS PANEL
Wave 194: Survey On Smartphone Use
May 26 -June 1, 2026**

QUESTIONNAIRE

Note: The questions presented below are part of a larger survey conducted on the American Trends Panel. For all questions, the 98 ("Don't know" in phone mode) and 99 ("Refusal" in phone mode and "No answer" in web mode) codes are combined in the data for analytical purposes.

PN = Programming note

-----**MAIN QUESTIONNAIRE BEGINS HERE**-----

ADDITIONAL QUESTIONS HELD

BAT: SMRTIMP

ASK IF HAS A SMARTPHONE (SMART2=1):

[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1, HOLDING 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]

[PN: IF WEB:] Do you think using your smartphone helps or hurts each of the following?

[PN: IF CATI: READ FOR FIRST ITEM:] Do you think using your smartphone helps or hurts each of the following? First, **(INSERT ITEM)**. **(READ LIST)**

[PN: IF CATI: READ FOR SUBSEQUENT ITEMS:] Next, **(INSERT ITEM)**.
(READ AS NECESSARY: Do you think using your smartphone helps or hurts this? (READ LIST))

BATTERY ITEMS:

SLEEP How much sleep you get
CON How connected you feel to others
PROD How productive you are
MOOD Your mood
INF How informed you are

RESPONSE CATEGORIES:

1 Helps a lot
2 Helps a little
3 Neither helps nor hurts
4 Hurts a little
5 Hurts a lot
98 **[PN: IF CATI:] (DO NOT READ)** Don't know
99 **[PN: IF WEB:]** Web blank / **[PN: IF CATI:] (DO NOT READ)** Refused

QUE: SMRTFREQ**ASK IF HAS A SMARTPHONE (SMART2=1):**

About how often do you use your smartphone?

[PN: IF CATI:] (READ LIST)

- 1 Almost constantly
 - 2 Several times a day
 - 3 About once a day
 - 4 Several times a week
 - 5 Less often
 - 98 [PN: IF CATI:] (DO NOT READ) Don't know
 - 99 [PN: IF WEB:] Web blank / [PN: IF CATI:] (DO NOT READ) Refused
-

QUE: SMRTTIME**ASK IF HAS A SMARTPHONE (SMART2=1):**

[PN: ROTATE RESPONSE OPTIONS 1-2/2-1, HOLDING 3, 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]

Overall, how much time would you say you spend on your smartphone?

[PN: IF CATI:] (READ LIST)

- 1 Too much time
 - 2 Too little time
 - 3 About the right amount of time
 - 98 [PN: IF CATI:] (DO NOT READ) Don't know
 - 99 [PN: IF WEB:] Web blank / [PN: IF CATI:] (DO NOT READ) Refused
-

QUE: SMRTCUT**ASK IF HAS A SMARTPHONE (SMART2=1):**

During the past 12 months, did you ever try to cut back on the time you spend on your smartphone?

[PN: IF CATI:] (READ LIST IF NECESSARY)

- 1 Yes
 - 2 No
 - 98 [PN: IF CATI:] (DO NOT READ) Don't know
 - 99 [PN: IF WEB:] Web blank / [PN: IF CATI:] (DO NOT READ) Refused
-

QUE: CUTSUCCESS**ASK IF HAS TRIED TO CUT BACK ON SMARTPHONE TIME (SMRTCUT=1):****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS SATLIFE_MOD, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

During the past 12 months, how successful were you at cutting back on the time you spend on your smartphone?

[PN: IF CATI:] (READ LIST)

- 1 Extremely successful
 - 2 Very successful
 - 3 Somewhat successful
 - 4 Not too successful
 - 5 Not at all successful
 - 98 **[PN: IF CATI:] (DO NOT READ)** Don't know
 - 99 **[PN: IF WEB:]** Web blank / **[PN: IF CATI:] (DO NOT READ)** Refused
-

ADDITIONAL QUESTIONS HELD