

Participation in the study requires the use of the AppUsage Research application, which allows us to collect data for time perception, through questionnaires, but also to collect application usage data (only the data related to the opening and closing of applications). So, it is essential to install the app on your mobile phone.

The application will notify you, through the Messenger application, of completing the questionnaire, at different times of the day, depending on the usual hours of use of your mobile phone. The duration of the questionnaire does not exceed 2 minutes, while the total duration of the study is 1 month (30 days).

The data collected is confidential and will not be shared with third parties, while any disclosure will be anonymous. Participation in the experiment is voluntary and you have the option to interrupt the study whenever and for any reason you wish.

### **Conditions of participation**

In order to be able to participate in this study, you must:

- Have a mobile phone compatible with the AppUsage Research app. Such is any smartphone that has Android software.
- Have the Messenger app downloaded to your mobile phone, in which you will be logged in with the same e-mail you will use to register for the AppUsage Research app.

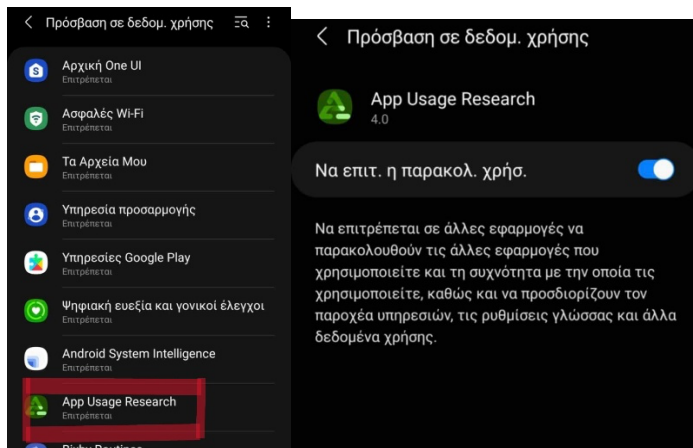
### **Procedure**

To participate in the study, you will be asked for the following information: name, age, gender, e-mail (the same one you will use to register for the AppUsage Research app and the same one you use for your Messenger account).

### **Install the app**

To set up the app, please follow the instructions below. You can also get to know the app better through the website at the following link: <https://appusageresearch.com/androidapp>.

1. Install the app by clicking on the link below: <https://play.google.com/store/apps/details?id=tech.bearindustries.appusageresearch&pli=1>
2. Once you've opened the app, tap Create Account. Sign in with the email you use for Messenger.
3. You will then be prompted to enable Android's usage stats tracking permission (which is necessary for the app to work) by tapping on the "Enable Usage Stats Permission" option. For instance:



4. To finish creating your account, tap "Open Facebook" and send a message (e.g. a dot) to the chat that will open automatically. You will then be prompted to type your email again. At this point, the creation of your account will have been successfully completed.
5. Once the account creation is complete, contact the researcher to associate the account you created with the experiment.
6. Pressing the Start Experiment button starts tracking app usage. The researcher does not have access to the content of the applications, only when they open and close.
7. The experiment will now have started running successfully! After the study is completed, you can delete the app from your mobile phone, which will also stop the apps from being monitored.