Appendix

Survey

1. Do you use a personal listening device? (circle one)
   
   CD player (discman)       MP3 player (e.g., iPod)       Radio       No

2. What brand is your personal listening device? __________________________

3. What type of headphones do you use? (circle one)
   
   Earbuds (in the ear)       Over-the-ear headphones
   Noise-cancelling earbuds   Noise-cancelling

4. How many days a week do you use your personal listening device?
   
   1 day or less       3 days       5 days       More than 5 days

5. How long do you usually use your personal listening device for in a day?
   
   Less than 30 min       30 min-1 hour       1-4 hours       More than 4 hour

6. Where do you use your personal listening device? (circle all that apply, and indicate how long you listen for in a day)
   
   a) On the bus       ________hours      b) At home       ________hours
   c) In the library    ________hours      d) Walking home/to school ________hours
   e) At school ________hours      f) Doing homework/studying ________hours
7. Do you listen to your personal listening device when you are: (circle all that apply)
   a) Happy  b) Angry  c) Stressed  d) Excited
   e) Bored  f) Upset/sad  g) Depressed  h) Tired

8. Do you listen to your personal listening device: (circle all that apply)
   a) For fun/enjoyment  b) For something to do
   c) As a distraction  d) To make chores/work more fun
   e) To tune others out  f) Help you concentrate when doing homework
   g) When you are working out or exercising

9. Do you play any sports (team or individual)? (circle one)
   Yes  No

10. Do you ride the bus to and/or home from school?
    Yes  No

11. How concerned are you that using your personal listening device will cause hearing loss? (circle one)
    Not concerned  Sort of concerned  Very concerned  Not sure
12. Thinking about how you usually use your personal listening device, would you say that you generally play the volume: (circle one)

   Very low    Somewhat low    Somewhat loud    Very loud

13. If you use a personal listening device with a visual volume display (e.g., iPod Nano), do you:

   a) set the volume so that it sounds best
   b) set the volume to a certain point on the volume bar
   c) set the volume so that it sounds good and use the volume bar for reference
   d) My device does not have a visual volume display

14. Do you or your parents set the volume limiter on your listening device? (circle one)

   Yes    No

15. Consider yourself in each of the following situations. Imagine that you are listening to your mp3 player in the environment described. Write the number that you think represents the volume level you would listen at, where 0 is no volume and 100 is the loudest possible volume. Then, indicate whether you feel this is a very low, somewhat low, somewhat loud or very loud level. Indicate how loud you normally listen when you are:
1. *Riding the bus home from school:* Volume level ________

Would you say that this volume level is: (circle one)

- Very low
- Somewhat low
- Somewhat loud
- Very loud

2. *Studying in the library:* Volume level ________

Would you say that this volume level is: (circle one)

- Very low
- Somewhat low
- Somewhat loud
- Very loud

3. *Exercising:* Volume level ________

Would you say that this volume level is: (circle one)

- Very low
- Somewhat low
- Somewhat loud
- Very loud

4. *Walking on a busy street:* Volume level ________

Would you say that this volume level is: (circle one)

- Very low
- Somewhat low
- Somewhat loud
- Very loud

5. *At home:* Volume level ________

Would you say that this volume level is: (circle one)

- Very low
- Somewhat low
- Somewhat loud
- Very loud