

Final Smartphone and Learning Inventory (SALI)

Reference:

Hartley, K., Bendixen, L. D., Olafson, L., Gianoutsos, D., & Shreve, E. (2020). Development of the smartphone and learning inventory: Measuring self-regulated use. *Education and Information Technologies*.
<https://doi.org/10.1007/s10639-020-10179-3>

Factor	Item	New Item Identifier	Original Identifier
<i>Studying: Rate how typical each of the following activities is for you while studying.</i>			
Not at all typical of me (1), Not very typical of me (2), somewhat typical of me (3), Fairly typical of me (4), Very typical of me (5)			
Focus while studying	I check any new phone notifications while studying (reversed).	Focus1	MT4
	I respond to direct messages on my phone from friends and family while studying (reversed).	Focus2	MT3
	I pay attention to what is happening on social media (e.g., Instagram, Facebook, Snapchat) while studying (reversed).	Focus3	MT1
	I avoid checking my phone for notifications while studying.	Focus4	AD2
	I occasionally stop studying to look up unrelated information on my phone (reversed).	Focus5	AD3
	I simultaneously watch videos while studying (reversed).	Focus6	MT2
	I find the notifications on my phone contribute to my mind wandering while studying (reversed).	Focus7	AD4
<i>Rate how typical each of the following activities is for you.</i>			
Not at all typical of me (1), Not very typical of me (2), somewhat typical of me (3), Fairly typical of me (4), Very typical of me (5)			
Mindful phone use	I pay attention to how much time I spend on different phone applications.	Mindful1	MU3
	I set aside time where I restrict my use of the phone.	Mindful2	MU4
	I use apps that help me monitor my phone usage.	Mindful3	MU5
	I set tight restrictions on the apps that are permitted to send me notifications.	Mindful4	MU2
<i>*Compare your level of expertise with your peers on the following smartphone functions:</i>			
5 point Likert: below average (1), average (2), above average (3), excellent (top 20%) (4), expert (top 5%) (5)			
Phone Expertise (PE – previously Phone Knowledge)	Scheduling functions such as setting 'do not disturb' times on my phone.	PE1	PK5
	Application usage statistics such as checking how much time I spend on different applications.	PE2	PK4
	Application notification settings such as how to restrict an app from sending specific types of notifications.	PE3	PK3
	Data connection settings such as how to switch between wi-fi and your service provider. (new item)	PE4	

* As noted in Hartley et al 2020, Phone Knowledge items suffered from significant negative skewness. The rewording of the items addresses this concern.