

Semi-Structured Interview Guide

Opening / Icebreaker Questions

1. To begin, could you tell me about your main hobbies or activities you enjoy in your free time?
2. In what ways, if any, does your mobile app use (including Instagram and your banking app) support or interfere with these hobbies?
 - (This question may be adapted based on the participant's previous answer.)

Introductory Questions

3. Before starting the two-week logbook, how would you describe your typical interactions with Instagram and your mobile banking app?
4. Have you ever set screen-time limits or similar controls on your phone to manage your use of either of these apps? If yes, what motivated you to do so?

Transition Questions

5. As you completed the logbook entries over the two weeks, did you begin to notice any emerging patterns in when or how you used each app?
6. As a quick estimate, how much time do you think you spent on each app during the study period? Do you think this amount is more, less, or about the same as your usual usage?

Key Questions

7. Across the two-week period, what typically prompted you to open Instagram, and what prompted you to open your banking app?
8. Did you ever find yourself switching directly from one of these apps to the other? If so, what do you think triggered that transition?
9. Were there particular times of day when you noticed you were more or less likely to use either app? Why do you think those patterns occurred?
10. Did you notice any emotional changes before, during, or after using either app? If yes, can you describe any specific examples where this was especially noticeable?

Concluding Questions

11. Earlier, you estimated your screen-time to be _____ minutes. The actual recorded amount was _____ minutes. How do you feel about this comparison?
12. Knowing your actual usage, do you think participating in this study has influenced how you might use these apps in the future?
13. Were there any unexpected trends or insights you noticed about your app usage while completing the logbook?
14. Is there anything else you observed during the study that has not been covered in these questions but feels relevant to the research topic?