

## APPENDIX: Distraction In Social Relations and Use of Parent Technology (DISRUPT)

Please rate your level of agreement with the following statements

Strongly disagree	Disagree	Somewhat disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6

### During time I spend with my child...

1. ... I find myself thinking about what I could be doing on or messages/notifications I might receive on my phone or mobile device.
2. ... I find it difficult to stay away from checking my phone or mobile device.
3. ... I feel like I use my phone or other mobile device too much.
4. ... there are times that I could play with or interact with my child, but I am on my phone or mobile device instead.