

## Appendix 1

The study of awareness of teachers involved in general and vocational education about the risk factors for unhealthy lifestyle and safe and ergonomic use of electronic devices

Department of Hygiene, Faculty of Pediatrics, Pirogov Russian National Research Medical University

### 1. How old are you?

- 20–29
- 30–39
- 40–49
- 50–59
- 60–69
- 70–79
- other (please specify): \_\_\_\_\_

### 2. Are you female or male?

- Female
- Male

### 3. What location are you currently teaching in? \_\_\_\_\_

### 4. What subject(s) do you teach? \_\_\_\_\_

### 5. How long have you been working as a teacher (years)? \_\_\_\_\_

### 6. What type of educational institution are you currently working at?

- Regular public school
- Gymnasium
- Lyceum
- School with advanced curriculum
- College
- Higher educational institution (medical school)
- Higher educational institution (non-medical school)
- Other (please specify): \_\_\_\_\_

### 7. How would you describe your health?

- perfect
- good
- satisfactory
- poor

### 8. How would you describe your vision?

- perfect
- good
- satisfactory
- poor

### 9. How many days could you possibly spend without using your electronic device (smartphone, tablet, laptop, etc.)?

- not a single day
- one day
- 2 days
- 3 days
- more than 3 days

### 10. How often do you take screen breaks?

- I don't take breaks
- every 30–40 min
- every hour
- every 1.5 h
- every 2 h
- less often than every 2 h

### 11. Do you wear glasses when using your electronic device?

- My vision is fine
- My vision needs correction but I do not wear glasses
- I wear special-purpose computer glasses
- I wear regular glasses
- other: \_\_\_\_\_

**12. If you needed to use your electronic devices in a dark room, you would prefer to**

- put off work until you find a place with adequate lighting conditions
- start work despite poor lighting
- make the decision based on how long you need to work
- make the decision based on how important the work is

**13. What posture do you prefer to take when working with electronic devices?**

- to be lying down
- to be in a reclined position (in an armchair or on a bed)
- to be sitting at a desk

**14. Do you listen to music with headphones in loud environments (public transport, public spaces)?**

- Yes, often
- Yes, rarely
- No

**15. How would you rate the risk of hearing disorders due to headphone use on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**16. How would you rate the risk of developing vision problems from using an electronic device in poor lighting conditions, on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**17. How would you rate the risk of developing health problems from using your electronic device in a poorly set up work/ study space (in an armchair, on a bed, sitting on the floor, etc.), on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**18. How would you rate the risk of developing health problems from using electronic devices without a screen break for over 2 hours, on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**19. How would you rate the risk of developing health problems from the lack of regular physical exercise (at least 2 hours a week), on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**20. How would you rate the risk of developing health problems from having meals less than 3 times a day, on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**21. How would you rate the risk of developing health problems from a diet low in animal source foods, on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**22. How would you rate the risk of developing health problems from a diet low in plant source foods, on a scale from 1 to 10, 1 being the lowest risk, 10 being the highest? \_\_\_\_\_ points.**

**23. Do you pay attention to food energy value?**

- Yes
- No

**24. What do you do to maintain good health?**

- Follow a healthy diet
- Keep regular hours/have a good life-work balance
- Do not engage in unhealthy habits
- Do morning exercise
- Jog, go to the gym, do sports, go hiking, etc.
- Temper the body through exposure to cold, practice affirmations, etc.
- Nothing

**25. When do you think it is necessary to start encouraging children, adolescents and young adults to lead a healthy lifestyle?**

- At preschool age
- At primary school
- At lower secondary school
- At upper secondary school
- After students graduate from school

**26. How would you describe your students' general health?**

- perfect
- good
- satisfactory
- poor

**27. Do you take in-class breaks to do eye exercises with your students?**

- Yes
- No

**28. Do you take in-class breaks for active physical exercise with your students?**

- Yes
- No

**29. What sources of information do you use to learn about healthy lifestyle?**

- Mass media
- Friends / family
- Medical workers
- Literature
- I'm not keen on healthy lifestyle
- Internet

**30. Specify 3 factors that you believe have the worst impact on students' health:**

- Smoking, drinking alcohol, doing drugs
- Lack of proper hygiene and unhealthy lifestyle
- Malnutrition
- Lack of physical exercise
- Excessively long classes involving the use of electronic devices
- Not keeping regular hours
- Poor family atmosphere/toxic work environment

**31. Specify 3 in-school factors that you think have the worst impact on students' health:**

- High temperature, high humidity, increased microbial air contamination by the end of school day
- High levels of noise
- Poor lighting in classrooms
- Wrong posture
- Absence of school meals
- Absence of projects promoting healthy lifestyle in students
- High study load not adjusted to students' abilities
- Increasing use of information and communication technologies at school
- Authoritarian teaching style

**32. Specify 3 key things that should be implemented to improve learning conditions at school:**

- Better air conditioning in the classroom, improved airing regimens
- Adequate lighting conditions for classrooms and other premises
- Comfortable furniture for students adjusted to their height
- Hot meals for more students
- Promoting a healthy lifestyle and good hygiene practices
- Adjusting the school schedule to the abilities and performance of the students
- More information and communication technologies for teaching
- Creating a safe and nurturing environment
- More physical exercise

**Thank you for your cooperation!**