Nettskjema Bilde Diary App

Thank you very much for your interest in helping us with our research! In this brief manual, you will find information regarding download, setup, usage and functioning of the **Nettskjema Bilde Diary App**. In case of questions, you can always contact the DigiGen team (see contact information at the end of this manual).

Download and Setup

You can download the **Nettskjema Bilde Diary App** in the App Store and in the Google Play Store, at easiest with the right QR code:


iOS   *Android*

If you start the app after installation for the first time, please enter the form ID you have received from DigiGen. After that, you will be asked to provide some background information about you. This must be filled out only one time. After that, you will be asked whether you want to be reminded regularly (e.g. daily) to submit your observations. If you want this, please allow daily notifications via the app (this can be changed back later if you change your mind). You can choose a time that suits you best for being notified at during the day. We recommend a time at which you usually have some spare minutes, e.g. in the evening. After all this is finished, you can start with you daily reports!
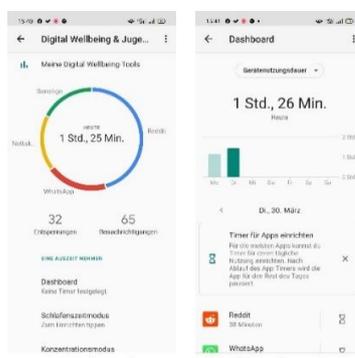
Information on usage

- Your mission as a co-researcher is to spend some minutes every day to report about the digital things you like to do for entertainment, social exchange, communication, etc. Or what you like to do if you in your leisure time apart from using digital devices. You can upload pictures and screenshots of the things that you made, that you find funny, boring, insulting, uplifting, that made your day brighter or darker, that made you angry, proud, etc. Here a few examples on how this could look like:
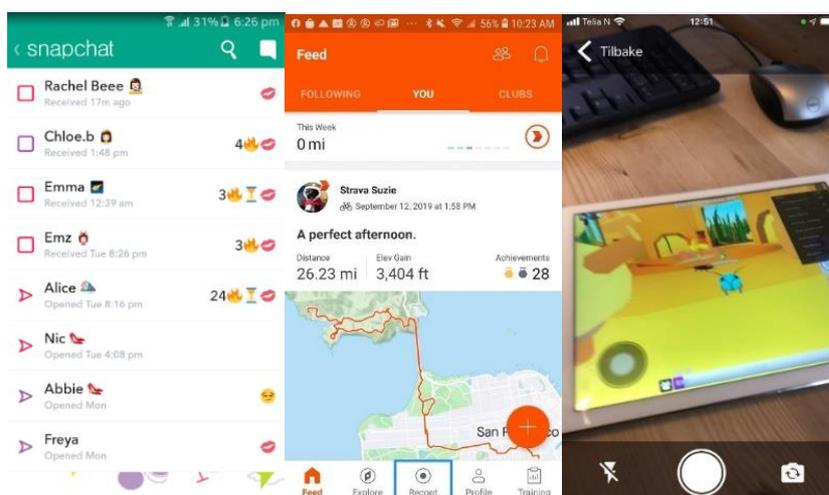
- The app is all about answering questions and uploading pictures and describing them. At one point, you are asked to report your smartphone time and what app you use the most. You can look up this information on your phone as follows:

- In iOS, go to Settings > Screen Time and tap "See All Activity" under the graph

- In Android, go to Settings > Digital Wellbeing & parental controls > Menu (three dots) > Manage your data > Toggle on Daily device usage to measure your time.

- You can always navigate through the form forward and backward, for example to change given answers, before finally submitting it.
- If you have to access information on your phone outside the app or take a photo and use another app for that, you can always leave the form and later come back to it.
- To upload pictures, please allow access to your camera and camera roll.
- Questions on information that you do not want to share with us can always be skipped. However, please bear in mind that the less information is provided, the less we can learn about children's and youth's usage of digital media and devices. We therefore appreciate if you skip questions as rarely as possible.
- When you tap on "Submit" at the end of the form, the data will be encrypted and uploaded to a secure server (TSD) hosted by the Oslo Metropolitan University. Only the DigiGen team has access to this data.
- On the submit screen (after submission), you can find an overview of all past submissions.

> **Important**
> The app collects no personalized information that you are not willing to provide. The data collected through the app will be anonymized and used solely for the analysis and subsequent presentation of our research findings. After 5 years, the data will be deleted.
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> If you want to include other (information on) people in your uploaded pictures, please make sure to ask for their permission or to make them unidentifiable first.

Further information and contact

More information on DigiGen:	digigen.eu
More information on the secure server:	uio.no/english/services/it/research/sensitive-data/about/
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