

# MY MEDIA DIARY

**Project "Digital technology in the family: patterns of behavior and effects on child development" founded by Croatian Science Foundation and Catholic University of Croatia**

**Contact: [decide@unicath.hr](mailto:decide@unicath.hr)**



## Foreword

“My Media Diary” was designed by members of the research group of the project “Digital Technology in the Family: Patterns of Behaviour and Effects on Child Development” (project code UIP-2019-04-7547, funded by the Croatian Science Foundation and the Catholic University of Croatia, project leader: Marina Merkaš, PhD). The media diary is part of the research material of the S1 study conducted within the project, which aimed to examine the habits, motivation, and circumstances surrounding the use of digital technology devices by children and parents. Study S1 was conducted from February to May 2021. As part of the study, 60 preschool and school-age children filled in the media diary, and based on the data from the media diary, several scientific papers were written and presented to the public.

“My Media Diary” is a research material, and its primary purpose is to collect data on children’s daily use of digital technology devices (e.g., smartphones, computers, tablets) for a week. In other words, it is possible to get a pattern of children’s daily and weekly use of the devices through the media diary. Accordingly, the diary asks children to record the time of device use, the type of device used, the activities on the device, the reasons for using the device, the place where the device is used, and the presence of other people during use. The media diary also contains illustrations of robots that can help children express and monitor their daily mood.

The diary is primarily intended for school-age children (children older than 7 years). Children aged 9 and older can write and record their use of the devices in a diary on their own or with the help of their parents. It is possible to use the media diary with younger children as well, but then parents are expected to record the children’s activities on the devices.

Data from the media diary can, among other things, provide insight into the time of day (e.g., morning or afternoon), which days of the week (e.g., weekdays or weekends) and for how long children use different devices. Furthermore, based on the diary, one can get information about the most used devices by children (e.g., tablets, smartphones), the most common activities that children do with a device (e.g., watching series, playing games) and the reasons for these activities (e.g., boredom, fun). The data can also show where children are most often when they use devices (e.g., in their rooms or living rooms) and whether they are alone or in the company of others.

Based on the positive experiences of applying the media diary in our study within the project, we decided to share this version of the media diary publicly with children and parents. Results show that we tend to underestimate or overestimate some of our behaviors regarding device use. Therefore, our motive for publishing the diary is to give children and parents a tool that will enable them to gain a more objective insight into the daily and weekly habits and circumstances of children’s use of the devices. Accordingly, we give all children and parents free access to download and use this version of our media diary for the purpose of privately monitoring children’s use of the device.

We believe that this children’s activity will give parents a good and objective insight into various aspects of children’s use of the devices, which can facilitate monitoring and

management of children's use of the devices and provide a basis for agreement on rules for using devices with children. On the other hand, we hope that it will be useful and fun for the children themselves to record some of their behaviors on the devices and that this activity will also give them an insight into their own behavior. We advise that once children fill out a media diary, they explore their answers together with their parents and try to identify their habits and behaviors when it comes to using digital devices. This is also the first step in identifying potential problems related to excessive and inappropriate use of digital devices.

"My Media Diary" does not have the purpose of the diagnostic instrument, and the validation of this research material has not yet been fully completed. Members of the research group are working on the further development of the media diary. Therefore, this version is not in the free domain of use for scientific and research purposes. If there is an intention to use the diary for scientific research and/or diagnostic purposes, please first inform and contact the members of the research group by e-mail ([decide@unicath.hr](mailto:decide@unicath.hr)).

Research group of the project D.E.C.I.D.E.

Members of the research group who prepared the diary:

Marina Merkaš, PhD, project leader

Marina Kotrla Topić, PhD

Vanesa Varga, PhD

Ana Žulec

Katarina Perić

Sara Jelovčić

Luka Štefanić

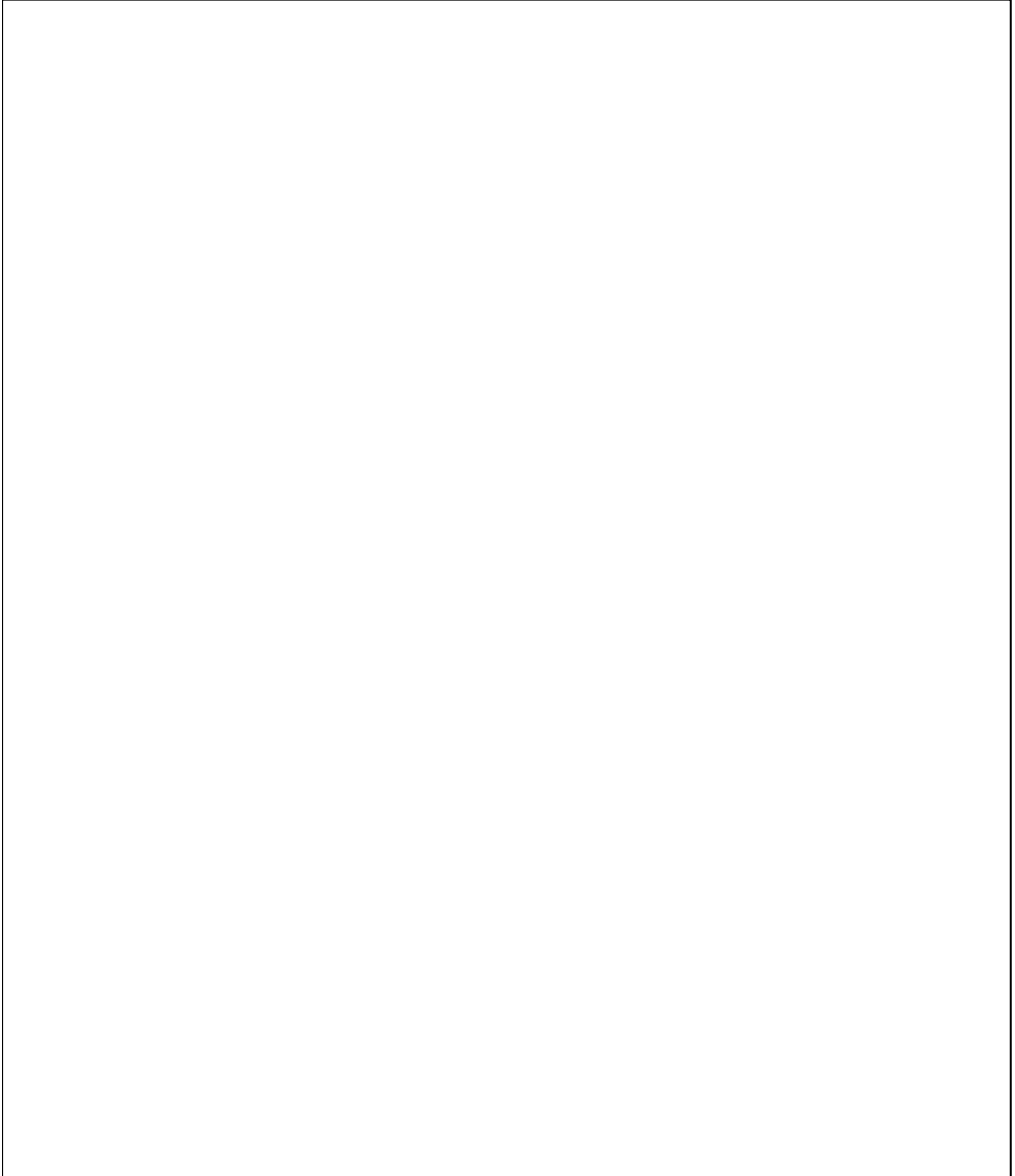
In Zagreb, January 2021

### Short instructions for children and parents

- The media diary is designed so that children can write down their activities on digital devices (e.g. smartphone, tablet, computer, etc.) independently or with the help of their parents. In the media diary they can write which digital device did they use in what part of the day, what they did on them (e.g. studied, played, searched for information, homework, etc.), why they did the specific activity on the devices (e.g. boredom, to have fun, to learn, etc.), where they were while using the devices (e.g. living room, kitchen, their room, etc.) and who was with them while using the device (e.g. sister, grandmother, father, etc.).
- The media diary is designed to be filled in each day for one week. We advise you to write in it during the day or in the evening. Children older than 9 years can write in the diary themselves, and for children younger than 9 years the diary can be filled by parents or a child with the help of parents.
- The media diary consists of three sheets for each day of the week. Enter the date below each day of the week. In the blank boxes, enter what you used from the devices according to the time periods in the table. For example; smartphone, tablet, computer and so on. If you have used a device for more than half an hour, then enter the same text in the box below or enter a repeat sign (-II-). In the next box, write what you did on that device (e.g. played games, talked to grandma, watched cartoons), then why you did it (e.g. to have fun, to complete the task), where you were while using it (e.g. in your room, in the kitchen) and finally who was with you (e.g. nobody, sister, mom).
- On the third sheet, at the end of each day, there are drawings of a robot. Circle one or more that best describes how you felt that day.

## **My favorite digital device**

Draw us your favorite digital device and/or what you like doing on it the most.



# MONDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
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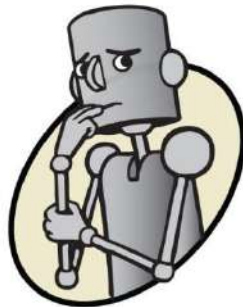
	<b>WHAT DEVICES I USED?</b>	<b>WHAT I DID?</b>	<b>WHY I DID IT?</b>	<b>WHERE WAS I?</b>	<b>WHO WAS WITH ME?</b>
15.00 - 15.30					
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23.00 - 23.30					
23.30 - 00.00					
00.00 - 06.00					

"Digital technology in the family: patterns of behavior and effects on child development"  
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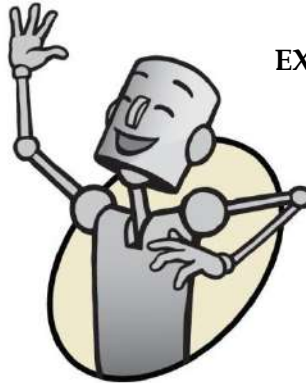
# MONDAY

Circle one or more robots that best describe how you felt during the day.

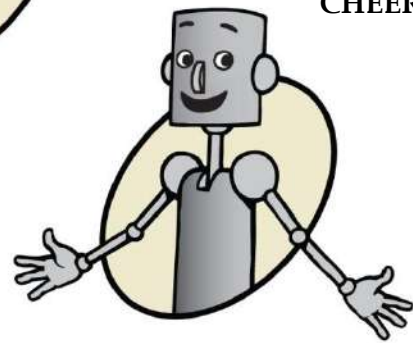
TENSE



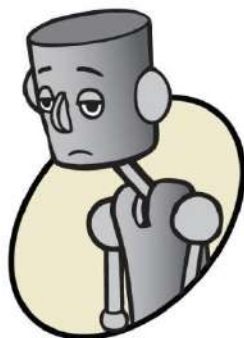
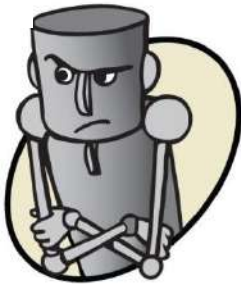
EXCITED



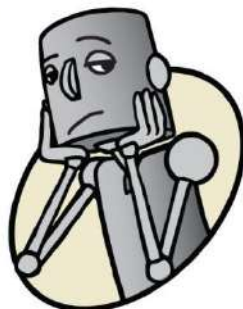
CHEERFUL



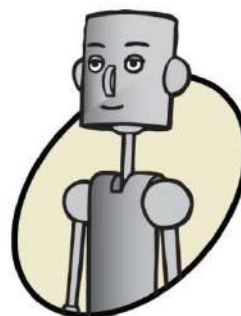
IRRITATED



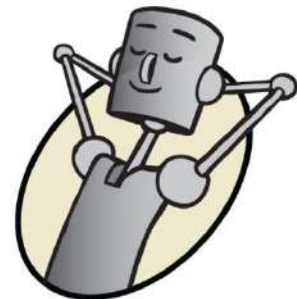
SAD



BORED



CALM



RELAXED



# TUESDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
8.00 - 8.30					
8.30 - 9.00					
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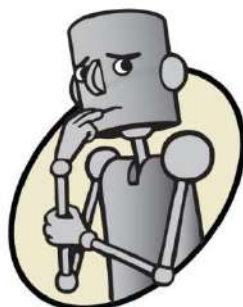
	<b>WHAT DEVICES I USED?</b>	<b>WHAT I DID?</b>	<b>WHY I DID IT?</b>	<b>WHERE WAS I?</b>	<b>WHO WAS WITH ME?</b>
15.00 - 15.30					
15.30 - 16.00					
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23.00 - 23.30					
23.30 - 00.00					
00.00 - 06.00					

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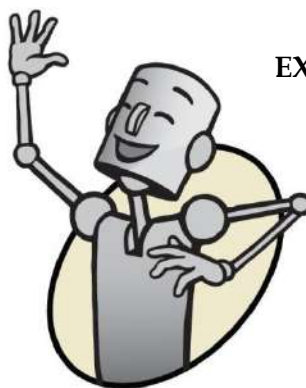
# TUESDAY

Circle one or more robots that best describe how you felt during the day.

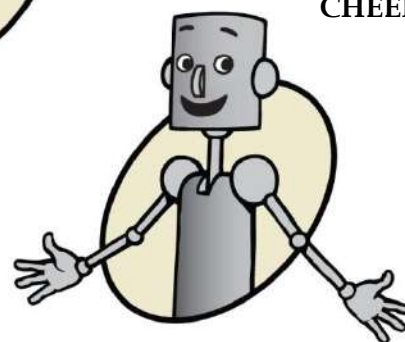
TENSE



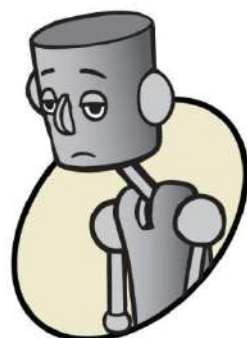
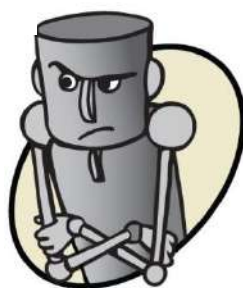
EXCITED



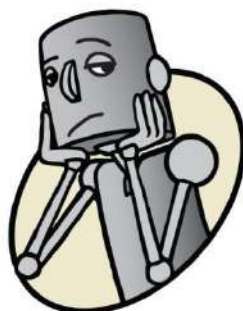
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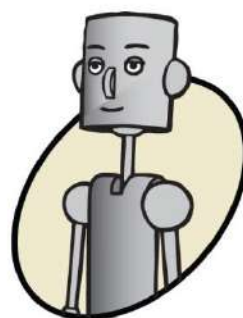
IRRITATED



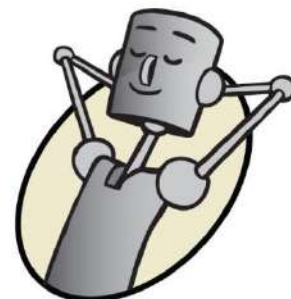
SAD



BORED



CALM



RELAXED

# WEDNESDAY

DATE:

TIME	WHAT DEVICES IUSED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
8.00 - 8.30					
8.30 - 9.00					
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14.30 - 15.00					

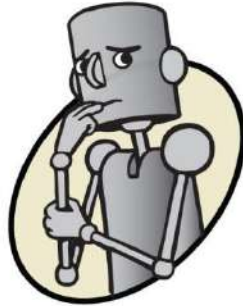
	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
15.00 - 15.30					
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16.30 - 17.00					
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23.30 - 00.00					
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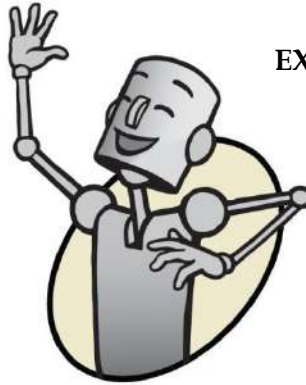
# WEDNESDAY

Circle one or more robots that best describe how you felt during the day.

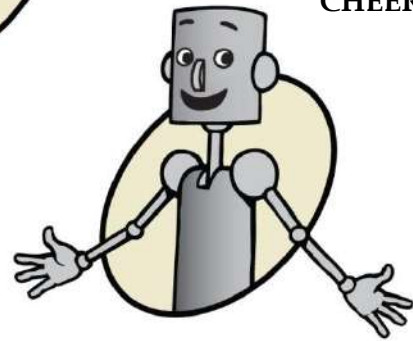
TENSE



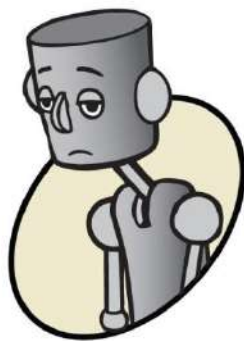
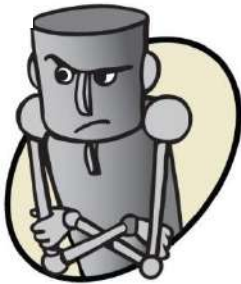
EXCITED



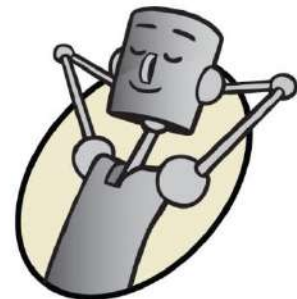
CHEERFUL



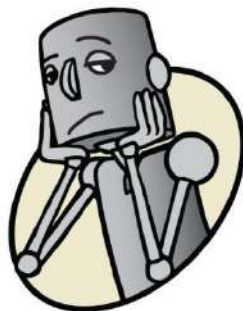
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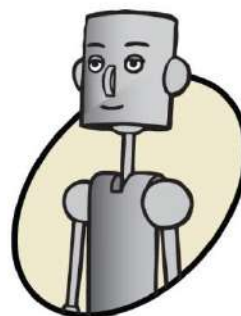
SAD



RELAXED



BORED



CALM

# THURSDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
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14.30 - 15.00					

	<b>WHAT DEVICES I USED?</b>	<b>WHAT I DID?</b>	<b>WHY I DID IT?</b>	<b>WHERE WAS I?</b>	<b>WHO WAS WITH ME?</b>
15.00 - 15.30					
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23.30 - 00.00					
00.00 - 06.00					

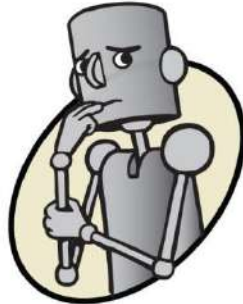
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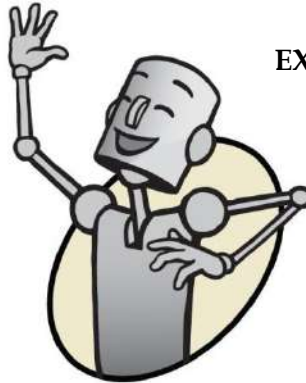
# THURSDAY

Circle one or more robots that best describe how you felt during the day.

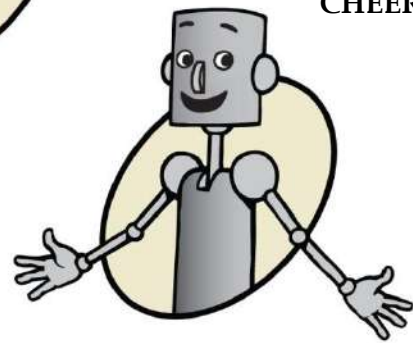
TENSE



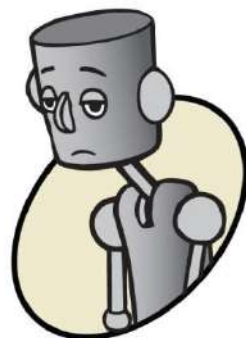
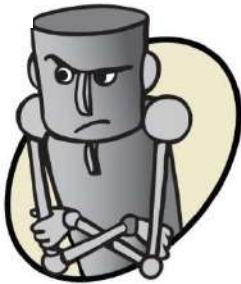
EXCITED



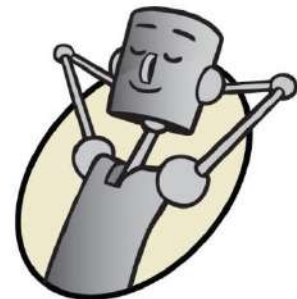
CHEERFUL



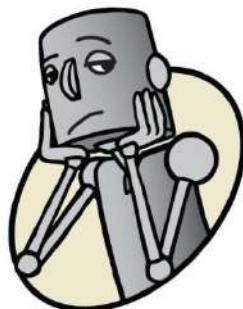
IRRITATED



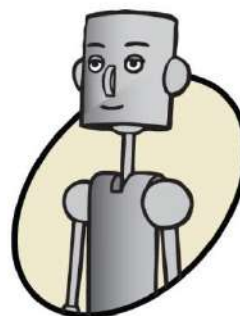
SAD



RELAXED



BORED



CALM

# FRIDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
8.00 - 8.30					
8.30 - 9.00					
9.00 - 9.30					
9.30 - 10.00					
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14.30 - 15.00					

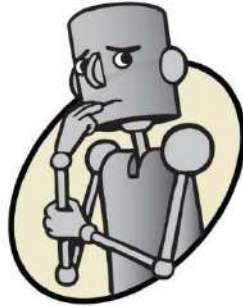
	<b>WHAT DEVICES I USED?</b>	<b>WHAT I DID?</b>	<b>WHY I DID IT?</b>	<b>WHERE WAS I?</b>	<b>WHO WAS WITH ME?</b>
15.00 - 15.30					
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23.30 - 00.00					
00.00 - 06.00					

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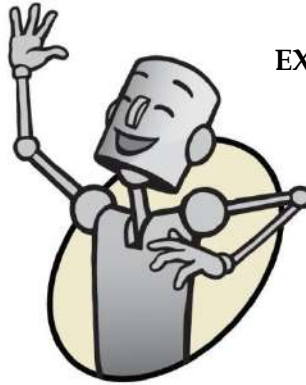
# FRIDAY

Circle one or more robots that best describe how you felt during the day.

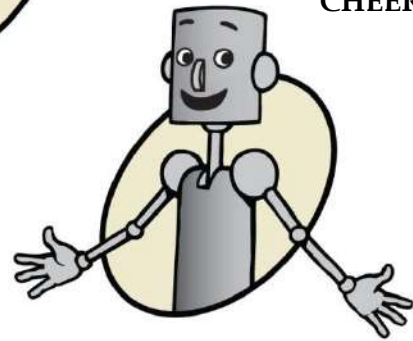
TENSE



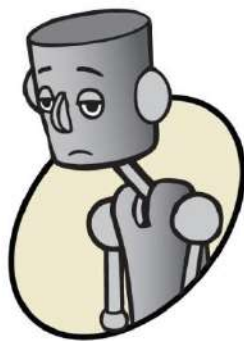
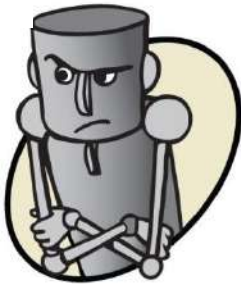
EXCITED



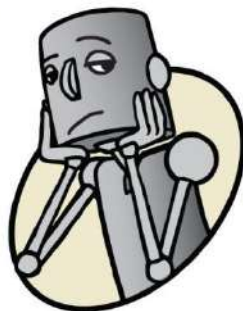
CHEERFUL



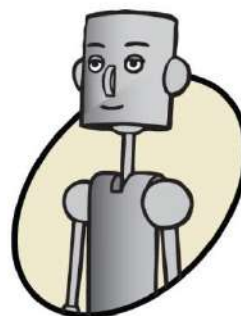
IRRITATED



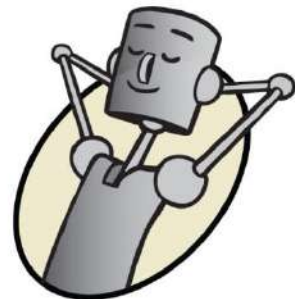
SAD



BORED



CALM



RELAXED

# SATURDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
	mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...	mum, grandma, sister...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
8.00 - 8.30					
8.30 - 9.00					
9.00 - 9.30					
9.30 - 10.00					
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30					
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00					
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					

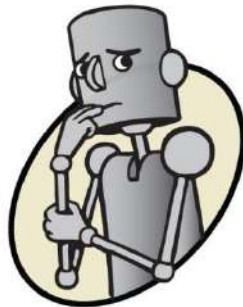
	<b>WHAT DEVICES I USED?</b>	<b>WHAT I DID?</b>	<b>WHY I DID IT?</b>	<b>WHERE WAS I?</b>	<b>WHO WAS WITH ME?</b>
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00					
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30					
18.30 - 19.00					
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					
22.00 - 22.30					
22.30 - 23.00					
23.00 - 23.30					
23.30 - 00.00					
00.00 - 06.00					

**"Digital technology in the family: patterns of behavior and effects on child development"**  
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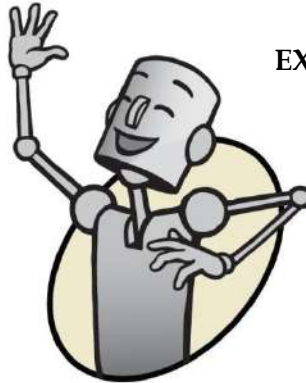
# SATURDAY

Circle one or more robots that best describe how you felt during the day.

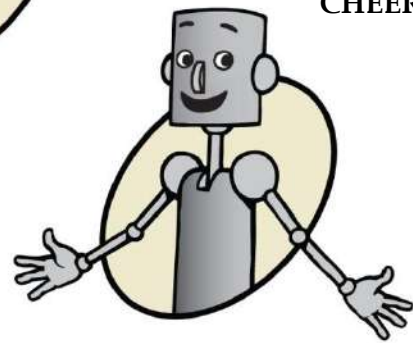
TENSE



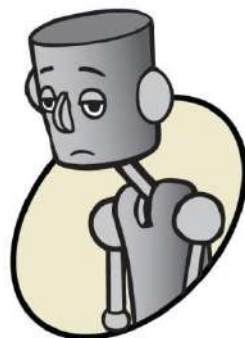
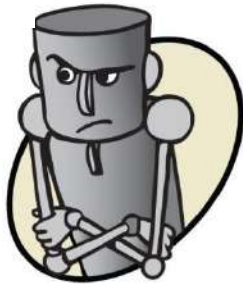
EXCITED



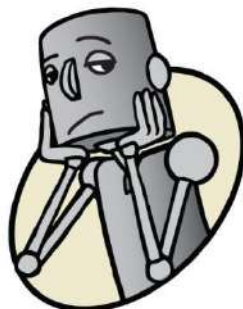
CHEERFUL



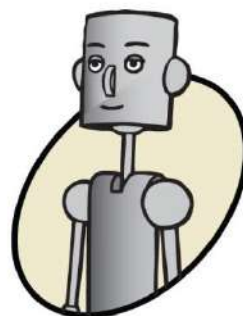
IRRITATED



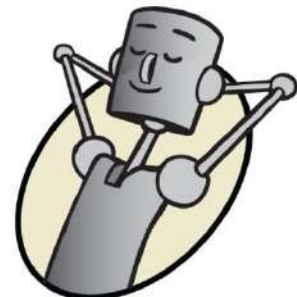
SAD



BORED



CALM



RELAXED

# SUNDAY

DATE:

TIME	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
		mobile phone, TV...	played, learned...	to have fun, to rest...	living room, my room...
6.00 - 6.30					
6.30 - 7.00					
7.00 - 7.30					
7.30 - 8.00					
8.00 - 8.30					
8.30 - 9.00					
9.00 - 9.30					
9.30 - 10.00					
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30					
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00					
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					



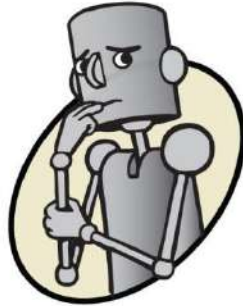
	WHAT DEVICES I USED?	WHAT I DID?	WHY I DID IT?	WHERE WAS I?	WHO WAS WITH ME?
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00					
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30					
18.30 - 19.00					
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					
22.00 - 22.30					
22.30 - 23.00					
23.00 - 23.30					
23.30 - 00.00					
00.00 - 06.00					

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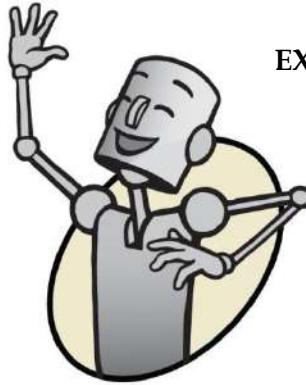
# SUNDAY

Circle one or more robots that best describe how you felt during the day.

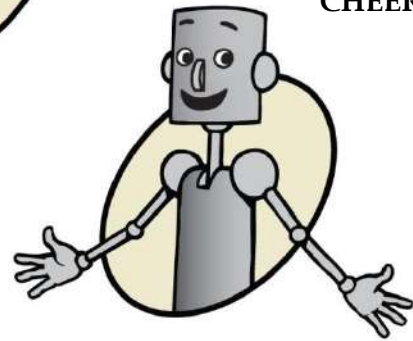
TENSE



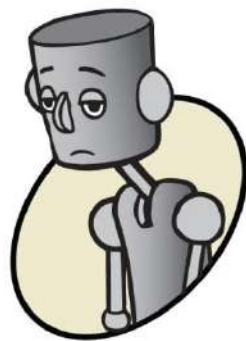
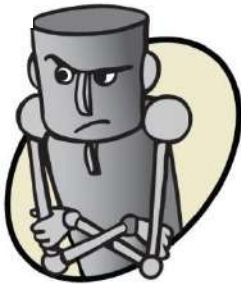
EXCITED



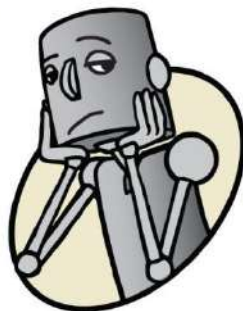
CHEERFUL



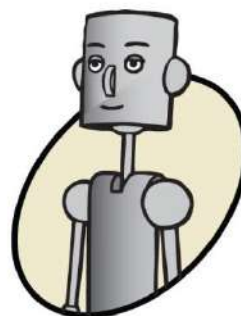
IRRITATED



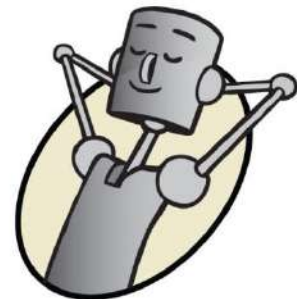
SAD



BORED



CALM



RELAXED

**Project "Digital technology in the family: patterns of behavior and effects on child development" founded by Croatian Science Foundation and Catholic University of Croatia**

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