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*\*Note: Originally published online in December 2014.*

**Link to article online:** <http://psycnet.apa.org/psycinfo/2014-52280-001/>

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**Conflict over Technology Use**

"*Participants completed a modified version of the frequency of relationship conflict measure, a scale obtained from the RELATE battery (Busby, Holman, & Taniguchi, 2001). We modified the measure to include eight technology use items, such as “time spent watching TV,” “time spent talking or texting on cell phone,” and “time spent on computer.” Participants responded concerning the frequency with which they perceived conflict over each item on a five-point scale ranging from 1 (never) to 5 (very often). Items were averaged to produce an overall conflict over technology use score with higher scores representing more frequent conflict (Cronbach’s alpha = .82).*"

***On a scale of 1 to 5, how often is each item a problem in your relationship?***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Often** | **Very Often** |
| 1. Time spent on internet | 1 | 2 | 3 | 4 | 5 |
| 2. Time spent blogging | 1 | 2 | 3 | 4 | 5 |
| 3. Time spent on social networking sites | 1 | 2 | 3 | 4 | 5 |
| 4. Time spent watching TV | 1 | 2 | 3 | 4 | 5 |
| 5. Time spent talking or texting on cell phone | 1 | 2 | 3 | 4 | 5 |
| 6. Time spent on iPod, iPad, smartphone, or other tablet | 1 | 2 | 3 | 4 | 5 |
| 7. Time spent on computer | 1 | 2 | 3 | 4 | 5 |
| 8. Time spent playing video games (either on console or online) | 1 | 2 | 3 | 4 | 5 |