**TECHNOFERENCE MEASURES FROM:**

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**Technology Device Interference Scale (TDIS).** *"Participants were asked in general how frequently cell phones/smartphones, television, computers/laptops, and iPads or other tablets get in the way of or even interrupt interactions that they have with their partners. They rated their perceptions on a six-point Likert-type scale: 0 (never), 1 (rarely), 2 (sometimes), 3 (often), 4 (very often), and 5 (all the time). A principal components analysis revealed one factor that accounted for 54% of the variance, and factor loadings for cell phones/smartphones, television, computers/laptops, and iPads or other tablets were .78, .77, .81, and .44 respectively. These items were examined separately as well as combined into an overall average TDIS score, with higher scores representing more frequent interference in couple relationships (Cronbach’s alpha = .67). Although the alpha was marginally lower than the typical acceptable cut-off, we expected some variability within some individuals’ responses across the devices (especially since tablet use is less common), which likely accounts for the lower alpha."*

***Technology devices (such as TVs, mobile or smartphones, tablets, laptops, iPods, etc.) sometimes interfere with or interrupt interactions between partners.***

**How frequently do the following devices get in the way of or even interrupt your interactions with your partner?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Often** | **Very Often** | **All the time** |
| Cell phone/Smartphone | **0** | **1** | **2** | **3** | **4** | **5** |
| Television | **0** | **1** | **2** | **3** | **4** | **5** |
| Computer or laptop | **0** | **1** | **2** | **3** | **4** | **5** |
| iPad or other tablet | **0** | **1** | **2** | **3** | **4** | **5** |

**Technology Interference in Life Examples Scale (TILES).** *"An additional five items assessed the frequency with which participants experienced some situations in general…. Participants rated these items on an eight-point scale: 0 (never), 1 (less than once a week), 2 (once a week), 3 (once every few days), 4 (once a day), 5 (2 to 5 times a day), 6 (6 to 9 times a day), and 7 (10 or more times a day). A principal components analysis revealed one factor that accounted for 63% of the variance, and factor loadings for the five items…were .83, .86, .85, .80, and .62 respectively. These items were examined separately and also averaged to produce an overall TILES score with higher scores representing more frequent interference in couple interactions and time spent together (Cronbach’s alpha = .85)."*

***Please rate how frequently you experience the following with your partner.***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Never** | **Less than once a week** | **Once a week** | **Once every few days** | **Once a day** | **2 to 5 times a day** | **6 to 9 times a day** | **10 or more times a day** |
| **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |

1. During a typical mealtime that my partner and I spend together, my partner pulls out and checks his/her phone or mobile device.  
  
2. My partner sends texts or emails to others during our face-to-face conversations.  
  
3. When my partner's phone or mobile device rings or beeps, he/she pulls it out even if we are in the middle of a conversation.  
  
4. During leisure time that my partner and I are able to spend together, my partner gets on his/her phone, mobile device, or tablet.

5. My partner gets distracted from our conversation by the TV.