Appendix A: Questionnaire for students

Didactics in the time of the Coronavirus

In this period of quarantine we have been forced to change our habits and above all, our way of working. In order to analyze the effects of smart working and online teaching, we would like to carry out a useful survey. Whether you are a teacher or a student, your help is essential!

The questions that follow will refer to your daily life at the time of the coronavirus, feel free to answer in the most appropriate and sincere way possible.

The estimated duration of the questionnaire is approximately 15 minutes.

The information will be collected anonymously and for research purposes only.

Thank you so much for your contribution:

*Required field

Select your gender:

- Male
- Female
- Other:

How old are you?

Your answer

In which university do you study / work?

Your answer

What role do you play in online teaching?

- Professor
- Researcher, PhD student (I follow the online teaching as a support to the teacher)
- Researcher, PhD student (I follow online teaching as a student)
- Student, bachelor's degree
- Student, master's degree
- Student (single cycle)

Online education

Consider a working week (excluding the exceptional holidays Saturday and Sunday)

In a week, how many days do you dedicate to online lessons?

- 1-2 days a week
- 3-4 days a week
- 5 days a week

Generally, how many hours a day do you use the electronic device (computer / tablet / mobile phone) to follow the online lessons?

- 0-2 hours a day
- 2-4 hours a day
- 4-6 hours a day
- 6-8 hours a day
- more than 8 hours a day
- Other:

Posture and posture

Consider your typical work / study environment, i.e. where you usually study during online teaching

Which workstation do you prefer to use during online lessons?

- Chair
- Office chair
- Bed
- Sofa
- Floor
- Other:

What posture do you assume?

- Sitting
- Lateral supine (lying sideway)
- Supine (belly up)
- Prone (tummy down)
- Other:
Chair

During a lesson, the configurability of the chair (height adjustment, presence of backrest and / or headrest, presence of cushions, presence of armrests, etc ...) is important for comfort.

- Strongly disagree
- Disagree
- Indifferent
- Agree
- Strongly agree
- Make a judgment:
-

What equipment do you think your chair should have to improve comfort during online teaching? (You can also choose more than one answer)
- Armrests
- Height adjustment
- Lumbar support
- Headrest
- Back
- Tilt adjustment
- Possibility of tilting (oscillating movement of the backrest)
- Nothing in particular
- Other:

Posture and workstation in online teaching

Focus on your study / work station during online teaching

With the advent of online education, your everyday life has become more sedentary. Give your opinion on this sentence.

- Strongly disagree
- Disagree
- Indifferent
- Agree
- Strongly agree
- Make a judgment:
-

Do you experience any discomfort, or at most pain, due to the time spent following the online lessons?
- Yes, always
- Yes, after more than an hour
- Yes, after more than two hours
- Yes, after more than three hours
- Never

Do you ever get up during class to stretch your legs?
- Yes, whenever I feel the need
- Yes, only during breaks
- Yes, only at the end of the lesson
- Never

Your visual well-being can be influenced by the location you choose. So what are the actions you usually take to improve your visual comfort? (You can choose more than one answer)
- Change of location
- They move the monitor away
- I lift the monitor
- I tilt the monitor
- I vary my posture
- I adjust the brightness of the room and the PC
- I take a short break
- I use a more suitable device, if I have the possibility (PC with larger monitor, etc ...)
- Other:

During the online teaching lessons you prefer (you can also choose more than one answer):
- Assume the same posture and stay in the same position
- Assume different postures but stay in the same position
- Change location (from desk to sofa, etc ...) but stay in the same room
- Change the room
- Follow by walking

In your opinion, what is the best compromise between comfort and learning effectiveness between the following options?
- Bed
- Desk
- Sofa
- Floor
- Chair
- Other:

Considering your study / work station, what is your postural comfort level?
- Not comfortable at all
- 1
- 2
- 3
- 4
- 5
- Extremely comfortable

In your opinion, is the influence of clothing on your sense of comfort relevant during the online class?

- Irrelevant
- 1
- 2
- 3
- 4
- 5
- Very relevant

Back Forward
Communication tools

Considering the use of communication tools, such as tablets, PCs, laptops, mobile phones, bring to mind all the problems faced during online teaching and answer the following questions.

What type of connection do you use to connect to the internet? *

- Ethernet cable
- Wi-Fi
- Cellular hotspot
- Hotspot pen drive with sim
- Other: __________________________

How many times have you had line problems during a Video / Teleconferencing (VTC) in a week? *

<table>
<thead>
<tr>
<th>Options:</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>

Which tool do you use most often? (you can choose more than one) *

- PC
- Tablet
- Smartphone
- Smart TV
- Other: __________________________

Do you use multiple technological devices (computer, phone, tablet, TV) at the same time while following the online lessons? *

- Yes
- No

Do you find it difficult to follow lessons with only one screen? *

<table>
<thead>
<tr>
<th>Options:</th>
<th>No</th>
<th>Very little</th>
<th>A little</th>
<th>Very</th>
<th>Very much</th>
</tr>
</thead>
</table>

Considering the platform used for online teaching, how often do problems arise regarding its use? *

- Not at all (never)
- Once in a while (rarely)
- Few times
- Often (many times)
- Most of the time (always)
Audio & Video

In this section we focus more on the quality of audio and video during online learning.

During a Video Teleconference (VTC) which tool do you use to listen to the audio?

- Device speaker
- Headphones
- External speakers
- Other: __________

What are the problems that would force you to use headphones as a listening device during a video teleconferencing (VTC)?

- Low speaker volume
- Environmental noise
- Audio return
- I have no problems forcing me to use headphones
- Other: __________

How many hours a day do you use the headphones for during online lessons?

- I don’t use headphones
- 1-2 hours
- 4-6 hours
- 6-9 hours
- 10 hours or more

If you use headphones, after how long do you experience discomfort due to excessive use?

- 1-2 hours
- 4-6 hours
- 6-9 hours
- 10 hours and more

Problems, even temporary / momentary, of audio / video connection negatively affect your learning?

Express a judgment: __________

Spending too many consecutive hours in front of the computer / tablet to follow the online lessons, negatively affects your learning ability.

Why?

Your answer: __________

Talking lessons online facilitates concentration and improves attention.

Why?

Your answer: __________

A sufficiently large screen size, during the online lesson, POSITIVELY affects:

Why?

Your answer: __________
### Environmental Parameters

Environmental parameters, such as air quality (absence of dust, pollen, bad smells), workplace lighting, temperature, and noise levels, can affect physical and mental well-being. Focus on how they affect you. Furthermore, the control of environmental parameters is the possibility of being able to intervene on the value assumed by them according to one's needs. Please rate the following statements.

The value assumed by the environmental parameters influences physical and mental well-being. Give a score on the quality level of the following environmental parameters in relation to your place of study/work:

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Poor</th>
<th>Mediocre</th>
<th>Average</th>
<th>Good</th>
<th>Great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air quality</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average air</td>
<td></td>
<td></td>
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<tr>
<td>Temperature</td>
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<tr>
<td>Ventilation</td>
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<td>Lighting</td>
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</tbody>
</table>

The possibility of controlling environmental parameters **positively** influences physical well-being:

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air quality</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average air</td>
<td></td>
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<td>Temperature</td>
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<td>Ventilation</td>
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<td>Lighting</td>
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</tbody>
</table>

The possibility of controlling environmental parameters **positively** influences learning:

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
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</thead>
<tbody>
<tr>
<td>Air quality</td>
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<td>Average air</td>
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<td>Ventilation</td>
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<td>Lighting</td>
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</tbody>
</table>

The cleanliness and order of the room during the study **positively** affect your physical well-being and/or the effectiveness of your learning/work:

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical well-being</td>
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<tr>
<td>Learning</td>
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</tbody>
</table>

The presence of internal and external noise affects your learning during online courses:

<table>
<thead>
<tr>
<th>Noise Type</th>
<th>There are not</th>
<th>Very negatively</th>
<th>Very negatively</th>
<th>Indifferent</th>
<th>Very positively</th>
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</thead>
<tbody>
<tr>
<td>Internal noises related to the presence of family members (chatting, noise-making, other activities)</td>
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<tr>
<td>Internal noises (emission from appliances: refrigerator, TV radio, clock, telephone, other)</td>
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<tr>
<td>External noises (e.g., church bells, traffic, external works, external events, gardening and cleaning work, proximity to the motorway, railways)</td>
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### Cognitive Factors

**The health emergency prevents the attendance of the laboratories. How much do you think this affects your learning?**

- Very little
- A little
- Quite
- Very
- Very very much

**In your opinion, does the lack of live interaction with the teacher affect your learning?**

- Very little
- A little
- Quite
- Very
- Very very much

**How important is the direct (face to face, i.e., not online) pupil-teacher interaction for you?**

- Very little
- A little
- Quite
- Very
- Very very much

**How important is it for you to instantly confront yourself during the lesson with colleagues?**

- Very little
- A little
- Quite
- Very
- Very very much

**How much does the absence of the blackboard affect the understanding of the online lessons?**

- Very little
- A little
- Quite
- Very
- Very very much

**How much do you think the visual quality of online lessons has improved compared to classroom lessons?**

- Very little
- A little
- Quite
- Very
- Very very much

### Answer the Following Questions:

<table>
<thead>
<tr>
<th>Question</th>
<th>Very little</th>
<th>A little</th>
<th>Quite</th>
<th>Very</th>
<th>Very much</th>
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<tbody>
<tr>
<td>You think you are (hq)</td>
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<tr>
<td>Does deactivating the webcam make it easier for you to interact with the teacher?</td>
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<td>How important do you think eye contact with other class participants?</td>
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<tr>
<td>How much do you think eye contact with colleagues affects learning effectiveness?</td>
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<tr>
<td>And with the teacher?</td>
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<tr>
<td>How much do you think the boredom due to the health emergency (the obligation to stay at home) affects your online study?</td>
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<td>How satisfactory do you find the level of usability of the online lessons?</td>
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<tr>
<td>How much does it affect your learning to stay in the same place for a long time?</td>
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<tr>
<td>On mental fatigue</td>
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<tr>
<td>Taking the class at home is more beneficial than taking it in a crowded classroom. How true do you think this statement is?</td>
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</tbody>
</table>
Organizational factors

Is the PC, or equivalent the tool you think most comfortable for online lessons or for studying, for your exclusive use? Or is it a shared tool? *

- Exclusive use
- Shared tool, but I make my main use (I rarely share it)
- Tool equally shared between two or more people
- Shared tool, mainly used by one or more family members, so I often use a less comfortable tool to follow lessons and study

Are the END lesson times always respected? Indicate a general answer with the most frequent event *

- Teachers finish much earlier
- The teachers finish at the appointed time or a few minutes earlier
- The teachers finish a few minutes later
- The teachers finish several minutes later

Are the START lesson times always respected? Indicate a general answer with the most frequent event *

- Teachers log in first
- The teachers connect at the established time, without waiting for the majority of the class to be connected
- The teachers connect at the established time, waiting for the majority or all of the class to be connected
- The teachers log in a few minutes later
- The teachers log on several minutes later

Have you experienced greater flexibility on the part of teachers and colleagues in recovering lessons? *

- No lessons to catch up
- There were lessons missed but not made up
- I noticed a little more flexibility
- I noticed a fair amount of flexibility
- I noticed a lot more flexibility

How important is it FOR YOU to have a break between one lesson and the next? *

- Very little
- A little
- Quite
- Very
- Very much

How adequate is the duration of the breaks to guarantee your COMFORT: *

- Very little
- A little
- Indifferent
- Very
- Very much

Based on your experience, how much do TEACHERS take into account the absence of breaks between two consecutive lessons? *

- Very little
- A little
- No
- Very
- Very much

How adequate is the duration of the breaks to guarantee your LEARNING: *

- Very little
- A little
- Indifferent
- Very
- Very much

The possibility of making the most of time, avoiding to take their own or public means to enjoy the lessons, makes online teaching more productive than face-to-face teaching. Express an agreement/disagreement judgment *

- Strongly disagree
- Disagree
- Indifferent
- Agree
- Strongly agree
The journey to reach the campus or parking difficulties make me prefer online teaching to face-to-face teaching. Make a judgment. *

- Strongly disagree
- Disagree
- Indifferent
- Agree
- Strongly agree

Final question

Following your answers relating to online teaching, and having a clear vision of the set of problems that may exist, could you provide us with some suggestions on how to improve it or indicate other aspects that we have overlooked? It's not a mandatory question, but any feedback from you would be useful. Thanks a lot again!

What would you improve in online education? Are there any other aspects that we have overlooked?

Your answer
Appendix B: Questionnaire for professors

Didactics in the time of the Coronavirus

In this period of quarantine we have been forced to change our habits and, above all, our way of working. In order to analyze the effects of smart-working and online teaching, we would like to carry out a useful survey. Whether you are a teacher or a student, your help is essential!

The questions that follow will refer to your daily life at the time of the coronavirus, feel free to answer in the most appropriate and sincere way possible.

The estimated duration of the questionnaire is approximately 15 minutes.

The information will be collected anonymously and for research purposes only.

Thank you so much for your contribution.

*Required field

Select your gender:
- Male
- Female
- Other

How old are you? *

Your answer

In which university do you study / work? *

Your answer

What role do you play in online teaching? *
- Professor
- Researcher, PhD student (I follow the online teaching as a support to the teacher)
- Researcher, PhD student (I follow online teaching as a student)
- Student, bachelor's degree
- Student, master's degree
- Student (single cycle)

Online teaching (teachers)

General information relating to online teaching, focused on one working week (excluding holidays)

In a week, how many days do you dedicate to online teaching? *
- 1-2 days a week
- 3-4 days a week
- 5 days a week

Generally, how many hours a day do you use electronic devices (computer / tablet / mobile phone) for online teaching? *
- 0-2 hours a day
- 2-4 hours a day
- 4-6 hours a day
- 6-8 hours a day
- more than 8 hours a day
- Other: 

How do you prefer to do online teaching? (you can choose more than one preference)
- Sitting
- Standing
- Walking

Chair (teachers)

During a lesson, the configurability of the chair (height adjustment, presence of backrest and / or headrest, presence of cushions, presence of armrests, etc ...) is important for comfort. *

Express a judgment:
- Strongly disagree
- Disagree
- Indifferent
- Agree
- Strongly agree

What equipment do you think your chair should have to improve comfort during online teaching? (You can also choose more than one answer) *
- Armrests
- Height adjustment
- Lumbar support
- Headrest
- Back
- Tilt adjustment
- Possibility of tilting (oscillating movement of the backrest)
- Nothing in particular
- Other: 

Back | Forward
Posture and workstation in online teaching (teachers)

With the advent of online education, your everyday life has become more sedentary. Express your opinion regarding this statement:

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a judgment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

During the online teaching lessons you prefer (you can also choose more than one answer):

- Assume the same posture and stay in the same position
- Assume different postures but remain in the same position
- Change location (from desk to sofa, etc...) but stay in the same room
- Change the room
- Take the lesson by walking

Considering your workplace, what is your postural comfort level?

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not comfortable at all</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Your visual well-being can be influenced by the location you choose. So what are the actions you usually take to improve your visual comfort? (You can choose more than one answer)

- Change of location
- They move the monitor away
- I lift the monitor
- I lift the monitor
- I vary my posture
- I adjust the brightness of the room and the PC
- I take a short break
- I use a more suitable device, if I have the possibility (PC with larger monitor, etc...)
- Other:

Taking into account that the webcam can generally be disabled, what kind of clothing do you wear during an online lesson?

- Sportsman (tracksuit, ...)
- Formal (trousers, shirt, ...)
- Informal (sweatsuit, t-shirt, jeans, ...)
- Other:

In your opinion, is the influence of clothing on your sense of comfort relevant during the online class?

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irrelevant</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Very relevant
Considering the platform used for online teaching, how often do problems arise regarding its use? *

- Not at all (never)
- Once in a while (rarely)
- Few times
- Often (many times)
- Most of the time (always)

What are the main problems encountered with the use of the distance learning platform related to? (you can choose more than one) *

- Presence of numerous students connected to the class
- Weak internet connection
- Complexity of the application
- Inability of those who use the software
- Other:

Which tool do you use most often? (you can choose more than one) *

- pc
- Tablet
- smartphone
- smartTV
- Other:

Do you use multiple technological devices (computer, telephone, tablet, TV) simultaneously during online teaching? *

- Yes
- No

Do you find it difficult to conduct lessons with only one screen? *

<table>
<thead>
<tr>
<th>Options</th>
<th>No</th>
<th>Very little</th>
<th>A little</th>
<th>Very</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>
### Audio & Video (teachers)

**During a Video Teleconferencing (VTC) which tool do you use to listen to the audio?**

- Device speaker
- Headphones
- External speakers
- Other: ________________

**What are the problems that would force you to use headphones as a listening device during a video teleconferencing (VTC)?**

- Low speaker volume
- Environmental noise
- Audio return
- I have no problems forcing me to use headphones
- Other: ________________

**How many hours a day do you use the headphones for?**

- I don’t use headphones
- 1–3 hours
- 4–6 hours
- 6–9 hours
- 10 hours or more

**If you use headphones, after how long do you experience discomfort due to excessive use?**

- 1–3 hours
- 4–6 hours
- 6–9 hours
- 10 hours and more

**Problems, even temporary / momentary, of audio / video connection negatively affect your teaching**

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

Express a judgment: ________________

**Based on your perception, taking lessons online makes it easier for students to concentrate and improve attention**

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

Express a judgment: ________________

**Why?**

______________

**Make a judgment on these statements. The performance limits (hardware) of the tool used in distance learning negatively affect:**

- Teaching effectiveness
- Psychological stress

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

**A large enough screen size POSITIVELY influences your teaching in online teaching**

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

Express a judgment: ________________

**Spending too many consecutive hours in front of the computer / tablet to perform online lessons, negatively affects your teaching**

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

Express a judgment: ________________

**Back**  **Forward**
Environmental parameters (teachers)

Environmental parameters, such as air quality (absence of dust, pollen, bad odors), workplace lighting, perceived temperature, possible room ventilation, noise, can affect physical and mental well-being. Focus on how they affect you. Furthermore, the control of environmental parameters is the possibility of being able to intervene on the value assumed by them according to one's needs. Please rate the following statements.

The value assumed by the environmental parameters influences physical and mental well-being. Give a SCORE on the quality level of the following environmental parameters in relation to your workplace: *

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Poor</th>
<th>Mediocre</th>
<th>Average</th>
<th>Good</th>
<th>Great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air quality</td>
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<tr>
<td>Average air temperature</td>
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<td>Ventilation</td>
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<td>Lighting</td>
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</tbody>
</table>

The possibility of controlling the environmental parameters POSITIVELY influences your PHYSICAL WELLBEING. *

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air quality</td>
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<td>Average air temperature</td>
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<td>Lighting</td>
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</tbody>
</table>

The possibility of controlling the environmental parameters POSITIVELY influences your TEACHING EFFECTIVENESS. *

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
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<td>Air quality</td>
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<td>Lighting</td>
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</table>

The cleanliness and order of the room during the study POSITIVELY affect your physical well-being and / or the effectiveness of your teaching / work. *

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Indifferent</th>
<th>Agree</th>
<th>Strongly agree</th>
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</thead>
<tbody>
<tr>
<td>Physical well-being</td>
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<tr>
<td>Teaching</td>
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</table>

The presence of internal and external noise affects your teaching during online courses: *

<table>
<thead>
<tr>
<th>Noise Type</th>
<th>There are not</th>
<th>Very negatively</th>
<th>Negative</th>
<th>Indifferent</th>
<th>Positive</th>
<th>Very positively</th>
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</thead>
<tbody>
<tr>
<td>Internal noises related to the presence of family members (chatting, smart-working, other activities)</td>
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<td>Internal noises (emission terminals, music, refrigerator, TV, radio, clock, telephone, other)</td>
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<td>External noises (e.g. church bells, vehicular traffic, external works, external events, gardening and cleaning work, proximity to the motorway, railways)</td>
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<td>Cognitive factors (teachers)</td>
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<td>The health emergency prevents the attendance of the laboratories. How much do you think this affects students' learning? *</td>
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<td>Very very much</td>
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<td>In your opinion, does the lack of live interaction with the teacher affect students' learning? *</td>
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<td>How much do you think the absence of the blackboard affects the understanding of your online lessons? *</td>
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<td>How much does the absence of the blackboard affect the way you conduct online lessons? *</td>
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<td>How do you evaluate the effectiveness of the didactic action in online mode? *</td>
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<td>Taking the lesson at home is more beneficial than taking it in a crowded classroom. How true do you think this statement is? *</td>
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