


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)

[Forward](#)

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: _____

[Back](#) [Forward](#)

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 sideways)

Supine (belly up)

Prone (belly down)

Other: _____

[Back](#) [Forward](#)

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: _____

[Back](#) [Forward](#)

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

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, ...)

Underwear (undershirt, ...)

Nightwear (pajamas, ...)

Informal (sweatshirt, t-shirt, jeans, ...)

Other: _____

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? *

1 2 3 4 5

Not comfortable at all Extremely comfortable

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

1 2 3 4 5

Irrelevant 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
- Wifi
- Cellular hotspot
- Hotspot pendrive with sim
- Other: _____

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

Never Rarely Sometimes Often Always

Options:

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, 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? *

No Very little A little Very Very much

Options

Back

Forward

Technological devices

As technological tools we mean all the devices (pc, tablet, mobile phone, ...) that you use during online teaching

Do you use technological devices for taking notes? *

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

Taking notes using technological devices is convenient and comfortable *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you have doubts during the online lesson do you use search engines? *

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

Does knowing that you have the recording, slides, tutorials of the lesson at your disposal, causes you to get distracted more frequently? *

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

Audio-video recordings of the lessons facilitate your learning. *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you happen to receive phone calls during the lessons? *

- Never
- Rarely
- Sometimes
- Often
- Always

The use of search engines during the lesson (in case of doubt) negatively influences the overall learning effectiveness. Make a judgment. *

	Much disagree	Disagree	Indifferent	Agree	Strongly agree
Options:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Using search engines during the online lesson (in case of doubt) is very simple and effective compared to face-to-face lessons. *

	Much disagree	Disagree	Indifferent	Agree	Strongly agree
options:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many teachers, among the courses attended, carry out or allow the VIDEO recording of the lessons? *

- Nobody
- Less than half
- Half or more than half
- All

During the single lesson how much time do you spend on these distracting factors: *

	No	Up to 5 minutes	Up to 15 minutes	Up to 30 minutes	More than 30 minutes
Social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Websites (online shopping, amazon, news, ...)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Back](#)

[Forward](#)

Audio & Video

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

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: _____

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Taking lessons online facilitates concentration and improves attention *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Why?

Your answer _____

Taking notes online is better in terms of: *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Learning effectiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

- 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 learning *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Why?

Your answer _____

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Learning effectiveness:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychological stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Learning effectiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Postural comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Back](#)

[Forward](#)

Environmental parameters

Environmental parameters, such as air quality (absence of dust, pollen, bad smells), 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 place of study / work: *

	Poor	Mediocre	Average	Good	Great
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The possibility of controlling environmental parameters POSITIVELY influences LEARNING. *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Physical well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	There are not	Very negatively	Negativ.	Indifferent	Positiv.	Very positively
Internal noises related to the presence of family members (chatting, smart-working, other activities)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internal noises (emission terminals, music, refrigerator, TV, radio, clock, telephone, other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
External noises (e.g. church bells, vehicular traffic, external works, external events, gardening and cleaning work, proximity to the motorway, railways)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Back

Forward

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, ie 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: *

	Very little	A little	Quite	Very	Very very much
You think you are shy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does deactivating the webcam make it easier for you to interact with the teacher?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How important do you think eye contact with other class participants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much do you think eye contact with colleagues affects learning effectiveness?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
And with the teacher?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you think the boredom due to the routine induced by the health emergency (the obligation to stay at home) affects your online study? *

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

How satisfactory do you find the level of usability of the online lessons? *

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

How much does it affect your learning to stay in the same place for a long time? *

	Very little	A little	Quite	Very	Very very much
On mental fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Taking the class at home is more beneficial than taking it in a crowded classroom. How true do you think this statement is? *

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

[Back](#)

[Forward](#)

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 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 very much

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

	Very little	A little	Indifferent	Very	Very very much
Between successive courses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the same lesson	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

	Very little	A little	Indifferent	Very	Very very much
Between successive courses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the same lesson	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much the ability to move from one lesson to another seamlessly (without pauses or wasting time) affects your: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The possibility of freely consuming food during online teaching is as important to you, in terms of: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much the possibility of having more freedom of movement (ex: getting up, moving around the room, changing location / position) affects your: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Distance learning (online) improves the organization of receptions for teachers and students. Express your opinion *

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

How the possibility of organizing the workstation (arrangement of the PC, notebooks, water, snacks etc ...) influences your: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How long are the teachers available for clarification? *

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

With online teaching, how do you think the time you dedicate to: *

	I have a lot less time	I have less time	Time is the same	I have more time	I have a lot of extra time
individual study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
routine activities (sleeping, eating, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How do you think the way of carrying out group work has changed (study, project activities, etc.)? *

- Very negatively
- Negatively
- It hasn't changed
- Positively
- Very positively

[Back](#)

[Forward](#)

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

[Back](#)

[Send](#)

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)

Forward

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

Back

Forward

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. *

Strongly disagree

Disagree

Indifferent

Agree

Strongly agree

Express 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: _____

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 *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you experience discomfort, or at most pain, due to the time spent for online teaching? *

- 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

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 (sweatshirt, t-shirt, jeans, ...)
- Other: _____

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

	1	2	3	4	5	
Irrelevant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very relevant

Back

Forward

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?

	1	2	3	4	5	
Not comfortable at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely comfortable

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: _____

Communication tools (teachers)

Considering the use of communication tools, such as tablets, PCs, laptops, mobile phones, recall all the issues faced during online teaching and answer the following questions

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

- Ethernet cable
- Wifi
- Cellular hotspot
- Hotspot pendrive with sim
- Other: _____

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

- | | | | | | |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | Never | Rarely | Sometimes | Often | Always |
| Options: | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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? *

- | | | | | | |
|---------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | No | Very little | A little | Very | Very much |
| Options | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Back

Forward

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: _____

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 *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Why?

Your answer _____

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Teaching effectiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychological stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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 *

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Express a judgment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Teaching effectiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Back

Forward

Environmental parameters (teachers)

Environmental parameters, such as air quality (absence of dust, pollen, bad smells), 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: *

	Poor	Mediocre	Average	Good	Great
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Average air temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ventilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Physical well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	There are not	Very negatively	Negativ.	Indifferent	Positiv.	Very positively
Internal noises related to the presence of family members (chatting, smart-working, other activities)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internal noises (emission terminals, music, refrigerator, TV, radio, clock, telephone, other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
External noises (e.g. church bells, vehicular traffic, external works, external events, gardening and cleaning work, proximity to the motorway, railways)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Back

Forward

Cognitive factors (teachers)

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

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

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

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

How much do you think the absence of the blackboard affects the understanding of your online lessons? *

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

How much does the absence of the blackboard affect the way you conduct online lessons? *

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

Taking the lesson at home is more beneficial than taking it in a crowded classroom. How true do you think this statement is? *

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

[Back](#)

[Forward](#)

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

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

How much do you think routine boredom induced by the health emergency affects online study for students? *

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

How do you evaluate the effectiveness of the didactic action in online mode? *

- Poor
- Not very adequate
- Appropriate
- Very adequate
- High

Organizational factors (teachers)

Organizational factors (schedules, lesson scheduling, lunch, dinner, ...)

Is the PC, or equivalent the tool you think most comfortable for online lessons or for work, 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

How adequate is the duration of the breaks during your lesson to guarantee your COMFORT and TEACHING EFFECTIVENESS: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effectiveness of teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The possibility of making the most of time, avoiding taking your own or public means to go to classes, makes online teaching more productive than face-to-face teaching. Express an agreement / disagreement judgment *

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

How much the possibility of having more freedom of movement (e.g. getting up, moving around the room, changing location / position) affects: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effectiveness of teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How the possibility of organizing the workstation (arrangement of the PC, notebooks, water, snacks etc ...) influences: *

	Very little	A little	Indifferent	Very	Very very much
Comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effectiveness of teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Distance learning (online) improves the organization of meetings (reception) between teachers and students. Express your opinion *

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

With online teaching, how do you think the time you dedicate to: *

	I have a lot less time	I have less time	Time is the same	I have more time	I have a lot of extra time
didactics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
routine activities (sleeping, eating, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

How do you think the way of carrying out group work for students has changed (study, project activities, etc.)? *

- Very negatively
- Negatively
- It hasn't changed
- Positively
- Very positively

Back

Forward

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

Back

Send