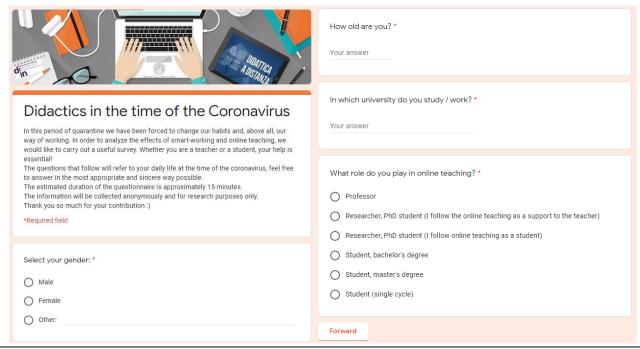
Appendix A: Questionnaire for students



Online education	Posture and posture
Consider a working week (excluding the exceptional holidays, Saturday and Sunday)	Consider your typical work / study environment, i.e. where you usually study during online teaching
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	Which workstation do you prefer to use during online lessons? * Chair Office chair Bed Sofa
Generally, how many hours a day do you use the electronic device (computer / tablet / mobile phone) to follow the online lessons? * O-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:	Floor Other: What posture do you assume? * Sitting Lateral supine (lying sideways) Supine (belly up) Prone (belly down) Other:
Back Forward	Back Forward

Chair				Posture and workstation in online teaching
	ho obole /balaks	dinates	process of	Focus on your study / work station during online teaching
During a lesson, the configurability of backrest and / or headrest, presence of important for comfort. *				With the advent of online education, your everyday life has become more sedentary. Give your opinion on this sentence: *
Strongly disagree Disagre	Indifferent	Agree	Strongly agree	Strongly Disagree Indifferent Agree Stron disagree agre
Make a judgment:	0	0	0	Make a judgment:
What equipment do you think your chonline teaching? (You can also choose Armrests Height adjustment Lumbar support Headrest Back Tilt adjustment Possibility of tilting (oscillating moven) Nothing in particular Other:	more than one an	*swer) *	mfort during	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 the actions you usually take to improve y more than one answer) * Change of location They move the monitor away I lift the monitor				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
I vary my posture I adjust the brightness of the room and th I take a short break I use a more suitable device, if I have the Other:		rger monitor, e	etc)	In your opinion, what is the best compromise between comfort and learning effectiveness between the following options: * Bed Desk Sofa
Taking into account that the webcam car clothing do you wear during an online less Sportsman (tracksuit,) Formal (trousers, shirt,) Underwear (undershirt,) Nightwear (pajamas,)		Considering your study / work station, what is your postural comfort level? *		
informal (sweatshirt, t-shirt, jeans,) Other:				1 2 3 4 5 Not comfortable at all O O O O Extremely comfortable
		online class? *	uence of clothing o	on your sense of comfort relevant 4 5 Very relevant

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		Considering the platform used for online teaching, how often do problems arise regarding its use? *
Communication tools		Not at all (never) Once in a while (rarely)
all the problems faced during online teaching and a		Few times Often (many times) Most of the time (always)
What type of connection do you use to Ethernet cable Wifi Cellular hotspot Hotspot pendrive with sim Other:	connect to the Internet?	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:
How many times have you had line pro (VTC) in a week? * Never Rarely Options:	blems during a Video / Teleconferencing Sometimes Often Always	Which tool do you use most often? (you can choose more than one) * pc Tablet smartphone smartTV Other:
	Do you use multiple technological devices (c same time while following the online lessons Yes No	

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

Options

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Very little

0

A little

0

Very

0

Very much

0

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? *	The use of searc					egatively
○ No ○ Very little		Much disagree	Disagree	Indifferent	Agree	Strongly agree
○ A little	Options:	0	0	0	0	0
○ very much						
	Using search en				e of doubt)	is very simple
Taking notes using technological devices is convenient and comfortable *	and effective co		тасе-то-тасе	lessons.		
Strongly Disagree Indifferent Agree Strongly disagree agree		Much disagree	Disagree	Indifferent	Agree	Strongly agree
Make a judgment:	options:	0	0	0	0	0
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	How many teach recording of the Nobody Less than hat Half or more All	e lessons? *	the courses	attended, ca	erry out or a	llow the VIDEO
Audio-video recordings of the lessons facilitate your learning.*						
Strongly Disagree Indifferent Agree Strongly agree	During the sing factors: *	le lesson hov	w much time o	do you spend o	on these dis	tracting
Make a Judgment:		No	Up to 5 minutes	Up to 15 minutes	Up to 30 minutes	More than 30 minutes
	Social media	0	0	0	0	0
Do you happen to receive phone calls during the lessons? *	Games	0	0	0	0	0
Never Rarely Sometimes Often	Websites (online shopping, amazon, news,)	0	0	0	0	0
○ Always	Back For	rward				

										during onlin	
						O I don't use	headphones				
						O 1-3 hours					
Audio & Video						O 4-6 hours					
						O 6-9 hours					
n this section we fo	ocus more on the	quality of audio	and video during or	nline teaching		O 10 hours o	or more				
) Teleconfere	ncing (VTC) v	which tool do y	ou use to lis	sten to the	0 10 110 113	inore				
audio? *	aker					If you use hea		fter how long	do you experien	nce discomf	ort due to
Headphone	es					O 1-3 hours					
External sp	eakers					O 4-6 hours					
Other:						O 6-9 hours					
							and mar-				
What are the p			you to use hea	adphones a	s a listening	O 10 hours a	ma more				
Low speake	er volume					Problems, eve affect your le		ry / momentar	y, of audio / vide	eo connectio	on negativ
Environmer							Strongly	Disagree	Indifferent	Agree	Stron
Audio retur	n roblems forcin	ı me to uce he	adnhonae			Everence	disagree	Disagree	mamerent	Agree	agre
_	TODIETTIS TOTCHI	fille to use fie	aupriories			Express a judgment:	0	0	0	0	0
Spending too r			front of the cor		olet to follow	Why?					
the online lesso					olet to follow Strongly agree	Why? Your answer					
Spending too r	ons, negative	y affects you	r learning abilit	у*	Strongly						
Spending too r the online lesso Make a judgment:	Strongly disagree	y affects you Disagree	r learning ability	Agree	Strongly agree					e limits (harc	dware) of
Spending too r the online lesso Make a judgment:	Strongly disagree	y affects you Disagree	r learning ability	Agree	Strongly agree	Your answer Make a judgmer	ance learnin			e limits (harc	Strongl
Spending too r the online lesse Make a judgment:	Strongly disagree	y affects you Disagree	r learning ability	Agree	Strongly agree	Your answer Make a judgmentool used in dist	Strongly disagree	ng negatively Disagree	affect: * Indifferent	Agree	Strongl agree
Spending too r the online lesso Make a judgment:	Strongly disagree Online facilita Strongly	y affects you Disagree	Indifferent O ation and impro	Agree O wes attentic	Strongly agree	Your answer Make a judgmer tool used in dist	ance learnin	ng negatively	affect: *		Strongl
Spending too r the online less Make a judgment: Taking lessons	ons, negativel Strongly disagree O online facilita Strongly disagree	y affects you Disagree O tes concentre	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Your answer Make a judgmentool used in dist	Strongly disagree	ng negatively Disagree	affect: * Indifferent	Agree	Strongly
Spending too r the online less Make a judgment: Taking lessons	ons, negativel Strongly disagree O online facilita Strongly disagree	y affects you Disagree O tes concentre	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Your answer Make a judgment tool used in dist Learning effectiveness: Psychological	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree
Spending too r the online less Make a judgment: Taking lessons Make a judgment:	ons, negativel Strongly disagree O online facilita Strongly disagree	y affects you Disagree O tes concentre	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Your answer Make a judgment tool used in dist Learning effectiveness: Psychological	Strongly disagree	Disagree	Indifferent	Agree O	Strongly agree
Spending too r the online less Make a judgment: Taking lessons Make a judgment:	ons, negativel Strongly disagree O online facilita Strongly disagree	y affects you Disagree O tes concentre	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Make a judgmentool used in dist Learning effectiveness: Psychological stress	strongly disagree	Disagree	Indifferent	Agree O	Stronglagree
Spending too r the online less Make a judgment: Taking lessons Make a judgment: Why?	ons, negativel Strongly disagree Online facilita Strongly disagree O	y affects you Disagree Otto Tisagree Disagree Otto Tisagree Otto Tisagree	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Make a judgment tool used in dist Learning effectiveness: Psychological stress A sufficiently lar	strongly disagree	Disagree O Disagree Disagree	Indifferent O o o o o indifferent o o indifferent	Agree O POSITIVELY Agree	Strongl agree
Spending too r the online less Make a judgment: Taking lessons Make a judgment: Why?	ons, negativel Strongly disagree Online facilita Strongly disagree O	y affects you Disagree Otto Tisagree Disagree Otto Tisagree Otto Tisagree	Indifferent atlon and Impro Indifferent	Agree	Strongly agree	Make a judgment tool used in dist Learning effectiveness: Psychological stress A sufficiently lar	strongly disagree	Disagree O	affect: * Indifferent O O e online lesson,	Agree O O POSITIVELY	Stronglagree
Spending too r the online less Make a judgment: Taking lessons Make a judgment:	ons, negativel Strongly disagree O online facilita Strongly disagree O	y affects you Disagree O ttes concentra Disagree O	Indifferent O atlon and Impro Indifferent O	Agree O ovves attentic Agree	Strongly agree Strongly agree	Make a judgment tool used in dist Learning effectiveness: Psychological stress A sufficiently land	strongly disagree	Disagree O Disagree Disagree	Indifferent O o o o o indifferent o o indifferent	Agree O POSITIVELY Agree	Strongly agree
Spending too rethe online lessed Make a judgment: Taking lessons Make a judgment: Why? Your answer	ons, negativel Strongly disagree Online facilita Strongly disagree Online is better Strongly disagree	y affects you Disagree O tes concentro Disagree O in terms of: Disagree	Indifferent Indifferent Indifferent Indifferent	Agree O Agree Agree Agree	Strongly agree Strongly agree	Make a judgment tool used in dist Learning effectiveness: Psychological stress A sufficiently lar	ance learning Strongly disagree	Disagree O Disagree Disagree	affect: * Indifferent O O e online lesson, Indifferent O	Agree O POSITIVELY Agree	strongly agree

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	0	0	0	0	0					
Average air temperature	0	0	0	0	0					
Ventilation	0	0	0	0	0					
Lighting	0	0	0	0	0					
The possibility o		environmenta	al parameters I	POSITIVELY	influences					
	Strongly disagree	Disagree	Indifferent	Agree	Strongly agree					
Air quality	0	0	0	0	0					
Average air temperature	0	0	0	0	0					
Ventilation	0	0	0	0	0					
. I - bat	\circ									
Lighting	0	0	0	0	0					
Lighting	O	0	0	0	0					
The possibility of LEARNING. *	of controlling	environmenta	al parameters	POSITIVELY	influences					
The possibility o	of controlling Strongly disagree	environmenta Disagree	al parameters	POSITIVELY	influences Strongly agree					
The possibility o	Strongly				Strongly					
The possibility o	Strongly				Strongly					
The possibility of LEARNING. * Air quality Average air	Strongly				Strongly					

Strongly disagree	Disagree	Indiff	erent	Agree	Strongly agree
0	0		0	0	0
0	0		0	0	0
of internal	and external	noise aff	ects your I	earning du	ring online
There are not	Very negatively	Negativ.	Indifferen	t Positiv.	Very positively
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
	opeing and / Strongly disagree O of internal There are not	strongly disagree Strongly Disagree O O of internal and external There are Very not negatively	Strongly disagree Indiff	Strongly disagree Indifferent O O O O O O O O O O O O O O O O O O	disagree O O O O O O O O O O O O O O O O O O

Back

Forward

Cognitive factors	Answer the follow	ving questior	ns: *			
		Very little	A little	Quite	Very	Very very
The health emergency prevents the attendance of the laboratories. How much do you think this affects your learning? *	You think you	0	0	0	0	much
O Very little	are shy					
○ A little	Does deactivating the					
Quite	webcam make it easier for you to	0	0	0	0	0
Very	interact with the teacher?					
Very very much	How important					
	do you think eye		0			_
In your opinion, does the lack of live interaction with the teacher affect your learning? *	contact with other class participants?	0	0	0	0	0
O Very little	How much do you think eye					
○ A little	contact with colleagues	0	0	0	0	0
Quite	affects learning					
Very	effectiveness?					
Very very much	And with the teacher?	\circ	0	0	0	\circ
Very very macin						
How important is the direct (face to face, ie not online) pupil-teacher interaction for you? $\mbox{^{\star}}$	How much do you					
O Very little	O Very little					
○ A little	O A little					
Quite						
O Very	Quite					
O Very very much	Very					
	O Very very mu	ch				
How important is it for you to instantly confront yourself during the lesson with colleagues? *	How satisfactor	y do you find	I the level of	usability of th	e online less	:ons? *
O Very little	now satisfactor	y do you iiid	tille level of t	usability of th	e orilline less	oris:
○ A little	Very little					
Quite	A little					
	Quite					
	O Very					
Very very much	O Very very mu	ch				
	0 120, 130, 110					
How much does the absence of the blackboard affect the understanding of the online lessons? *	How much does	it affect you	ır learning to	stay in the sa	me place fo	r a long time?
○ Very little						
○ A little		Very little	A little	Quite	Very	Very very much
Quite	On mental	\circ	\circ	\circ	\circ	\circ
○ Very	fatigue	0	0	0	0	0
○ Very very much						
How much do you think the visual quality of online lessons has improved compared to classroom lessons? *	Taking the clas How true do yo				it in a crowd	ed classroom.
○ Very little	Very little					
○ A little	O A little					
Quite	O Very					
Very	O Very very m	uch				
Very very much						
-	Back Fo	rward				

Organizational	factors					
			most comfortals it a shared tool?		e lessons or	Are the END lesson times always respected? Indicate a general answer with the most frequent event *
C Exclusive us	se					Teachers finish much earlier
O Shared tool,	, but I make my r	main use (I rar	ely share it)			The teachers finish at the appointed time or a few minutes earlier
O Tool equally	shared betweer	n two or more	people			The teachers finish a few minutes later
	, mainly used by e tool to follow le		amily members, so udy	I often use a	less	The teachers finish several minutes later
most frequent	event *	lways respe	cted? Indicate a	general ans	wer with the	Have you experienced greater flexibility on the part of teachers and colleagues in recovering lessons? *
The teachers lo		aatabliabad t	ima without waitin	a for the mei	arity of the	No lessons to catch up
O class to be		established t	ime, without waitin	g for the maj	ority of the	There were lessons missed but not made up
O The teacher		established t	ime, waiting for the	majority or	all of the	I noticed a little more flexibility
_	rs log in a few mi	inutes later				I noticed a fair amount of flexibility
O The teacher	rs log on several	minutes later				I noticed a lot more flexibility
How important Very little A little Quite	t is it FOR YOU	to have a b	reak between or	ne lesson a	nd the next? *	
O Very						
O Very very m	uch					Based on your experience, how much do TEACHERS take into account the absence of breaks between two consecutive lessons? *
How adaption	is the direction	a of the bree	oko to avorentos	COM	FORT: *	O very little
now adequate	is the duration	TOT the brea	aks to guarantee	your cow		O A little
	Very little	A little	Indifferent	Very	Very very much	O No
Between successive	0	0	0	0	0	Very
courses						Very very much
In the same lesson	\circ	0	\circ	0	0	
						The possibility of making the most of time, avoiding to take their own or public
How adequate	is the duration	n of the brea	aks to guarantee	your LEAR	NING: *	means to enjoy the lessons, makes online teaching more productive than face- to-face teaching. Express an agreement / disagreement judgment *
	Very little	A little	Indifferent	Very	Very very much	Strongly disagree
Between					.nucii	Disagree
successive courses	0	0	0	0	0	Indifferent
In the same	0	0	0	0	0	Agree
lesson	0	0	0		0	Strongly agree

	much the abilit es or wasting ti			esson to anothe	r seamless	The possibility of freely consuming food during online teaching is as important to you, in terms of: *						
	Ver	y little	A little	Indifferent	Very	Very very much		Very little	A little	Indifferent	Very	Very very much
Comf	ort (0	0	0	0	0	Comfort	0	0	0	0	0
Learn	ing (0	0	0	0	0	Learning	0	0	0	0	0
		-	_	freedom of mo on / position) af			and students.	Express your		organization of r	receptions	for teachers
	Ver	y little	A little	Indifferent	Very	Very very much	O Strongly O Disagree					
Comf	ort (0	0	0	0	0	O Indifferer	nt				
Learn	ing (0	0	0	0	0	○ Agree					
							Strongly	agree				
Comf Learn	ort (A little	Indifferent	Very	Very very much	Very little A little Quite Very Very very n	nuch				
th online tea	aching, how do I have a lot less time	you think to you that the second			* ore I have a extra		How do you the project activite	ies, etc.)? *	f carrying o	ut group work h	as changed	l (study,
dividual udy	0	0	0	0			O Negatively					
obby	0	0	0) 0			O It hasn't ch	anged				
utine tivities leeping,	0	0	0				O Positively O Very positi	vely				
ating, etc.)							Back F	orward				
e iourney to	reach the can	onus or par	king diffic	ulties make me	prefer onl	ine	Final question	on				
	ce-to-face tea				protei otti		may exist, could	you provide us wi	th some sugg	estions on how to in	mprove it or ir	ne set of problems that ndicate other aspects that ould be useful. Thanks a
Indifferent Agree							What would we have ove		in online ed	ducation? Are t	here any o	ther aspects that
) Strongly aç	gree						Your answer					

Appendix B: Questionnaire for professors

ppendix b. Questionnaire for professors		
	How old are you? *	
din Austrica	Your answer	
Didactics in the time of the Coronavirus	In which university do you study / work? *	
In this period of quarantine we have been forced to change our habits and, above all, our	Your answer	
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.	What role do you play in online teaching? *	
The information will be collected anonymously and for research purposes only. Thank you so much for your contribution:)	O Professor	
*Required field	Researcher, PhD student (I follow the online teaching as a support to the teacher	er)
	Researcher, PhD student (I follow online teaching as a student)	
Select your gender: *	Student, bachelor's degree	
O Male	Student, master's degree	
O Female	Student (single cycle)	
Other:		
	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? $\ensuremath{^{*}}$	Chair (teachers)	
1-2 days a week		
3-4 days a week	During a lesson, the configurability of the chair (height adjustment, pr backrest and / or headrest, presence of cushions, presence of armres	
5 days a week	important for comfort. *	, 610, 13
	Strongly Disagree Indifferent Agree	Strongly agree
Generally, how many hours a day do you use electronic devices (computer / tablet / mobile phone) for online teaching? *	Express a judgment:	0
O-2 hours a day		
2-4 hours a day	What equipment do you think your chair should have to improve com	fort during
O 4-6 hours a day	online teaching? (You can also choose more than one answer) *	
6-8 hours a day	Armrests	
more than 8 hours a day	Height adjustment	
O Other:	Lumbar support	
	☐ Headrest	
Have do you prefer to do calino tecchine?	Back	
How do you prefer to do online teaching? (you can choose more than one preference)	Tilt adjustment	
Sitting	Possibility of tilting (oscillating movement of the backrest)	
Standing	Nothing in particular	
Walking	Other:	
	Back Forward	

Posture and workstation in online teaching (teachers)	During the online teaching lessons you prefer (you can also choose more than one answer): *
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	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
judgment:	Take the lesson by walking
Do you experience discomfort, or at most pain, due to the time spent for online teaching? * Yes, always Yes, after more than an hour	Considering your workplace, what is your postural comfort level? 1 2 3 4 5 Not comfortable at all OOOOOExtremely comfortable
Yes, after more than two hours Yes, after more than three hours 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
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	☐ 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:
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 O O O 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)
	O Few times
	Often (many times)
Communication tools (teachers)	Most of the time (always)
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 are the main problems encountered with the use of the distance learning
	platform related to? (you can choose more than one) *
What type of connection do you use to connect to the Internet? *	Presence of numerous students connected to the class
○ Ethernet cable	Weak internet connection
O Wifi	Complexity of the application
O Cellular hotspot	☐ Inability of those who use the software
O Hotspot pendrive with sim	Other:
Other:	
	Which tool do you use most often? (you can choose more than one) *
How many times have you had line problems during a Video / Teleconferencing	∏ pc
(VTC) in a week? *	☐ Tablet
Never Rarely Sometimes Often Always	smartphone
	☐ smartTV
Options:	Other:
Which tool do you use most often? (you can choose more than one) *	
рс	
☐ 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 O O O	
Back Forward	

	o (teachers)										
During a Vide audio? *	o Teleconfere	ncing (VTC) v	which tool do y	ou use to lis	ten to the				n front of the co		olet to
O Device spe	eaker					portorni	Strongly	Disagree	Indifferent	Agree	Strongl
O Headphon	nes					Express a	disagree				agree
O External s	peakers					judgment:	0	0	0	0	0
Other:											
									s online makes i	it easier for s	students to
What are the device during			you to use hea (VTC)? *	adphones as	a listening	concentrate a	Strongly		1-116		Strongl
O Low speak							disagree	Disagree	Indifferent	Agree	agree
C Environme						Express a judgment:	0	0	0	0	0
O Audio retu											
0	problems forcin	g me to use he	adphones			Why?					
Other:											
						Your answer					
How many ho	ours a day do	you use the h	eadphones for	? *		Make a hadee				a limita (hana	
_	headphones					tool used in d			he performanc affect: *	e ilmits (narc	aware) of t
1-3 hours	rileaupilolles						Strongly disagree	Disagree	Indifferent	Agree	Strongly
4-6 hours						Teaching	O	0	0	0	agree
O 6-9 hours						effectiveness Psychological	0				
O 10 hours o	or more					stress	0	0	0	0	0
			o vou evperien	ce discomfo	ort due to						
If you use hea		r how long d	o you experier								
If you use hear		r how long de	o you experient								
		r how long de	о уод ехрепен								
excessive use		r how long do	о уод ехрепен								
excessive use 1-3 hours 4-6 hours 6-9 hours	?	r how long de	о уод ехрепен								
excessive use 1-3 hours 4-6 hours	?	r how long d	у усы едрегиен								
excessive use: 1-3 hours 4-6 hours 6-9 hours 10 hours at	nd more										
excessive use: 1-3 hours 4-6 hours 6-9 hours 10 hours at	nd more		of audio / vide	o connectio	n negatively						
excessive used 1-3 hours 4-6 hours 6-9 hours 10 hours at	nd more			o connectio Agree	n negatively Strongly agree						
excessive use 1-3 hours 4-6 hours 6-9 hours 10 hours an	nd more en temporary / aching * Strongly	momentary,	of audio / vide		Strongly	A large enoug	gh screen size	₽POSITIVELY	nfluences your	teaching in	online
excessive used 1-3 hours 4-6 hours 6-9 hours 10 hours at	nd more en temporary / aching * Strongly disagree	' momentary, Disagree	of audio / vide Indifferent	Agree	Strongly agree	A large enoug teaching *	gh screen size	e POSITIVELY I	nfluences your	teaching in	online
excessive use 1-3 hours 4-6 hours 6-9 hours 10 hours at Problems, eve affect your tea Express a judgment:	nd more en temporary / aching * Strongly disagree	momentary, Disagree	of audio / video	Agree	Strongly agree	teaching *	gh screen size Strongly disagree	e POSITIVELY i Disagree	nfluences your Indifferent	teaching in Agree	online Strongly agree
excessive use 1-3 hours 4-6 hours 6-9 hours 10 hours at Problems, eve affect your tea Express a judgment:	nd more en temporary / aching * Strongly disagree	momentary, Disagree	of audio / video	Agree	Strongly agree		Strongly		,		Strongly
excessive use 1-3 hours 4-6 hours 6-9 hours 10 hours at Problems, eve affect your tea Express a judgment:	nd more en temporary / aching * Strongly disagree	momentary, Disagree	of audio / video	Agree	Strongly agree	teaching *	Strongly disagree	Disagree	Indifferent	Agree	Strongly

Environmental parameters (teachers) physical well-being and / or the effectiveness of your teaching / work. * 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: * Average Poor Mediocre Good Great 0 0 0 0 Air quality Average air 0 0 0 0 temperature Ventilation 0 0 0 0 0 0 0 Lighting 0 The possibility of controlling the environmental parameters POSITIVELY influences your PHYSICAL WELLBEING. * Strongly Strongly Disagree Indifferent Agree disagree agree 0 0 0 Air quality 0 0 Average air 0 0 0 0 0 temperature Ventilation 0 0 0 0 0 0 0 0 Lighting 0 The possibility of controlling the environmental parameters POSITIVELY influences your TEACHING EFFECTIVENESS.* Strongly Strongly Indifferent Disagree Agree disagree

Air quality

Average air

temperature

Ventilation

Lighting

0

0

0

0

0

0

0

0

0

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0

0

0

0

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0

0

Physical well-being Teaching The presence of courses: *	O O internal a	O O		0	0	0
The presence of courses: *	internal a			0	0	0
courses: *		nd externa	I noise affe			
courses: *		nd externa	I noise affe			
	here are			ects your tea	aching duri	ng online
Th		Very negatively	Negativ.	Indifferent	Positiv.	Very positively
Internal noises related to the presence of family members (chatting, smart- working, other activities)	0	0	0	0	0	0
Internal noises (emission terminals, music, refrigerator, TV, radio, clock, telephone, other)	0	0	0	0	0	0
External noises (e.g. church bells, vehicular traffic, external works, external events, gardening and cleaning work, proximity to the motorway, railways)	0	0	0	0	0	0

The cleanliness and order of the room during the study POSITIVELY affect your

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
O Very very much
In your opinion, does the lack of live interaction with the teacher affect students' learning? *
O Very little
O A little
O Quite
O Very
O 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
O Very very much
How much does the absence of the blackboard affect the way you conduct online lessons? *
○ Very little
○ A little
Quite
○ Very
O 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
O A little
Quite
○ Very
O 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
O 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
O Very very much
How do you evaluate the effectiveness of the didactic action in online mode? *
O Poor
Not very adequate
Appropriate
O Very adequate
High

Organizational fa	actors (teache	ers)				Distance learnin	ng (online) im	proves the o	organization o	of meetings (r	eception)	
Organizational factors	(schedules, lesso	on scheduling, I	unch, dinner,)			Distance learning (online) improves the organization of meetings (reception) between teachers and students. Express your opinion *						
						Strongly disa	agree					
Is the PC, or equ				ble for onli	ne lessons or	Disagree						
for work, for you	ir exclusive us	se? Or is it a	shared tool? *			Indifferent						
Exclusive use						Agree						
O Shared tool, b	out I make my m	nain use (I rar	ely share it)			Strongly agr	ee					
O Tool equally s	hared between	two or more	people									
	nainly used by o		amily members, so	o I often use	a less	With online tead	china, how do	o vou think th	ne time vou d	edicate to: *		
			,				I have a lot	I have less	Time is the		I have a lot of	
							less time	time	same	time	extra time	
How adequate is COMFORT and T				esson to gu	uarantee your	didactics	0	0	0	0	0	
	Very little	A little	Indifferent	Very	Very very much	hobby	0	0	0	0	0	
Comfort	0	0	0	0	0	routine activities	0	0	0	0	0	
Effectiveness of teaching	0	0	0	0	0	(sleeping, eating, etc.)			O			
Strongly dis Disagree Indifferent Agree Strongly agr	ree				g. getting up,	Disagree Indifferent Agree Strongly agr How do you thin (study, project a	lk the way of ctivities, etc.		group work f	for students h	nas changed	
	Very little	A little	Indifferent	Very	Very very much	O Negatively						
Comfort	0	0	0	0	0	It hasn't chan	ged					
Effectiveness of teaching	0	0	0	0	0	O Very positivel	y					
How the possibi				ement of t	the PC,	Back For	ward					
	Very little	A little	Indifferent	Very	Very very much	Following your answ may exist, could you						
Comfort	0	0	0	0	0	we have overlooked?						
Effectiveness of teaching	0	0	0	0	0	What would yo we have overlo	-	online educ	cation? Are th	nere any othe	er aspects that	
						Your answer						
						Back Se	end					