Table 2 Participants' responses regarding utilizing social network sites/programmes[a]

Items	n	%
Do you have/use a smart phone/computer currently? (n = 348)		
Yes	348	100
No	0	0
Do you use your smart phone/computer for surfing social networks? (n = 347)		
Yes	343	98.8
No	4	1.1
How many days/week did you surf these social network sites/programmes? (n = 345)		
All	322	93.3
> 3	14	4.1
< 3	9	2.6
How many hours did you spend on surfing these social network sites/programmes? (n = 344)		
< 2	54	15.7
2–4	108	31.4
> 4 to 6	109	31.7
> 6	73	21.2
Have you ever been absent in a lecture/laboratory/clinical session because of SN? (n = 346)		
Yes	21	6.1
No	325	93.9
Do you surf these social network sites/programmes during lectures/laboratories/clinical sessions? (n = 345)		
always	10	2.9
Mostly	27	7.8
Usually	190	55.1
No	118	34.2
Do you think that surfing these network sites/programmes might negatively affect your academic performance? (n = 346)		
Yes	196	56.6
No	150	43.4
Do you think that your academic performance will be improved if you stop completely, or at least, reduce your surfing of these social network sites/programmes? (n = 346)		
Yes	224	64.7
No	122	35.3
Do you think that it is possible to utilize these social network sites/programmes to improve academic performance? (n = 346)		
Yes	335	96.8
No	11	3.2
Do you think that you can stop surfing these social network sites/programmes completely during the examination period? (n = 346)		
Yes	148	42.8
No	198	57.2
Do you use your smart phone/computer to read or surf study references? (n = 346)		
Always	139	40.2
Mostly	92	26.6
Usually	112	32.2
No	3	0.9

[a]WhatsApp, Facebook, Instagram and Twitter.