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Pretesting Report:

Our group pretested our questions with 13 students. This was done on an individual basis; each group member asked individuals to pretest the survey. There were four sophomores, one junior, and eight seniors which provided feedback. Overall, the questions seem to be quite clear. The students were mostly able to comprehend the questions and provide responses that they felt were representative to the true value. There were some minor edits which people suggested to make the survey generally more readable, and to clarify some questions which were a bit confusing. Firstly, we included a fifth year option in Question 1. Questions 8 and 9 were re-worded based on student feedback to be more clear. Questions 8-11 were standardized to be asking for responses per day, while questions 12-13 were standardized to be per week, as per Professor Junker's feedback. We changed the order here so that all per day questions were grouped together, and both per week questions were grouped together. We added an option in Question 12 based on student feedback, which will accommodate more students. We also added more options in question 14. Lastly, we added some "none of the above" responses, like in question 21, based on student feedback. Questions 18 and 19 were also reworded to be more clear.

Revised Questionnaire:

All changes are in red.

1. What is your year at CMU?
 - a. Freshman
 - b. Sophomore
 - c. Junior
 - d. Senior
 - e. Fifth year undergraduate student
2. What college is your primary major in? (For interdisciplinary, select both)
 - a. CIT
 - b. H&SS
 - c. CFA
 - d. SCS
 - e. MCS
 - f. Heinz
 - g. Tepper
3. What is your GPA?
 - a. 0.0-2.5
 - b. 2.6-3.0
 - c. 3.0-3.5
 - d. 3.6-4.0
4. What is your gender?
 - a. Male
 - b. Female

5. How many units are you taking this semester?
 - a. 36 or less
 - b. 37-45
 - c. 45-55
 - d. More than 55
6. Do you have any additional majors or minors?
 - a. Yes
 - b. No
7. If so, which statement best describes your situation?
 - a. I have a minor
 - b. I have more than one minor
 - c. I have an additional major
 - d. I have an additional major and an additional minor
 - e. I have more than one additional major
 - f. I have more than one additional major and more than one minor
8. About how many hours a day, on average, do you spend on extracurricular activities such as clubs, student organizations, ROTC, or inter-mural sports (this includes attending and preparing for meetings or events)?
 - a. None
 - b. Less than 2 hours per day
 - c. 2-4 hours per day
 - d. 4-6 hours per day
 - e. More than 6 hours per day
9. How much personal leisure time do you have in a given day? This includes all waking hours spent on activities you consider optional (i.e., NOT class, work, athletics, extracurricular obligations).
 - a. None
 - b. Less than 2 hours per day
 - c. 2-4 hours per day
 - d. 4-6 hours per day
 - e. More than 6 hours per day
10. How many hours outside of class per day, on average, do you spend doing classwork?
 - a. None
 - b. Less than 2 hours per day
 - c. 2-4 hours per day
 - d. 4-6 hours per day
 - e. More than 6 hours per day
11. How many hours do you sleep on an average week night?
 - a. Less than 3 hours
 - b. 3-5 hours
 - c. 5-8 hours
 - d. More than 8 hours
12. Do you have a part-time job (employed on or off campus)?
 - a. Yes; I work for less than 5 hours per week.
 - b. Yes; I work for less than 10 hours per week.
 - c. Yes; I work for less than 15 hours per week.
 - d. Yes; I work for more than 15 hours per week.
 - e. No; I do not have a job.

13. How often do you exercise in an average week?
- a. None
 - b. Once a week
 - c. 2-4 times per week
 - d. More than 4 times per week
14. What types of caffeine beverages do you consume? Select all which are relevant.
- a. Coffee
 - b. Tea
 - c. Espresso
 - d. Caffeine tablets
 - e. Redbull/energy drinks
 - f. Soda
 - g. Chocolate
 - h. I do not consume caffeine.
 - i. Other _____
15. How much caffeine do you consume on a daily basis, where 1 serving is one item (eg. One cup of coffee, one espresso shot, one can of soda, one bar of chocolate, etc..)
- a. None
 - b. Less than 2
 - c. 2-4
 - d. 4-6
 - e. More than 6
16. What is your primary motivation for consuming caffeine?
- a. Pleasure/Leisure
 - b. To stay awake/maintain energy
 - c. Partying
 - d. Other _____
17. Are you consuming more or less caffeine than you are comfortable with?
- a. I am consuming more caffeine than I am comfortable with.
 - b. I am consuming a comfortable amount of caffeine.
 - c. I am drinking less caffeine than I am comfortable with
18. Do you feel that your personal caffeine consumption is more or less than the average consumption of your undergraduate peers at Carnegie Mellon?
- a. I believe I consume an above average amount of caffeine.
 - b. I believe I consume an average amount of caffeine.
 - c. I believe I consume a below average amount of caffeine.
19. Do you believe that consuming more caffeine positively impacts your performance in school work, employment, athletics, or extracurricular activities?
- a. Yes
 - b. No
20. Do you believe that consuming more caffeine negatively impacts your health?
- a. Yes
 - b. No
21. Do you experience any of the following on a regular basis (on most days)? Choose all that apply.
- a. Insomnia
 - b. Nervousness/anxiety throughout the day
 - c. Restlessness

- d. Irritability
- e. Nausea/gastrointestinal problems
- f. Fast or irregular heartbeat
- g. Muscle Tremors
- h. Headaches
- i. I do not experience any of these symptoms.

22. Do you smoke?

- a. Yes
- b. No
- c. I do not wish to disclose

23. How frequently do you consume alcohol?

- a. None
- b. Less than twice a week
- c. 2-4 times per week
- d. More than 4 times per week