**Information and Communications Technology Needs Assessment**

***Before beginning, please confirm that you read the attached consent form by answering this question:***

**I have read and signed the consent to participate.***(Fill in the circle that applies.)***⭘ Yes ⭘ No**

### **Instructions**

1. *In this questionnaire, except where otherwise stated, the term “computer technology” is meant to include all forms of electronic computing devices, such as desktops (e.g., PC, Mac), laptops (e.g., MacBook Air, Microsoft Surface Book), tablets (e.g., iPad, Amazon Kindle Fire), smart watches (e.g., Apple Watch, Samsung Watch), and smart phones (e.g., iPhone, Samsung Galaxy).*
2. *The second set of questions ask about the* Railroaders’ Guide to Healthy Sleep *website* *(www.RailroaderSleep.org). We are hoping to learn how much people know about and have used this resource.*
3. *After reading each item, please fully fill in the circle (*⭘*) to reflect your best response.*

**Section A: Your ICT Preferences**

1. How do you connect to the Internet? *(Select all that apply.)*

* + Dial-up modem
  + DSL
  + Cable modem
  + Fiber-optic
  + Satellite
  + Mobile
  + Other \_\_\_\_\_\_\_\_\_\_\_\_\_
  + I don’t know.
  + I do not access   
    the Internet.

2. How many hours per week, on average, do you typically use computer technology at home for work or personal use? *(For each of the following items, fill in the circle that best applies to your usage. Hours=hrs.)*

| **Equipment** | **1–4 hrs.** | **5–9 hrs.** | **10–15 hrs.** | **>15 hrs.** | **I don’t use this** |
| --- | --- | --- | --- | --- | --- |
| a. Desktop or Laptop computer (Mac, Dell, HP, etc.) | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| b. Tablet (iPad, Kindle Fire, Surface Pro, etc.) | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| c. Smartphone (iPhone, Samsung, Blackberry, etc.) | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| d. Smart watch (Apple Watch, Samsung Watch, etc.) | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| e. Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |

3. How often do you use these information sources? *(Select one or more.)*

| **Printed Materials** | | | | |
| --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Frequently** |
| a. Newspaper (New York Times, Wall Street Journal, USA Today, a local paper, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| b. Magazine (Progressive Railroading, Railway Age, Sports Illustrated, Reader’s Digest, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| c. Newsletter (union, community, hobby, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| d. Posting (flyer, poster, informational fact-sheet, hand-out, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| e. Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | ⭘ | ⭘ | ⭘ | ⭘ |

| **Online or Electronic Materials** | | | | |
| --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Frequently** |
| f. Newspaper(s), Online (nytimes.com, latimes.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| g. Magazine(s), Online (thedailybeast.com, trn.trains.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| h. Email lists (listservs, e.g., local union lists, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| i. Internet websites (cnn.com, webmd.com, progressiverailroading.com, railwayage.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| j. RSS Feeds (stock market, news sites, carrier feed, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| k. Videos (youtube.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| l. Podcasts (letstalktrains.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| m. Blog Sites (gizmodo.com, mashable.com, tmz.com, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| n. Online Communities (Facebook, Twitter, Pinterest, Instagram, etc.) | ⭘ | ⭘ | ⭘ | ⭘ |
| o. Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | ⭘ | ⭘ | ⭘ | ⭘ |

4. How confident are you in performing these technology-related tasks? *(Select only one response per item.)*

|  | **Not at all**  **confident** | **Slightly**  **confident** | **Somewhat**  **confident** | **Moderately**  **confident** | **Extremely**  **confident** |
| --- | --- | --- | --- | --- | --- |
| * 1. Using an Internet search engine (Google, Bing, or Yahoo) to find information | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| * 1. Subscribing to blogs, newsfeeds, and other news- related online services | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| * 1. Using social media sites like Facebook, Twitter, Instagram, Foursquare, LinkedIn | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| * 1. Completing video-based training on the Internet | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |

5. Which option best describes your agreement with these statements? *(Select only one response per item.)*

|  | **Strongly Disagree** | **Disagree** | **Undecided** | **Agree** | **Strongly Agree** |
| --- | --- | --- | --- | --- | --- |
| a. I prefer to receive information electronically using a computer, tablet, smartphone, etc. | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| b. I prefer to receive information printed on paper. | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |

**Section B: Your Use of the *Railroaders’ Guide to Healthy Sleep* Website**

6. Are you familiar with the *Railroaders’ Guide to Healthy Sleep* website?

* Yes (if yes, please go to question 7)
* No (if no, please skip to question 16)

7. How did you learn about the website?

8. Did you find what you were looking for on the website? *(If no, please tell us what you were hoping to find.)*

9. When is the last time you visited the website?

* Within the last week
* More than a week ago, but within the last month
* More than a month ago, but within the last 6 months
* More than 6 months ago, but within the last year
* A year or more ago
* I have never visited, but I have heard of it

10. How often do you visit the website?

* Once a week, or more
* Once a month or so
* Twice a year or so
* Once a year or so
* I do not visit the site regularly

11. Have you completed the *Anonymous Sleep Disorders Screening Tool* on the website?

* Yes (if yes, please go to question 12)
* No (if no, please skip to question 15)
* I do not know what this is

12. Did the results from the *Tool* recommend that you see your healthcare provider for possible sleep disorder(s)?

* Yes (if yes, please go to question 13)
* No (if no, please skip to question 15)
* Prefer not to answer
* I did not understand the results

13. Did you see a healthcare provider for a possible sleep disorder, based on the *Tool’s* recommendation?

* Yes (if yes, please go to question 14)
* No (if no, please skip to question 15)
* Prefer not to answer
* I did not understand the results

14. Tell us more about any steps you took after visiting the *Railroaders’ Guide to Healthy Sleep* website.

15. What would make the *Railroaders’ Guide to Healthy Sleep* website more useful to railroaders, like you?

**Section C: About You**

***Note to participant:*** *The following questions allow us to group responses for analysis and will not be used to identify any individual.*

|  |  |  |  |
| --- | --- | --- | --- |
| Tens | | Ones | |
|  | |  | |
| 0 |  | 0 |  |
| 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| 4 |  | 4 |  |
| 5 |  | 5 |  |
| 6 |  | 6 |  |
| 7 |  | 7 |  |
| 8 |  | 8 |  |
| 9 |  | 9 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| EXAMPLE | | | |
| Tens | | Ones | |
| 1 | | 9 | |
| 0 |  | 0 |  |
| 1 | ● | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| 4 |  | 4 |  |
| 5 |  | 5 |  |
| 6 |  | 6 |  |
| 7 |  | 7 |  |
| 8 |  | 8 |  |
| 9 |  | 9 | ● |

16. How many years have you worked in the railroad industry?

(*Please write the years in the top boxes, and fill in the circles that correspond. See the example for a 19-year railroader. If you have been in the industry less than 1 year, round up to complete as 1 year.*)

17. What type of work do you currently do? *(Select one or more.)*

* + Yard operations
  + Local freight
  + Passenger or commuter operations
  + Road freight
  + Hostling
  + Other (please explain \_\_\_\_\_\_\_\_\_\_\_\_\_\_)

18. What is your current position?

* + Conductor
  + Brakeman
  + Trainman
  + RCL operator
  + Hostler
  + Yard foreman
  + Trainee
  + Locomotive engineer
  + Switchman
  + Other (please explain \_\_\_\_\_\_\_\_\_\_\_\_\_\_)

19. How long have you been in this position?

|  |  |
| --- | --- |
| EXAMPLE | |
| Years | |
| < 1 | ● |
| 1–3 |  |
| 4–9 |  |
| 10–15 |  |
| 16–20 |  |
| 21–25 |  |
| 26–30 |  |
| 31–35 |  |
| 36–40 |  |
| > 40 |  |

|  |  |
| --- | --- |
| Years | |
| < 1 |  |
| 1–3 |  |
| 4–9 |  |
| 10–15 |  |
| 16–20 |  |
| 21–25 |  |
| 26–30 |  |
| 31–35 |  |
| 36–40 |  |
| > 40 |  |

*(Please fill in the circle for the range that corresponds.   
See the example for an 11-month employee.)*

20. What is your sex?

* Male
* Female

21. Which level(s) of education have you completed? *(Select one or more.)*

* Junior High School
* Some High School
* GED
* High School Graduate
* Some College
* Railroad Trade School (e.g., MODOC)
* Associate’s Degree
* Bachelor’s Degree
* Master’s Degree
* PhD Degree

22. Have you obtained a professional license or certificate?   
*(Please write in any work-related license or certification you have obtained.)*

23. What is your age?

|  |  |  |  |
| --- | --- | --- | --- |
| Tens | | Ones | |
|  | |  | |
| 0 |  | 0 |  |
| 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| 4 |  | 4 |  |
| 5 |  | 5 |  |
| 6 |  | 6 |  |
| 7 |  | 7 |  |
| 8 |  | 8 |  |
| 9 |  | 9 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| EXAMPLE | | | |
| Tens | | Ones | |
| 1 | | 9 | |
| 0 |  | 0 |  |
| 1 | ● | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| 4 |  | 4 |  |
| 5 |  | 5 |  |
| 6 |  | 6 |  |
| 7 |  | 7 |  |
| 8 |  | 8 |  |
| 9 |  | 9 | ● |

(*Please write the years in the top boxes, and fill in the circles that correspond. See the example for a 19-year old.*)

24. Are you of Hispanic, Latino, or Spanish origin?

*(Please answer both questions 24 and 25. For this questionnaire, Hispanic, Latino, and Spanish origins are not races.)*

* + No, I am not of Hispanic, Latino, or Spanish origin
  + Yes, I am of Hispanic, Latino, or Spanish origin

25. What is your race? *(Select one or more.)*

* + American Indian or Alaska Native
  + Asian
  + Black or African American
  + Native Hawaiian or Other Pacific Islander
  + White

***END OF SURVEY– THANK YOU!***