

# Mobile Device Proficiency Questionnaire (MDPQ-16)

## About the MDPQ

This questionnaire asks about your ability to perform a number of tasks with a **mobile device**.

## What is a Mobile Device?

A mobile device is a device that allows you to perform many of the same tasks as a standard computer but without the use of a physical keyboard and mouse. Instead, these devices use a touchscreen as their interface between the user and computer programs (called Apps – short for applications).



Mobile devices come in many sizes. Depicted above are two different sized tablets, as well as a smartphone. These are the types of devices we are interested in.

ROQUE, N. & BOOT, W.R. (IN PRESS). A NEW TOOL FOR ASSESSING MOBILE DEVICE PROFICIENCY IN OLDER ADULTS: THE MOBILE DEVICE PROFICIENCY QUESTIONNAIRE (MDPQ). JOURNAL OF APPLIED GERONTOLOGY. Please answer each question by placing an X in the box that is most appropriate.

If you have not tried to perform a task with a mobile device or do not know what a task is, please mark "NEVER TRIED", regardless of whether or not you think you may be able to perform the task. **Remember, you are rating your ability to perform each of these tasks specifically using a mobile device (tablet or smartphone).** 

#### 1. Mobile Device Basics

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily (3)	Somewhat easily (4)	Very easily (5)
a. Navigate onscreen menus using the touchscreen					
b. Use the onscreen keyboard to type					

#### 2. Communication

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily <sub>(3)</sub>	Somewhat easily (4)	Very easily (5)
a. Send emails					
b. Send pictures by email					

# 3. Data and File Storage

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily <sub>(3)</sub>	Somewhat easily (4)	Very easily (5)
a. Transfer information (files such as music, pictures, documents) on my mobile device <i>to</i> my computer					
b. Transfer information (files such as music, pictures, documents) on my computer <i>to</i> my mobile device					

### 4. Internet

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily <sub>(3)</sub>	Somewhat easily (4)	Very easily (5)
a. Find information about my hobbies and					
interests on the					
Internet					
b. Find health					
information on the					
Internet					

### 5. Calendar

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily <sub>(3)</sub>	Somewhat easily <sub>(4)</sub>	Very easily (5)
a. Enter events and appointments into a calendar					
b. Check the date and time of upcoming and prior appointments					

#### 6. Entertainment

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily (3)	Somewhat easily (4)	Very easily (5)
a. Use the device's online "store" to find games and other forms of entertainment (e.g. using Apple App Store or Google Play Store)					
b. Listen to music					

### 7. Privacy

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily (3)	Somewhat easily (4)	Very easily <sup>(5)</sup>
a. Setup a password to lock/unlock the device					
b. Erase all Internet browsing history and temporary files					

# 8. Troubleshooting & Software Management

Using a mobile device I can:	Never tried (1)	Not at all (2)	Not very easily (3)	Somewhat easily (4)	Very easily (5)
a. Update games and other applications					
b. Delete games and other applications					