



## **Mobile Device Proficiency Questionnaire (MDPQ) User Guide**

### **What is it?**

The Mobile Device Proficiency Questionnaire (MDPQ) is a survey that measures someone's ability to use a smartphone or tablet to accomplish different tasks.

### **What is it for?**

The MDPQ can be used for a variety of purposes:

- To identify an individual's strengths and weaknesses to make mobile device training more efficient
- To group learners of similar skill level for mobile device classes
- To assess the impact of mobile device training
- To characterize technology experience in scientific studies
- To determine if training is needed in advance of deploying a telehealth solution

### **How do I administer it?**

The MDPQ can be administered either on paper or online. There are long (46 question) and short (16 question) versions available depending on the level of detail desired. The short version can provide a brief overall picture of proficiency and is highly correlated with the full version. The long version can provide more comprehensive information about proficiency with respect to specific tasks.

### **What is the structure of the MDPQ?**

The MDPQ asks individuals to rate their ability to perform different operations on a smartphone or tablet using a 5-point scale (e.g., Using a mobile device, I can: Find health information on the Internet). There are eight different subscales of the MDPQ measuring proficiency at performing different types of tasks. These subscales are: Mobile Device Basics, Communication, Data and File Storage, Internet, Calendar, Entertainment, Privacy, and Troubleshooting and Software Management.

## How do I score it?

The scoring method is the same whether you are using the long or short version of the questionnaire. Follow these steps:

1. *Assign Numeric Values to MDPQ Items:*
  - Each questionnaire item is assigned a value from 1 to 5, where:
    - 1 = Never Tried
    - 2 = Not at All
    - 3 = Not Very Easily
    - 4 = Somewhat Easily
    - 5 = Very Easily
2. *Calculate Subscale Scores:*
  - For each subscale (e.g., Mobile Device Basics), calculate the average of the assigned values for the questionnaire items within that subscale. This will give you eight subscale scores ranging from 1 to 5.
3. *Calculate Total Score:*
  - Add the eight subscale scores together to obtain a total score. The total score will range from 8 to 40.

## How do I interpret scores?

Higher total scores are better. Younger (college-aged) respondents typically score close to 40. Older (65 years or older) respondents typically score around 20. These numbers can help determine whether respondents are below average and might need additional training or support.

For specific subscales, a score of 4 or above indicates that the respondent most likely can easily complete tasks related to that subscale.

## Where do I find it?

The long (MDPQ) and short (MDPQ-16) version of the survey can be downloaded here:

<https://create-center.org/resources/instruments-and-tools/mdpq>

## Want to learn more?

For more information about how the MDPQ was developed, see:

Roque, N. A., & Boot, W. R. (2018). A new tool for assessing mobile device proficiency in older adults: the mobile device proficiency questionnaire. *Journal of Applied Gerontology*, 37(2), 131-156.