|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 |
| P1 | * COVID-19 was stressful * Ate junk food |  |  |  |  |  |  |  |
| P2 | * Ate junk food * Smoke |  |  |  |  |  |  |  |
| P3 | • Ate junk food  • Smoke |  |  |  |  |  |  |  |
| P4 | * Ate junk food * Smoke * Gaming |  |  |  |  |  |  |  |
| P5 | * Gaming * Sleeping |  |  |  |  |  |  |  |
| P6 | * Ate junk food * Smoke * Zooming |  |  |  |  |  |  |  |
| **Themes** | * Poor Dietary Habits (ate junk food) * Unproductive use of time |  |  |  |  |  |  |  |

**Appendix B**

**Findings:** Write a summary of the data using information from the table above in 1 or 2 paragraphs.

**Discussion:** Use the data from other research studies to support your data and mention as well what you found out and explain how your findings contribute to the field of research in about 3 paragraphs.

**Checklist**

1. Question 1

* 3 participants mentioned stress related incidents.