

**Table 3 Distribution of students' scores from the Attitude Scale towards Internet Usage (ASTIU) and Adolescent Lifestyle Profile (ALP) scales ( $n = 2043$ )**

Scale	Potential range	Minimum	Maximum	Median	Mean (SD)
<b>ASTIU</b>					
Usage of the Internet in instruction	8–40	8	40	17	17.87 (6.03)
Usage of the Internet in research	7–35	7	35	16	16.16 (4.65)
Usage of the Internet in social interaction	4–20	4	20	10	10.44 (4.38)
Enjoyment from usage of the Internet in instruction	4–20	4	20	10	10.54 (3.26)
Usage of the Internet in communication	4–20	4	20	9	9.26 (3.35)
Usage of the Internet in sharing of knowledge	4–20	4	20	8	8.32 (3.57)
Total	31–155	31	148	72	72.58 (17.64)
<b>ALP</b>					
Health responsibility	5–20	5	20	10	10.69 (2.91)
Physical activity	6–24	6	24	16	16.08 (3.76)
Nutrition	6–24	6	24	16	15.97 (3.23)
Positive life appreciation	8–32	8	32	25	24.38 (4.35)
Interpersonal relations	5–20	5	20	16	15.54 (2.89)
Stress management	5–20	5	20	15	14.68 (2.70)
Spiritual growth	5–20	5	20	14	13.99 (2.92)
Total	40–160	40	160	111	111.34 (16.61)

*SD* = standard deviation.