After completing the Social Media Disorder scale, I scored a number of 3 “Yes” answers. The score indicates risky usage. The questions on the scale are reasonable questions to ask to figure out if someone has a social media “disorder.” Quoting disorder since the survey is for personal insight and not a professional diagnosis. The questions that are asked would help reflect on the person's social media usage, the more “yes” answer the more likely the user is on social media an abnormal amount of time. Different patterns are found across the world depending on the country's digital usage. For example, a country that does not rely heavily on social media or technology is less likely to have people with a social media disorder. A great example is North Korea, their government has a restriction on social media and internet access.