**Do I have Social Media Disorder (SMD)?**

On the [social media disorder scale](https://www.brieftherapyconference.com/download/handouts/Tobi-Goldfus-Social-Media-Disorder-Scale.pdf), I scored a 2/9. I answered yes to the two questions: “Tried to spend less time on social media but failed?” and “Had a serious conflict with parents, brother, or sister (friends, relationships, etc.) because of your social media use?” Based on my score, I do not have a social media disorder, but I feel like it is borderline.

The questions on the scale are good but can be worded differently. The SMD scale should define the term “regularly” because social media is so dominant today many people might not feel like a couple of hours a day is regular use. They even may feel like that’s minimal use, which I think can compromise the integrity of one’s answers.

I think location determines different social media patterns due to regulations. Some countries have regulations and social media guidelines as opposed to America, where everything is free for all. We believe in freedom of speech, but that becomes dangerous on social media in the long run.

In the end, I’m just happy I’m not considered a social media addict, even though I could use social media fast.