

Social Media Disorder Scale

1. Regularly found that you can't think of anything else but the moment you will be able to use social media again?
Yes/No (Preoccupation).
2. Regularly felt dissatisfied because you want to spend more time on social media? Yes/No (Tolerance).
3. Often felt bad when you could not use social media?
Yes/No (Withdrawal).
4. Tried to spend less time on social media, but failed?
Yes/No (Persistence).
5. Regularly neglected other activities (i.e. hobbies, sports, homework) because you wanted to use social media?
Yes/No (Displacement).
6. Regularly had arguments with others because of your social media use? Yes/No (Problems).
7. Regularly lied to your parents or friends about the amount of time you spend on social media? Yes/No (Deception).
8. Often used social media to escape from negative feelings?
Yes/No (Escape).
9. Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use?
Yes/No (Conflict).

Answers

1. Yes (Preoccupation): There are moments when I can't stop thinking about getting back on social media to respond to someone or check on something that's been on my mind. It's like my mind is fixated on the next opportunity to use social media.
2. No (Tolerance): I would definitely answer this question as a no. I don't find myself dissatisfied because I want to spend more time on social media.
3. No (Withdrawal): I would answer this as no. While I enjoy using social media, I don't feel bad when I can't access it.
4. No (Persistence): I would answer this as no. If I decide to spend less time on social media, I usually stick to my decision without much difficulty.
5. No (Displacement): I would answer this as no. I prioritize my other activities like hobbies, sports, and homework over using social media.
6. No (Problems): I would answer this as no. I haven't had any arguments with others because of my social media use.
7. No (Deception): I would answer this as no. I don't feel the need to lie to my parents or friends about the amount of time I spend on social media.
8. Yes (Escape): There are times when I get on my phone while I'm upset to distract me. Social media serves as a temporary escape from negative feelings.
9. No (Conflict): I would answer this as no. I haven't experienced serious conflicts with family or friends because of my social media use.