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I scored one (1) positive on the scale as I use social media to escape negativity. I associated social media particularly Instagram and Facebook as therapy for my mood swings and negative thoughts. I get to see funny, interesting, and educational things in the media which draws me back anytime I feel down. I also know a few friends who primarily use social media as an escape. The survey items are well-versed and thought out. They thoroughly highlighted all the major issues and addictive properties of social media. I had to examine myself deeply to be able to honestly and accurately fill out the survey. On some level I believe we all do have some elements of social media disorder as we sometimes fall victim to all the scale's points, only being vindicated by the fact that these behaviors are not consistent and hence do not form a pattern.

The world at large reflects different patterns based on individuals due to the fact that all individuals tend to have different processing patterns and driving forces. They would reflect their pattern of disorder based on their primary needs. A person in need of affection and validation will be preoccupied, tolerant, displaced, problematic and evasive as these traits combined will fulfil their needs. The same applies to many other behavioral patterns that would shape the individual's disorder pattern.

In conclusion I believe and advise that people regularly check their disorder levels by taking scaled surveys like this. The survey is thorough and well thought out giving people a chance to reflect and try to fix their issues if any arise or improve their use of time.

References

Social Media Disorder Scale (SMD Scale) Please answer the question by thinking of your experience with using social media (e.g.,. (n.d.). Brief Therapy Conference. Retrieved July 5, 2024, from https://www.brieftherapyconference.com/download/handouts/Tobi-Goldfus-Social-Media-Disorder-Scale.pdf