

How did you score?

I scored a 3 out of 9, I answered yes to questions 1, 4, and 8.

What do you think about the items in the scale?

I found the questions to be more thought provoking than anything else. However, I do believe that some of the questions should have more weight towards a possible “problematic usage” of the internet/social media, because in my own personal opinion answering yes to a question about getting in fights or arguments about social media is more concerning than questions about time spent on the internet. That being said, I do recognize the harm that excessive amounts of time online can cause, both to a person’s physical and mental wellbeing.

Why do you think that different patterns are found across the world?

I think that different places show different patterns of social media usage due to the impact that it has in different cultures. For instance, in the U.S., social media is a pretty big part of our culture. So much so that it has become a common career goal for many young people in this day and age.