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The Social Media Disorder Scale gave me only one yes answer, which means I have a low risk of becoming addicted to social media. The scale works well for measuring severe signs of dependency, but it might miss less obvious effects, like stress or small distractions.

Dependence on social media probably looks different around the world because of cultural norms, accessibility, and societal views. In cultures that don't value online communication as much, people may not use social media as much, but in others, it could be the main way people meet, which could make them more dependent on it. This tool gives useful information, but it could use more levels to pick up on subtleties.