

## **Week 10 - Journal Entry 9**

**I assumed you wanted my responses to the survey as a basis for my responses. Please see my written responses on the second page.**

### **Social Media Disorder Scale (SMD Scale)**

Please answer the question by thinking of your experience with using social media (e.g., WhatsApp, Snapchat, Instagram, Twitter, Facebook, Google+, Pinterest, forums, weblogs) in the past year. Answer the questions as honestly as possible. According to DSM, at least five (out of the nine) criteria must be met for a formal diagnosis of “disordered social media user”. This is designed for personal insight and is not a substitute for professional diagnosis or advice.

For each statement below, answer "Yes" or "No" based on your experiences over the past 12 Months.

1. Preoccupation: - Do you frequently find yourself thinking about social media or planning to use it?

Yes/**No**

2. Tolerance: - Have you felt dissatisfied because you want to spend more time on social media?

Yes/**No.**

3. Withdrawal: - Do you feel restless, irritable, felt bad or upset when you are unable to use social media?

Yes/**No.**

4. Persistence: - Have you tried to spend less time on social media, but failed?

Yes/**No.**

5. Displacement: - Regularly neglected other activities (i.e. hobbies, sports, homework) because you wanted to use social media?

Yes/**No.**

6. Problems: - Regularly had arguments with others because of your social media use?

Yes/**No.**

7. Deception: - Regularly lied to your parents or friends about the amount of time you spend on social media?

Yes/**No.**

8. Escape: - Do you use social media to forget about personal problems or to relieve negative

feelings such as guilt or anxiety?

Yes/**No.**

9. Conflict: - Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use?

Yes/**No.**

### **Scoring**

- Count the number of "Yes" answers.
- The scale involves summing the number of "Yes" answers; a score of 1 or lower indicates normative social media usage, 2-5 indicates risky usage, and 6-9 indicates problematic Usage.

### **Score - 0**

#### **Citation**

van den Eijnden, R. J. J. M., Lemmens, J. S., & Valkenburg, P. M. (2016). The Social Media Disorder Scale. *Computers in Human Behavior*, 61, 478–487.

### **Writing -**

#### **How did you score?**

With respect to the repossessed related to the Social Media Disorder Scale, I received a score of zero as per my responses. There was only one section I almost replied with a yes response, however the word “regularly” was used in the question so that selection was no longer applicable to me.

#### **What do you think about the items in the scale?**

I think the items in the scale are simply broad enough to be applicable to a multitude of individuals both favorably and unfavorably in the parameters.

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

I think there are different patterns found across the world because of the simple fact that everyone is different from one another. People have access to different facets of opportunities, thus creating life experiences and points of reference due to their own societal demographic. For instance, members of society who live in the United States of America do not have the same point of reference as people who live in Uganda due to various life exposures. Also, in the same way that people who live in Great Britain do not have the same values as people living in Japan similarly from the cultural normalcy of these contrasting areas of the world. The aspect of culture plays a crucial role in

shaping the life normalcy reference of societal members depending on their own surroundings based on people in their own cultural realm and infrastructure.