

After completing the Social Media Disorder Scale, I scored a 2 out of 9. I find this test to be something that would help a lot of people who are chronically on social media to see what they are doing to themselves. For example, the question “Often used social media to escape from negative feelings?” This question can help people with depression or stress to see why their mental problems persist. I think that different patterns are found across the world as some people cannot access social media. For instance, countries that do not have easy access to social media like parts of Asia and Africa. This means that the minority that do have internet access may cause a spike in their score as they try to enjoy what they have available to them. Another way is that some people are too busy to be on social media.