

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 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.

Citation

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