**Journal Entry 9**

On this social media disorder scale, I scored a zero out of nine on this scale. I do not meet the five out of nine criteria for a disordered social media user. I don’t really spend too much time on social media, so my score doesn’t surprise me that much. I do have an Instagram, Snapchat, and now a LinkedIn, but I’m don’t feel like I’m in dire need of it or anything. I might get on it if I’m not doing anything else, or if someone I know messages me that I talk to regularly. I don’t go out of my way to post anything on it really. No photos of myself or anything too personal, just some old videos or photos. I think the items in the scale can be accurate for diagnosis of a disordered social media user. Unless it really gets in the way of doing regular things in your life and causes turmoil between family and friends, social media isn’t really an issue. It’s more about how to use it productively and responsibly so it doesn’t interfere with your life. This could be shown in different parts of the world, especially those that have internet access. Those with greater internet access would be more susceptible to social media disorder, while those that don’t have less of a chance of showing these signs, hence the variation of patterns.