

## CYSE 201S Journal 9

After completing the Social Media Disorder scale, I scored a 1, which indicates normative social media usage. I believe my low score reflects the balance I have found by scheduling specific blocks of time for social media use. By setting aside dedicated "scroll time," I avoid letting social media interfere with my daily responsibilities and mental well being. This structure allows me to stay connected without letting social media dominate my attention or impact other areas of my life.

I think the items included in the Social Media Disorder scale are well thought out and important. The categories and definitions, such as preoccupation, withdrawal, and conflict with others, truly capture the risks of problematic social media use. I believe these criteria should be encouraged and utilized more often, especially in schools and workplaces, to help people recognize unhealthy patterns and develop healthier digital habits early on.

Different patterns of social media use across the world likely exist because of cultural, economic, and technological differences. In some areas, social media might be the primary way to maintain relationships or conduct business, while in others, it might be seen purely as entertainment. Additionally, societal norms about communication, privacy, and technology use shape how much time people spend on social media and how dependent they become on it.

### 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.