On the Social Media Disorder Scale, I scored at normative social media usage. I’m not really a big social media user. I’ll mainly use it when I’m bored, I’ll scroll through TikTok and Instagram for like a couple minutes and the I’ll find something new to do. Some of these questions just show how addictive social media can be. The design of social media often capitalizes on psychological principles that foster addiction, such as variable rewards and social validation. Research indicates that excessive social media use is correlated with negative mental health outcomes, including anxiety and depression. While these platforms offer connectivity and information access, they simultaneously pose significant risks of addiction that warrant critical examination.