

Prompt: Complete the Social Media Disorder scale. How did you score? What do you think about the items in the scale? Why do you think that different patterns are found across the world?

Social Media Disorder Scale: Yes is one point and No is zero points

<https://www.brieftherapyconference.com/download/handouts/Tobi-Goldfus-Social-Media-Disorder-Scale.pdf>

Score: 3 questions 4,5, and 8

After completing the Social Media Disorder Scale, I got a 3 out of 9, meaning there are no criteria for a formal diagnosis of a “disordered social media user.” If someone associated with five of the following questions in the previous year, there is a chance for a formal diagnosis of a “disordered social media user.” I think the items in the scale are pretty accurate as they do measure the restraint of people when it comes to social media. There is also the showing of respect and consideration for others’ time and tasks that are expected of a person that is challenged for attention by social media. The items on the scale show similarities with addiction in the idea of not being able to quit, causing problems with friends and family, and waiting for the next notification or new content. I think there are different patterns around the world due to the different cultures around the internet. There is also a concern about access to certain social media applications in different parts of the world. There might be more of a change between the types of social media like personal chatting apps are more popular in places where mass social media living is more accepted in others. In places like the United States internet is seen as a basic human right whereas in other countries it is considered for the wealthy. There is also more of a marketing push through social media that can affect businesses that do not move online quickly.