

After completing the Social Media Disorder Scale, my score wasn't bad at all. I only said yes to one of the answers which was "often use social media to escape negative thoughts". I would say tik tok helped a lot with that but other than that the other questions were all no's. I think the items on the scale are reasonable items because I know and heard a lot of people experience these when it comes to social media. I would say why there are different patterns throughout the world is because of cultural differences, regulations on the apps, economic factors, trends within the countries, languages, and technological framework. You can better protect your personal data and reduce your chance of falling a victim of cyberattacks or data breaches through enhancing your cybersecurity comprehending and behaviors on social media.