

Week 10 – Journal Entry 10

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. **1 Yes**
- 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.

Citation

van den Eijnden, R. J. J. M., Lemmens, J. S., & Valkenburg, P. M. (2016). The Social Media Disorder Scale. *Computers in Human Behavior*, 61, 478–487.

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How did you score?

I scored a 1 which means from this Scale that I have normative social media behavior. (16 words)

What do you think about the items in the scale?

I think the items on the scale are real issues that people can face and be may not be totally aware that social media may be becoming an issue for them. Like what the description said, it is made for personal insight. (42 words)

Why do you think that different patterns are found across the world?

I think there are people who have different patterns based on how life is for them. For example, if they are constantly stressed, they could use social media as an escape from reality. Another example would be if they are addicted to getting likes and views, they could spend a lot of time on social media making it hard for them to put their device down. A final example is if someone is unaware of how they are using social media such as posting everything that they do online. People around them could feel uncomfortable and could lead to conflicts if they are posting personal things about themselves or others which could lead to privacy concerns. (116 words.)