

Week 9 Journal Entry

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? **No**

2. Tolerance: - Have you felt dissatisfied because you want to spend more time on social media? **No**

3. Withdrawal: - Do you feel restless, irritable, felt bad or upset when you are unable to use social media? **No**

4. Persistence: - Have you tried to spend less time on social media, but failed? **Yes**

5. Displacement: - Regularly neglected other activities (i.e. hobbies, sports, homework) because you wanted to use social media? **Yes**

6. Problems: - Regularly had arguments with others because of your social media use? **No**

7. Deception: - Regularly lied to your parents or friends about the amount of time you spend on social media? **No**.

8. Escape: - Do you use social media to forget about personal problems or to relieve negative feelings such as guilt or anxiety? **No**

9. Conflict: - Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use? **No**

Scoring

- Count the number of "Yes" answers. **Yes = 2**
- 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.

How did you score?

I scored a 2 which indicates risky usage.

What do you think about the items in the scale?

I think that the results are skewed - I don't think a 2 should be considered "risky behavior". Maybe a 3-6 and a 7-9 should be problematic in my opinion.

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

I think different patterns are found across the world because of different cultures and social norms as well as what is considered "normal" social media use.