

Journal 9

Complete the [Social Media Disorder scale](#) Download Social Media Disorder scale. or please find the attachment here: [Social Media Disorder Scale-1.pdf](#)Download Social Media Disorder Scale-1.pdf

How did you score? - I scored 3

What do you think about the items in the scale? - they all highlighted the problems people face when using social media. People can become addicted and use it as an escape from real life.

Why do you think that different patterns are found across the world? - different cultures have different relationships with social media. Some rely heavily on social media while others don't.