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The Social Media Disorder Scale (SMDS) is a relatively new assessment tool designed to measure the extent to which individuals experience problems related to their use of social media. Social media has become a ubiquitous part of modern life, with billions of users worldwide, and while it can have many positive effects, it has also been associated with negative outcomes such as addiction, anxiety, and depression. The SMDS is designed to measure several key dimensions of social media use, including preoccupation with social media, withdrawal symptoms when social media use is restricted, negative effects on daily life, and difficulty controlling social media use. It is typically administered in a self-report format, with respondents rating the extent to which they experience these symptoms on a scale from 1 to 5. The SMDS can be useful in identifying individuals who may be at risk for social media addiction or related disorders, as well as in tracking changes in social media use over time. It can also be used to evaluate the effectiveness of interventions designed to reduce problematic social media use.