

Mohammed Aljuboer

03/17/2024

Social Media Disorder Scale (SMD Scale)

During the past year have you...

1. Regularly found that you can't think of anything else but the moment you will be able to use social media again. No (Preoccupation).
2. Regularly felt dissatisfied because you want to spend more time on social media. No (Tolerance).
3. Often felt bad when you could not use social media. No (Withdrawal).
4. Tried to spend less time on social media, but failed? Yes (Persistence).
5. Regularly neglected other activities (i.e. hobbies, sports, homework) because you wanted to use social media? No (Displacement).
6. Regularly had arguments with others because of your social media use. Yes (Problems).
7. Regularly lied to your parents or friends about the amount of time you spend on social media. Yes (Deception).
8. Often used social media to escape from negative feelings. No (Escape).
9. Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use? Yes (Conflict).

Based on my responses, I meet some criteria of the SMD Scale, particularly regarding persistence, problems, and deception. It's important for me to reflect on these aspects of my social media use and consider whether they may be causing difficulties in my life.