

**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+, Pintrist, 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”.**

**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

2. Regularly felt dissatisfied because you want to spend more time on social media? NO

3. Often felt bad when you could not use social media?

NO

4. Tried to spend less time on social media, but failed?

YES

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

YES

6. Regularly had arguments with others because of your social media use? NO

7. Regularly led to your parents or friends about the amount of time you spend on social media? NO

8. Often used social media to escape from negative feelings?

YES

9. Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use?

NO

Based on my 3 "yes" answers, I can see that social media is starting to affect me in some ways. I've tried to cut back(Q4), but it's harder than I thought, which shows it's becoming a habit. One that doesn't often cross my mind at that. I also notice that sometimes I skip other activities like hobbies or homework just to stay online, more particularly TikTok. A black hole that I'm sure I'm not the only victim of.(Q5). When I feel down, I tend to turn to social media to escape, when I'm not sleeping or at the gym ,(Q8), which isn't the healthiest way to deal with things.

Even though I haven't had serious conflicts with family or friends over it, I realize I need to be more mindful. It's probably time to set some boundaries and find better ways to manage stress so it doesn't get worse.