

Complete the [Social Media Disorder scale](#)  
[Links to an external site.](#)

. How did you score? What do you think about the items in the scale? Why do you think that different patterns are found across the world?

I scored a three out of 9 which I view as moderate involvement. The items on the social media disorder scale often offer insightful prompts for self reflection on social media. If you score high on it then you use social media compulsively and it is effecting your daily life. I find them effective because it shows the touch on both psychological and behavioral aspects of social media engagements. Globally, usage patterns differ because of cultural norms. For example, some countries don't have the same access to internet and social media then other countries