

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

9-item scale measures adolescents degree of addiction to social media. Based on scale from Internet Gaming Disorder found in the DSM-V, for preoccupation, tolerance, escape, persistence, withdrawal, conflict, problems, deception, and displacement. (n= 724), reliability good. Van den Erjnden, R.J.J.M., Lemmons, J.S., & Valkenburg P.M. (2016). The Social Media Disorder Scale. *Computers in Human Behavior*, 61, 478-487.

Response:

I scored a 6/9 which means I am a disordered social media user. I think that the items on the scale are mostly negative traits associated with social media use. If anyone finds that they are answering yes to most of the questions on this list, they need to reconsider the amount of time they spend on social media. I think different patterns are found across the world because in some countries people might work more than others which affects the amount of time they are able to spend on social media. It is important to monitor social media use to ensure that you are spending your time wisely.