

After completing the Social Media Disorder scale, I scored a 1.0. The items that were provided in the scale were reasonable due to the popularity of social media platforms. There are people that spend most of their day looking on their Facebook or Twitter accounts for example. A few of those are always on because they are what is called an “influencer” and get paid to advertise brands of clothing or other products. The others are somewhat addicted to looking at what others post and get an adrenaline rush when posting on their feed and get likes and comments. Different patterns are found across the world depending on how popular social media is. I believe there is a trending pattern for Tic Toc in China and in the US because of the age group using the app and how people get enjoyment out of playing around and making videos with or without friends.

Your Social Media Disorder Scale score is 1.0

A score of 5 or higher indicates the formal diagnosis of a disordered social media user.

Note that this website is not a medical/mental health service.

If you are concerned, please talk to someone at your school, university, work, etc.

Click the link below to get back to the explanatory PsyToolkit website.