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[Social media and cybersecurity](#)Links to an external site.

Complete the [Social Media Disorder scale](#)Download Social Media Disorder scale

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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?

Based on the scale, I scored a 3 out of 9, which places me in the category of risky usage. Surprisingly, I scored better than I expected. I often rely on social media to pass the time, whether I'm at home or in public. I think this scale is a bit extreme for the average social media user. If social media starts to affect someone's personal life, that may indicate an unhealthy obsession. Additionally, variations in social norms and culture can influence how individuals engage with social media. It will always play a significant role in today's society, making it important to understand the differences in culture and social norms.