

## Pre-Test Questionnaire

*Please circle the answer that best suits your opinion*

1. Please select your age range:
  - a. **18-25**
  - b. 26-35
  - c. 36-50
  - d. 51-70
  - e. 70+
  
2. How regularly do you use social media?
  - a. Once every week
  - b. Once every day
  - c. **2-10 times a day**
  - d. 11-20 times a day
  - e. I am never off social media
  - f. Other (Please specify) \_\_\_\_\_
  
3. Which form of social media do you use most frequently?
  - a. **Facebook**
  - b. Twitter
  - c. **Instagram**
  - d. Reddit
  - e. Snapchat
  - f. LinkedIn
  - g. Other (Please specify) \_\_\_\_\_
  
4. Do you think you have a social media addiction?
  - a. Yes
  - b. **Maybe**
  - c. No
  
5. Do you take any steps to reduce your use of social media?
  - a. **Yes** (please specify) Use offtime to not allow myself to access them
  - b. No
  
6. Do you think that social media negatively affects your mood?
  - a. **Yes**
  - b. Yes, but only after I use it for a long time in one go
  - c. Not all the time
  - d. No
  - e. No, I think it positively affects my mood