

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) _____
 - 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