**Pre-Test Questionnaire**

***Please circle the answer that best suits your opinion***

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