**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)
   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