

Social Media Use & Mental Health

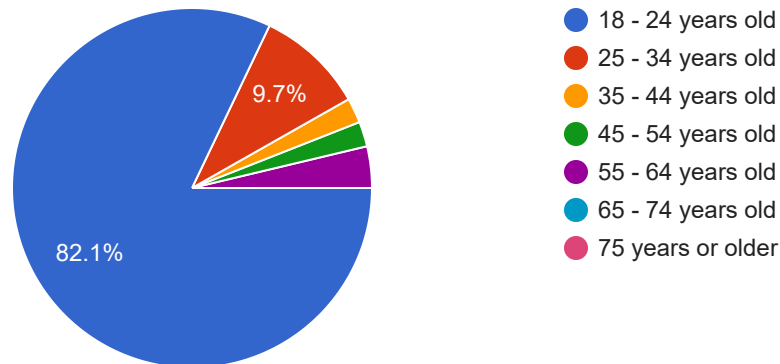
135 responses

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What is your age range?

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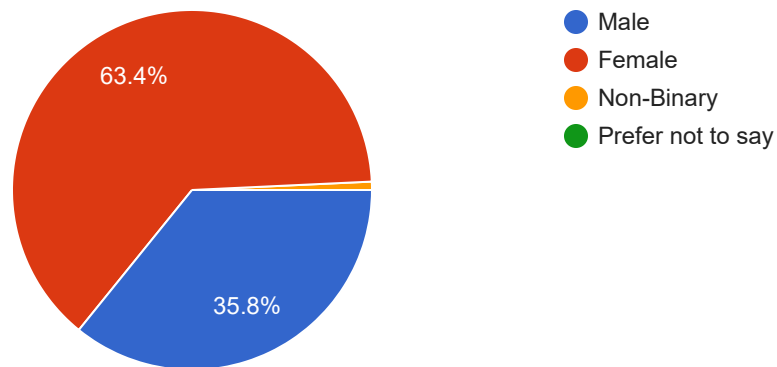
134 responses



What is your gender?

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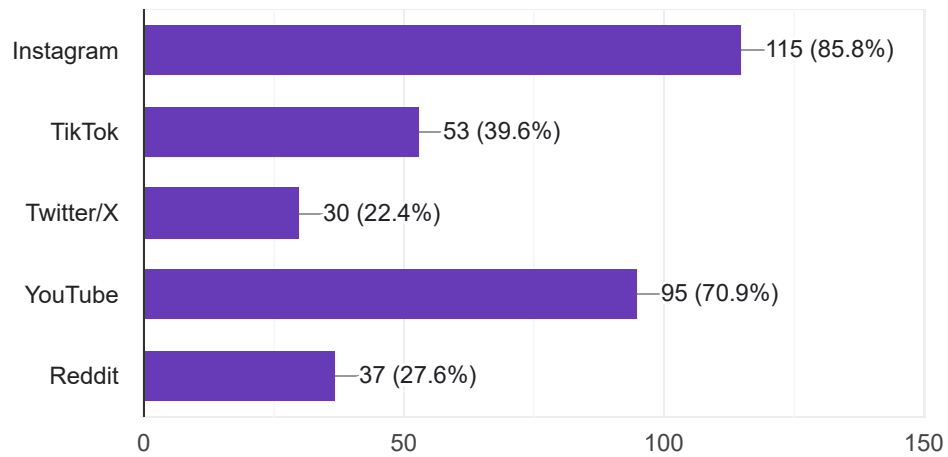
134 responses



Which social media apps do you use regularly?

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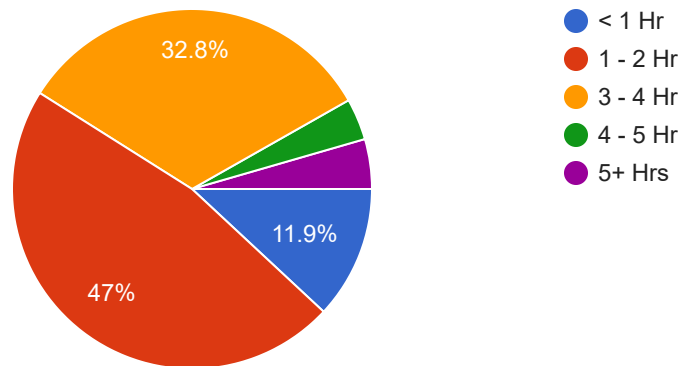
134 responses



How much time per day do you spend scrolling social media?

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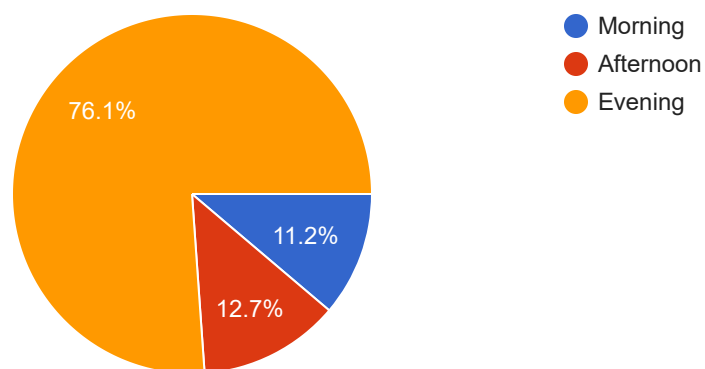
134 responses



What time of day do you use social media the most?

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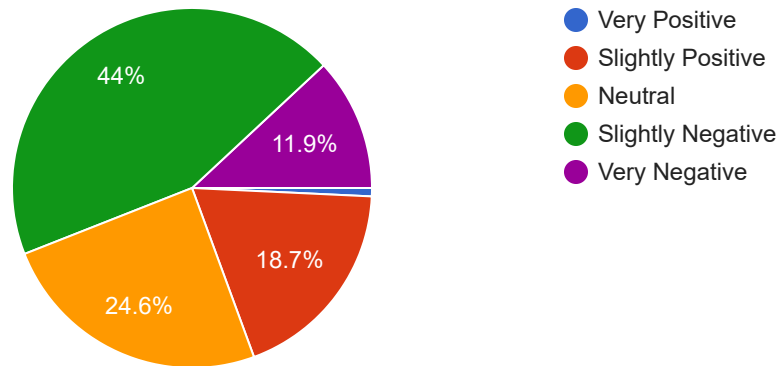
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Do you feel that the time you spend on social media has an overall positive or negative effect on your mental well-being?

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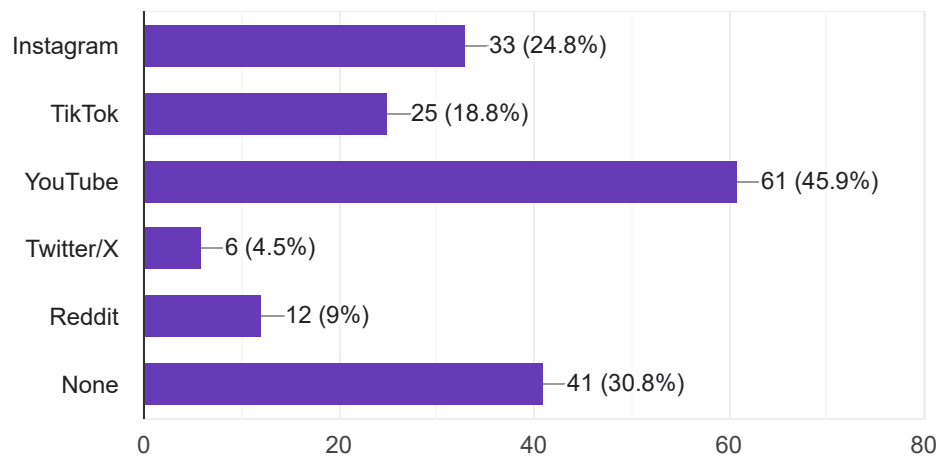
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Which apps do you feel impacts your mental health *positively*?

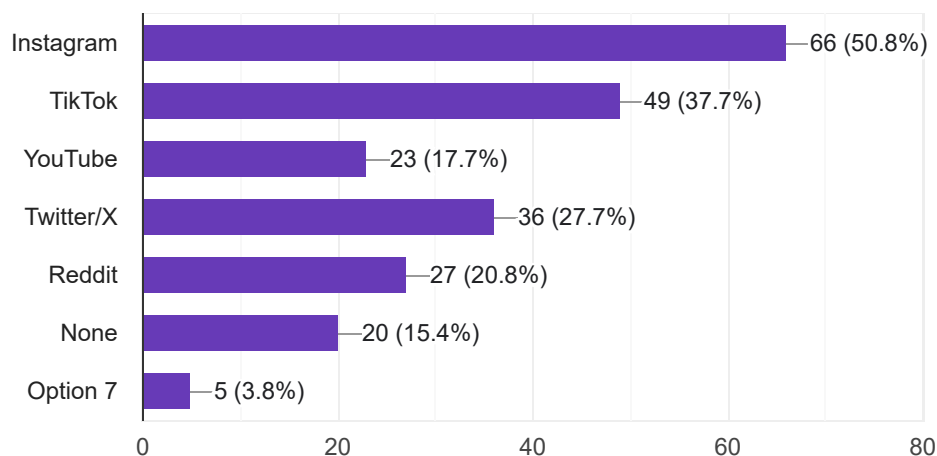
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133 responses



Which apps do you feel impacts your mental health *negatively*?
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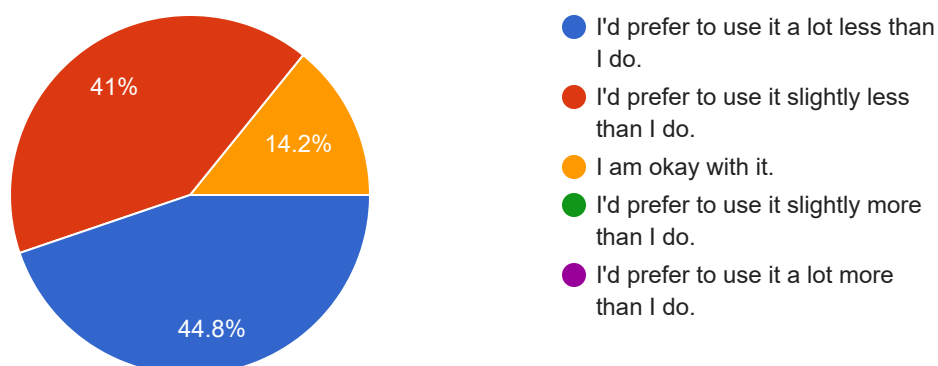
130 responses



How do you feel about your current level of daily social media usage?

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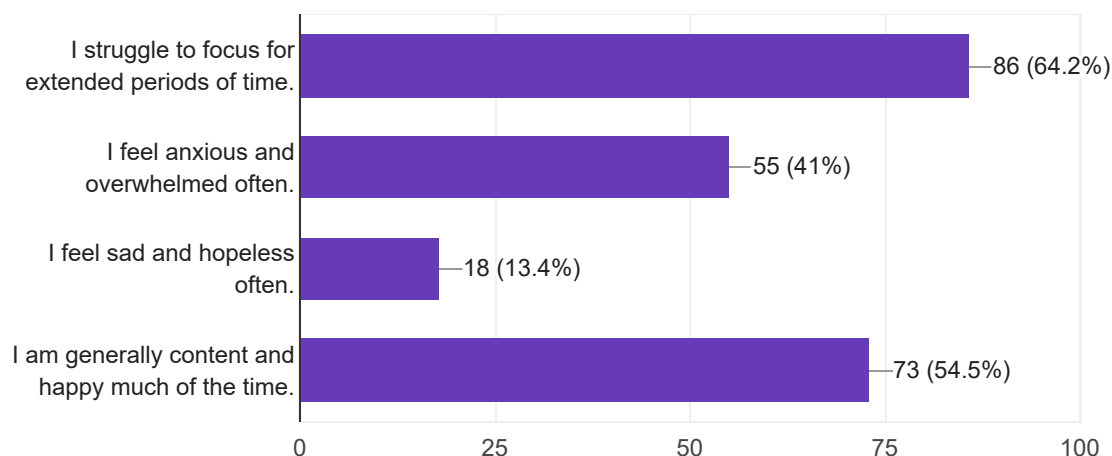
134 responses



Click the statements that you feel apply to you:

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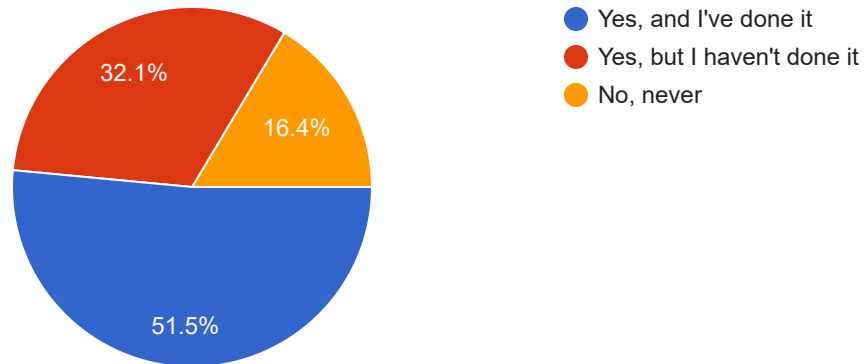
134 responses



Have you ever considered deleting social media apps, temporarily or permanently, for mental health reasons?

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134 responses



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