

2. Son bir haftayı dikkate aldığınızda, en şiddetli noktasında, sosyal medya aşermeniz ne kadar güçlüydü?

Hiç istek yoktu

- ① Önemsenmeyecek düzeyde, yani çok hafif istek
- ② Hafif istek
- ③ Orta düzeyde istek
- ④ Güçlü istek, fakat kolaylıkla kontrol edildi
- ⑤ Güçlü istek ve kontrol edilmesi zor
- ⑥ Güçlü istek ve kontrol edilemez

3. Son bir haftayı dikkate aldığınızda, sosyal medya kullanmak ile ilgili ya da sosyal medya kullanmanın sizi ne kadar iyi hissettireceği ile ilgili düşünmeye ne kadar zaman harcadınız?

Hiç

- ① 20 dakikadan az
- ② 21-45 dakika
- ③ 46-90 dakika
- ④ 90 dakika -3 saat
- ⑤ 3-6 saat arası
- ⑥ 6 saatten daha fazla

4. Son bir haftayı dikkate aldığınızda, eğer sosyal medya kullanma imkânınız olduğunu bilseydiniz sosyal medya kullanmaya direnmek ne kadar zor olurdu?

Hiç zor olmazdı

- ① Çok hafif zor
- ② Hafif zor
- ③ Orta zorlukta
- ④ Çok zor
- ⑤ Aşırı zor
- ⑥ Karşı koyamazdım

5. Önceki sorulara verdiğiniz cevapları aklınızda tutarak, lütfen son bir hafta için ortalama sosyal medya aşermenizi değerlendirin.

Hiç kullanma düşüncem olmadı ve hiç kullanma isteğim olmadı.

- ① Nadiren kullanmayla ilgili düşündüm ve nadiren kullanma isteğim oldu.
- ② Ara sıra kullanmayla ilgili düşündüm ve ara sıra kullanma isteğim oldu.
- ③ Bazen kullanmayla ilgili düşündüm ve bazen kullanma isteğim oldu.
- ④ Sıklıkla kullanmayla ilgili düşündüm ve sıklıkla kullanma isteğim oldu.
- ⑤ Çoğu zaman kullanmayla ilgili düşündüm ve çoğu zaman kullanma isteğim oldu.
- ⑥ Neredeyse her zaman kullanmayla ilgili düşündüm ve neredeyse her zaman kullanma isteğim oldu.

## Appendix 2. Social Media Craving Scale (SMCS)

This research is carried out to evaluate your social media craving (desire for social media use). Please read the following questions and choose the option that suits you. Please, consider the option for each question that best describes your social media craving over the past week.

1. In the past week, how often have you thought about using social media or about how good using social using would make you feel?

Never, that is, 0 times during this period of time.

- ① Rarely, that is, 1 to 2 times during this period of time.
- ② Occasionally, that is, 3 to 4 during this period of time.
- ③ Sometimes, that is, 5 to 10 times during this period or 1 to 2 times a day.
- ④ Often, that is, 11 to 20 times during this period or 2 to three times a day.
- ⑤ Most of the time, that is, 20 to 40 during this period or 3 to 6 times a day.
- ⑥ Nearly all of the time, that is, more than 40 times during this period or more than 6 times a day.

2. In the past week at its most severe point, how strong was your social media craving?

None at all.

- ① Slight, that is a very mild urge.
- ② Mild urge.
- ③ Moderate urge.

- 
- ④ Strong urge, but easily controlled.
  - ⑤ Strong urge and difficult to control.
  - ⑥ Strong urge and uncontrollable.
3. In the past week, how much time have you spent thinking about using social media or about how good using social media would make you feel?
- None at all.
- ① Less than 20 min.
  - ② 21–45 min.
  - ③ 46–90 min.
  - ④ 90 min–3 h.
  - ⑤ Between 3 to 6 h.
  - ⑥ More than 6 h.
4. In the past week, how difficult would it have been to resist using social media if you knew you had the opportunity to engage in using social media?
- Not difficult at all.
- ① Very mildly difficult.
  - ② Mildly difficult.
  - ③ Moderately difficult.
  - ④ Very difficult.
  - ⑤ Extremely difficult.
  - ⑥ Would not be able to resist.
5. Keeping in mind your responses to the previous questions, please rate your overall average social media craving during the past week.
- Never thought about social media using and never had the urge to social media using.
- ① Rarely thought about social media using and rarely had the urge to social media using.
  - ② Occasionally thought about social media using and occasionally had the urge to social media using.
  - ③ Sometimes thought about social media using and sometimes had the urge to social media using.
  - ④ Often thought about social media using and often had the urge to social media using.
  - ⑤ Thought about social media using most of the time and had the urge to social media using most of the time.
  - ⑥ Thought about social media using nearly all of the time and had the urge to social media using nearly all of the time.
- 

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