|  |  |  |
| --- | --- | --- |
| Over the last year have you found that you regularly can’t think of anything else but the moment you will be able to use social media again? | Yes | No |
| Over the last year have you regularly felt dissatisfied because you wanted to spend more time on social media? | Yes | No |
| During the last year have you often felt bad when you could not use social media? | Yes | No |
| Over the last year have you tried to spend less time on social media but failed? | Yes | No |
| Over the last year have you had serious conflict with your family or people you live with because of your social media use? | Yes | No |
| Over the last year have you often used social media to escape negative feelings? | Yes | No |
| Over the last year have you had regular arguments with others because of your social media use? | Yes | No |
| Over the last year have you regularly lied to people close to you about the amount of time you spend on social media? | Yes | No |
| Over the last year have you regularly neglected other activities (e.g. sport, household jobs) because you wanted to use social media? | Yes | No |

# 9 point SMA scale: -

Hidden within the 27 questions. NOT to be used on the website. (This is just for analysis later so we know which questions are the specific Social Media Disorder Scale.

5> = Social Media Disorder (According to DSM V)

27 point SMA scale:

Over the last year have you…

|  |  |  |
| --- | --- | --- |
| 9. often found it difficult not to look at messages on social media when you were doing something else (e.g. school work)? | Yes | No |
| 10. regularly found that you can't think of anything else but the moment that you will be able to use social media again?\* | Yes | No |
| 11. often sat waiting until something happens on social media again? | Yes | No |
| 12. felt the need to use social media more and more often? | Yes | No |
| 13. felt the need to check messages on social media more and more often? | Yes | No |
| 14. regularly felt dissatisfied because you wanted to spend more time on social media?\* | Yes | No |
| 15. often felt tense or restless if you weren't able to look at your messages on social media? | Yes | No |
| 16. regularly felt angry or frustrated if you weren't able to use social media? | Yes | No |
| 17. often felt bad when you could not use social media?\* | Yes | No |
| 18. tried to reduce your use of social media, but failed? | Yes | No |
| 19. tried to spend less time on social media, but failed?\* | Yes | No |
| 20. been unable to stop using social media, even though others told you that you really should? | Yes | No |
| 21. regularly used social media to take your mind off your problems? | Yes | No |
| 22. often used social media so you didn't have to think about unpleasant things? | Yes | No |
| 23. often used social media to escape from negative feelings?\* | Yes | No |
| 24. often not paid attention at school, while doing homework or at work because you were using social media? | Yes | No |
| 25.regularly not had enough sleep because you were using social media too late at night? | Yes | No |
| 26. regularly had arguments with others because of your social media use?\* | Yes | No |
| 27. regularly lied to your parents or friends about the amount of time you spend on social media?\* | Yes | No |
| 28. regularly hidden your social media use from others? | Yes | No |
| 29. often used social media secretly? | Yes | No |
| 30. regularly devoted no attention to people around you (e.g. family or friends) because you were using social media? | Yes | No |
| 31. regularly had no interest in hobbies or other activities because you would rather use social media? | Yes | No |
| 32. regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media?\* | Yes | No |
| 33. had serious problems at school or at work because you were spending too much time on social media? | Yes | No |
| 34. had serious conflict with your parent(s) and sibling(s) because of your social media use?\* | Yes | No |
| 35 …jeopardised or lost an important friendship or relationship because you were spending too much time on social media? |  |  |

The red stars represent the SMD scale questions, however we require the data from all of the questions.   
OR 9> (AT LEAST One for each category)

# Control questions and Social Media usage.

## Control Questions 1

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. **During the last year, I have been a member of…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Facebook | Twitter | | | | | | Snapchat | | | | Instagram | | | | Linkedin | | | | | Whatsapp | | | | Tumblr | | | | | | Youtube |
| 1. **What I look for in a good Social Media platform is…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Connection to others | | | | | Sharing photographs | | | | | | | Sharing my opinion on issues | | | | | | Liking and disliking posts | | | | | | | | Playing games online | | | | |
| 1. **My current number of friends on Facebook is… (If you don’t have Facebook, please substitute twitter followers/ IG followers)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| >46 | | | 50-99 | | | | | | 100-149 | | | | | | 150-199 | | | | | | 200-249 | | | | | | | 250+ | | |
| 1. **My favourite part about social media is…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Following Celebrities | | Playing games | | | | | | Sharing information | | | | | | Sharing photos | | | Commenting on photos | | | | | | Reading newsfeeds | | | | | | Viral videos/ memes | |
| 1. **Over the last year I have enjoyed using social media…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yes | | | | | | | | | | | | | | | | No | | | | | | | | | | | | | | |
| 1. **Some of the benefits of social media I personally encounter are…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Connecting to people | | | | Storing photos | | | | | | Biographical life account | | | | | | Voicing a political opinion | | | | | | Instant messenger | | | | | Playing games with others | | | |
| 1. **How many members of your family are connected through Facebook (or another form of Social media)…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-3 | | | | | | 4-6 | | | | | | | 7-9 | | | | | | 10-12 | | | | | | 13+ | | | | | |
| 1. **How many nationalities are you currently connected with through Facebook (or another social media platform)…** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-2 | | | | 3-4 | | | | | | 5-6 | | | | | | 7-8 | | | | | | 9-10 | | | | | 11+ | | | |

## Control questions 2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **36. During an average day, how many hours do you spend with other people face-to-face?** | | | | | | | | | | | | | | | |
| Less than 1 hour | | | 1 - 2 hours | | | 2-3 hours | | | | 3 - 4 hours | | | 5-6 7+ hours | | |
| **37. During an average day, how many people to you socialise with face-to-face?** | | | | | | | | | | | | | | | |
| 5 and fewer people | | 6-10 people | | | 11-15 people | | | 16-20 people | | | 21-25 people | | | 26+ people | |
| **38. During a day, how much time do you spend on social media?** | | | | | | | | | | | | | | | |
| Less than 1 hour | 1 - 3hours | | | 3-5 hours | | | 5-7 hours | | 7-9 hours | | | 9-11 hours | | | More than 11 |
| **39. While you are with people face to face, how often are you on SM?** | | | | | | | | | | | | | | | |
| Every time I am with someone, I will use social media. | | | Most of the time when I am with someone I use social media | | | Some of the time I am with someone I use social media | | | | Rarely when I am with someone I will use social media | | | Never when I am with someone will I use social media | | |
| **40. During one day, how long do you spend online?** | | | | | | | | | | | | | | | |
| Less than 1 hour | 1 - 3hours | | | 3-5 hours | | | 5-7 hours | | 7-9 hours | | | 9-11 hours | | | More than 11 |
| **41. Rate how much do you want to check Facebook (or another form of social media) currently?** | | | | | | | | | | | | | | | |
| Extremely | | | Quite a bit | | | Moderately | | | | A little | | | Not at all | | |