

Loneliness among social media users survey

1. English is your

- ☐ Second Language
- ☐ First Language
- ☐ Other

2. Your age

- ☐ Under 14
- ☐ 14-20
- ☐ 21-31
- ☐ 31-65
- ☐ 65+

3. Gender

- ☐ Male
- ☐ Female
- ☐ Non-binary
- ☐ Other

4. You use

- ☐ Twitter
- ☐ Facebook
- ☐ Instagram
- ☐ Reddit
- ☐ Snapchat
- ☐ Other: ...

5. How many hours do you often spend on social media (approximately)?

- ☐ Less than 1 hour a day
- ☐ 1-2 hours a day
- ☐ 2-4 hours a day
- ☐ 4-6 hours a day
- ☐ More than 6 hours a day

6. Your frequency of using social media:

- ☐ Once per several weeks
- ☐ Weekly

- Several days per week (≤ 6)
- Daily
- 3-5 Times per day
- Every time possible

7. Why do you use Twitter?

- € To socialize
- € To mitigate loneliness
- € To procrastinate
- € To catch up with the news
- € I don't use
- € Other: ...

8. Do you often share about loneliness on social media?

- | | | | | | | | | |
|---|---|-------|---|---|---|---|---|---------|
| 1 | 2 | 3 | 4 | | | | | |
| | | Never | | O | O | O | O | Usually |

9. How often do you share about loneliness in person?

- | | | | | | | | | |
|---|---|-------|---|---|---|---|---|---------|
| 1 | 2 | 3 | 4 | | | | | |
| | | Never | | O | O | O | O | Usually |

10. When talk about loneliness on social media, you often talk in relation to the following topic(s):

- € Education/ Science/ Knowledge
- € Public Health/ Personal well-being
- € Social media/ Technology
- € News/ Social Event
- € Finance/ Economics
- € Covid-19/ Pandemic
- € Self-Development
- € Consequences/ Cause (E.g., drug abuse)
- € I never talk about loneliness on social media
- € Other: ...

11. If you post (or re-share/ re-tweet) about loneliness on social media, what would be the reason(s)?

- € Perceived connectedness: feeling of relatedness with one another in their lives
(feelings of social connectedness, or belongingness, social inclusion and acceptance)

- € Social support: social benefits (e.g., emotional, informational, and instrumental help) that people perceive, express, and gain from human interactions
- € Self-expression: to “express feelings and thoughts and release pent-up feelings on social media
- € Purely Entertainment
- € Education/ Social Events: to prevent others from experiencing similar issues or receiving false information; to help others, or to share a recommendation.
- € I only talk about loneliness on social media via private chat.
- € There is no point in posting posts related to loneliness on social media
- € Other: ...

**12. To which extent are you often honest about your state of loneliness on social media?
(If you ever talk about it)**

	1	2	3	4	
Not at all	O	O	O	O	Truly honest

13. Do you prefer using the second language over the first language when expressing loneliness because:

- € Easier to swear
- € Less emotional outburst than in the mother language
- € Feel more freedom to express opinions
- € No, I prefer using my first language more
- € Either of them is equally fine
- € Other: ...

14. How does the pandemic change your loneliness?

- € It does not affect me at all
- € It makes me feel more isolated from others
- € My loneliness has heightened
- € It provides me more time to connect to others and expand my social network
- € I feel less lonely since I get to be with my family more
- € I feel lonelier since I can only be in certain spaces
- € My mental health has been affected due to coping with loneliness during a pandemic
- € Other: ...

UCLA LONELINESS SCALE

1. I feel in tune with the people around me

	1	2	3	4	
Never	O	O	O	O	Often

2. I lack companionship

	1	2	3	4	
Never	O	O	O	O	Often

3. There is no one I can turn to

	1	2	3	4	
Never	O	O	O	O	Often

4. I do not feel alone

	1	2	3	4	
Never	O	O	O	O	Often

5. I feel part of a group of friends

	1	2	3	4	
Never	O	O	O	O	Often

6. I have a lot in common with the people around me

	1	2	3	4	
Never	O	O	O	O	Often

7. I am no longer close to anyone

	1	2	3	4	
Never	O	O	O	O	Often

8. My interests and ideas are not shared by those around me

	1	2	3	4	
Never	O	O	O	O	Often

9. I am an outgoing person

	1	2	3	4	
Never	O	O	O	O	Often

10. There are people I feel close to

	1	2	3	4	
Never	O	O	O	O	Often

11. I feel left out

	1	2	3	4	
Never	O	O	O	O	Often

12. My social relationships are superficial

	1	2	3	4	
Never	O	O	O	O	Often

13. No one really knows me well

	1	2	3	4	
Never	O	O	O	O	Often

14. I feel isolated from others

	1	2	3	4	
Never	O	O	O	O	Often

15. I can find companionship when I want it

	1	2	3	4	
Never	O	O	O	O	Often

16. There are people who really understand me

	1	2	3	4	
Never	O	O	O	O	Often

17. I am unhappy being so withdrawn

	1	2	3	4	
Never	O	O	O	O	Often

18. People are around me but not with me

	1	2	3	4	
Never	O	O	O	O	Often

19. There are people I can talk to

	1	2	3	4	
Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Often

20. There are people I can turn to

	1	2	3	4	
Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Often

The next questions are about how you feel about different aspects of your life. For each one, tell us how often you feel that way. (1-3 means: Hardly ever - Sometimes - Often)

1. How often do you feel that you lack companionship?

	1	2	3	
Hardly ever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Often

2. How often do you feel left out

	1	2	3	
Hardly ever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Often

3. How often do you feel isolated from others?

	1	2	3	
Hardly ever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Often

THANK YOU FOR YOUR PRECIOUS TIME!

- 1. Do you want to have a short talk with us about loneliness?**
- 2. Name of your favorite E-book:**
- 3. Your Email (where we can send you your favorite book)**