

Doomscrolling Item Bank

Start of Block: Introduction



Consent **Research Participant Informed Consent Form**

Please read this document carefully before you decide to participate in this research study. Your participation is voluntary, and you can decline to participate, or withdraw consent at any time, with no consequences.

Study title: *Social Media and Feelings* (IRB202002673)

Persons conducting the research: [blinded for peer review]

Purpose of the research study: This study aims to understand how people currently use social media.

What you will be asked to do in the study: If you agree to participate in this study you will be asked about your feelings and recent experiences regarding your online media behaviors. Finally, we will ask some basic questions about you as a person.

Time required: This survey should take about 10 minutes to complete.

Risks and benefits: Known risks of participating in this study including possible discomfort that could result questions asking you about your emotions, personality, and social media usage. The risks are no greater than those in everyday life. There are not any direct benefits to participating in this study.

Confidentiality: Efforts will be made to keep your participation in this study confidential. During data collection, there is a minimal risk that security of any online data may be breached, but this is unlikely as online survey platform (Qualtrics) uses several forms of encryption and other protections.

Your Prolific ID will be made known to the researcher for compensation purposes and it will then be discarded once that purpose is met. After all participants have completed the survey, any potentially identifying information (e.g., Prolific ID, IP address) will be permanently removed from our database. Once this information has been removed, it will not be possible to trace your answers back to you.

The anonymous data will be made available by posting the dataset to an online public repository.

GDPR Addendum: Should you choose to participate, additional information will be provided on the next page about compliance with the General Data Protection Regulation (GDPR).

Compensation: You will be compensated with an incentive, in the amount of \$1.25, as specified on Prolific.

Withdrawal from the study: You are free to withdraw your consent and to stop participating in

this study at any time without consequence. You can decline to answer any question you don't wish to answer.

If you wish to discuss the information above or any discomforts you may experience, please contact one of the research team members listed at the top of this form.

If you have any questions regarding your rights as a research subject, please contact the Institutional Review Board [blinded for peer review]

Agreement: Now that you've read about the study, if you wish to participate, click the "I agree to participate" button to continue; if you do not consent to participate, click "I do not wish to participate" or just close this window.

☐ I agree to participate (1)

☐ I do not wish to participate (0)

End of Block: Introduction

Start of Block: Does Not Consent

NoConsent As you do not wish to participate in this study, please return your submission on Prolific by selecting the "Stop without completing" button.

NoConsentTimer Timing

First Click (1)

Last Click (2)

Page Submit (3)

Click Count (4)

End of Block: Does Not Consent

Start of Block: Does Consent

GDPR **General Data Protection Regulation Addendum**

As required by the law of the European Union and its member countries, additional information is being provided to you as a study participant.

For purposes of EU law, particularly the General Data Protection Regulation (GDPR), the lawful basis for the use of your data is your consent via this form, as well as the public interest in the research being conducted.

The Consent Form indicates whether the research team will collect Personal Information about you. In addition to any basic information that may identify you, Personal Information may also include identifiable results of any tests, surveys, or procedures described in the informed consent form. It may also include information about your past and present health conditions, mental health disorders, race, ethnicity, and political beliefs.

Any such Personal Information will be treated in compliance with applicable data protection laws. In addition to the uses of your information shown on the Consent Form, your Personal Information may be used to:

- protect your vital interests (for example, for purposes of monitoring an epidemic or other public health emergency); and
- answer your data protection requests (if any).

In addition to entities listed in the Consent Form, your Personal Information may be shared with entities or organizations in a country (including the United States) that have not received an “adequacy decision” by the European Commission, based on your consent via this form, and the necessity of the transfer for the public interest. (An adequacy decision is a determination by the European Union that a particular non-EU country’s laws or other international commitments ensures an adequate level of protection of personal data.)

You may have additional rights with respect to your Personal Information according to the EU GDPR. If you wish to exercise any of the rights described below, please contact a member of the study team identified in the Consent Form, or the **[blinded for peer review]**.

- You have the right to see the information being collected about you in the study. To ensure integrity of the study, you may not be able to review some of the data until after the study has been completed.
- You have the right to correct or update your Personal Information if it is inaccurate.
- You have the right to limit the collection and use of your Personal Information under certain circumstances (for example, if you think that the information is inaccurate).
- You have the right to withdraw from the study. If you withdraw from the study, you will no longer be able to participate in the study. No new information or samples will be collected about you or from you by the study team. Your withdrawal has no effect on the lawfulness of the data processing that occurred prior to your withdrawal.
- You have the right to receive your Personal Information in a structured, common computer format (for example, in a readable text electronic file or chart) for your own purposes or for

giving it to others, as required by applicable data protection laws. You may not have the right to receive your Personal Information that has been used for public interest purposes (for example, for reporting incidents of disease to public health officials) or in the exercise of official authority (for example, responding to information requests from public agencies or monitoring drug safety)

- You have the right to request the deletion of your Personal Information if you are no longer participating in the study. However, there are limits on your ability to request deletion of your Personal Information, for example, after the data has been de-identified, and any identifiers or links have been destroyed.
- You have the right to file a complaint with a data protection authority (http://ec.europa.eu/justice/data-protection/article-29/structure/data-protection-authorities/index_en.htm).
- You may contact the [blinded for peer review] with any questions about the study. Please call the [blinded for peer review] to reach the GDPR Data Protection Officer.

Page Break

Instructions

In this study, we will ask you some questions about you as a person, and about your recent media use.

Many of the questions are about "bad news" or "negative news," which is commonly published and read on social media. This may include journalism about harmful or dangerous events, as well as posts by everyday people about these topics.

Please take your time and answer as honestly and accurately as possible.

End of Block: Does Consent

Start of Block: Doomscrolling Scale Block 1



DS1

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I find myself scrolling through bad news without being aware of what I am doing (DS1_1)	0	0	0	0	0	0	0
It seems I "run on automatic" when I keep reading bad news (DS1_2)	0	0	0	0	0	0	0
I scroll through negative news without being really attentive to the details in posts (DS1_3)	0	0	0	0	0	0	0
If I scroll through bad news, I am highly self-aware of what I am doing (DS1_4)	0	0	0	0	0	0	0

I lose track of time when I read bad news on social media (DS1_5)	0	0	0	0	0	0	0
My finger gets exhausted from scrolling through all the bad news on social media (DS1_6)	0	0	0	0	0	0	0
I have rules to limit my social media use (DS1_7)	0	0	0	0	0	0	0
I find myself continuously browsing negative news (DS1_8)	0	0	0	0	0	0	0
It is easy to stop browsing all the bad news in my newsfeed (DS1_9)	0	0	0	0	0	0	0
I find myself unconsciously scrolling through bad news (DS1_10)	0	0	0	0	0	0	0

End of Block: Doomscrolling Scale Block 1

Start of Block: Doomscrolling Scale Block 2



DS2

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I find myself obsessively seeking out depressing news stories (DS2_1)	0	0	0	0	0	0	0
I feel anxious when I do not have enough information about what's going on (DS2_2)	0	0	0	0	0	0	0
I often do not realize how I landed on a news article or web page (DS2_3)	0	0	0	0	0	0	0
I constantly check my social	0	0	0	0	0	0	0

media for
sad stories
(DS2_4)

I am
frequently
looking for
big,
dramatic
stories in
my
newsfeed
(DS2_5)

I feel like I
am
addicted to
negativity
on social
media
(DS2_6)

I feel like I
am
addicted to
negative
news
(DS2_7)

I get
anxious
when I am
away from
my
newsfeeds
for too long
(DS2_8)

I constantly
refresh my
newsfeeds
to see if
something
bad
happened
(DS2_9)

I frequently
click on
notifications
from news
apps

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(DS2_10) |

End of Block: Doomscrolling Scale Block 2

Start of Block: Doomscrolling Scale Block 3



The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I feel anxious if I do not check my social media for the latest news (DS3_1)	0	0	0	0	0	0	0
Social media posts help me be prepared for the worst-case scenario (DS3_2)	0	0	0	0	0	0	0
Social media posts make me think I should probably have a survival kit ready (DS3_3)	0	0	0	0	0	0	0
I unconsciously check my newsfeeds for bad news (DS3_4)	0	0	0	0	0	0	0

My social media searches probably make my newsfeeds more negative (DS3_5)	0	0	0	0	0	0	0
I often stay up late at night, scrolling through social media (DS3_6)	0	0	0	0	0	0	0
I find myself unable to sleep at night, because of what I see on social media (DS3_7)	0	0	0	0	0	0	0
I find it difficult to keep my phone away from me at night before bedtime (DS3_8)	0	0	0	0	0	0	0
I have a fear of missing out on the latest big news (DS3_9)	0	0	0	0	0	0	0
It's easy for me to watch videos of bad news on social media (DS3_10)	0	0	0	0	0	0	0

End of Block: Doomscrolling Scale Block 3

Start of Block: Doomscrolling Scale Block 4



The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I find it difficult to ignore my newsfeeds during work hours (DS4_1)	0	0	0	0	0	0	0
I feel my social media feeds push more negative content than I should see (DS4_2)	0	0	0	0	0	0	0
I stay up late at night trying to find more negative news (DS4_3)	0	0	0	0	0	0	0

I keep reading bad news because I want to be an informed person (DS4_4)	0	0	0	0	0	0	0
I am able to avoid getting pulled into the news cycle (DS4_5)	0	0	0	0	0	0	0
I often do not pay attention to newsfeed content while scrolling up and down (DS4_6)	0	0	0	0	0	0	0
I often do not fully read a story before switching to the next one (DS4_7)	0	0	0	0	0	0	0
I frequently forget what I just saw or read on my social media newsfeeds (DS4_8)	0	0	0	0	0	0	0

Reading negative news on social media is more of a habit now (DS4_9)

0 0 0 0 0 0 0

I get my news only from a fixed number of sources chosen by me (DS4_10)

0 0 0 0 0 0 0

End of Block: Doomscrolling Scale Block 4

Start of Block: Doomscrolling Scale Block 5



DS5

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I am mindful of the time I spend on social media each day (DS5_1)	0	0	0	0	0	0	0
I use technology to restrict my usage of social media (DS5_2)	0	0	0	0	0	0	0
I constantly feel panicked while scrolling on my device (DS5_3)	0	0	0	0	0	0	0
I often have a vague sense of anxiety	0	0	0	0	0	0	0

when I'm online (DS5_4)							
I find it difficult to relax or calm my mind while scrolling newsfeeds (DS5_5)	0	0	0	0	0	0	0
I do not think that negative news affects me like it used to (DS5_6)	0	0	0	0	0	0	0
When I am online, I feel tense as if something bad is going to happen soon (DS5_7)	0	0	0	0	0	0	0
I keep looking for bad news in my newsfeed even if I've already seen older posts (DS5_8)	0	0	0	0	0	0	0
Even if my newsfeed says I am all caught up, I just keep scrolling for	0	0	0	0	0	0	0

negative
news
(DS5_9)

I am
terrified by
what I see
on social
media but
I cannot
look away
(DS5_10)

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End of Block: Doomscrolling Scale Block 5

Start of Block: Doomscrolling Scale Block 6



DS6

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
When there is a disaster or crisis, I cannot stay away from social media (DS6_1)	0	0	0	0	0	0	0
I am very careful about whether I give my attention to bad news online (DS6_2)	0	0	0	0	0	0	0
I use social media to learn about breaking news (DS6_3)	0	0	0	0	0	0	0

There is more negative information in my newsfeed than I could ever finish reading (DS6_4)

0 0 0 0 0 0 0

I put my phone or device away if I encounter posts about a crisis or disaster (DS6_5)

0 0 0 0 0 0 0

All the negative news on social media does not appeal to me (DS6_6)

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I am aware of my social media and news habits, and I can keep them in check (DS6_7)

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I have a strict "no social media before bedtime" rule (DS6_8)

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When I
read my
newsfeed,
I think
about how
terrible life
is for so
many
people
(DS6_9)

0 0 0 0 0 0 0

When I
see
negative
informatio
n online, I
feel bad
for so
many
people
(DS6_10)

0 0 0 0 0 0 0

End of Block: Doomscrolling Scale Block 6

Start of Block: Doomscrolling Scale Block 7



DS7

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
The disasters that I see in my newsfeed are shocking (DS7_1)	0	0	0	0	0	0	0
Looking at online news, I see the fragility of humanity (DS7_2)	0	0	0	0	0	0	0
I see posts in my newsfeed that give me intense feelings of sorrow (DS7_3)	0	0	0	0	0	0	0
I'm looking for a deeper meaning when I	0	0	0	0	0	0	0

browse
negative
stories in
my
newsfeed
(DS7_4)

It's difficult
to stop
reading
negative
news on
social
media
(DS7_5)

I track my
time spent
on social
media
throughout
the day
(DS7_6)

I actively
seek
positive
instead of
negative
news on
social
media
(DS7_7)

I check
social
media in
the
morning to
see what
bad things
have
happened
(DS7_8)

I can view
the posts
on my
newsfeeds
without
getting
triggered

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or pulled
in (DS7_9)

I feel an
urge to
seek bad
news on
social
media,
more and
more often
(DS7_10)

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End of Block: Doomscrolling Scale Block 7

Start of Block: Doomscrolling Scale Block 8



DS8

The following questions are about how you have recently used social media (including, but not limited to, Facebook, Twitter, Instagram, YouTube, TikTok).

Please indicate how much you agree with each statement.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I'm glad that I don't read a lot of negative news on social media (DS8_1)	0	0	0	0	0	0	0
I stop reading my newsfeeds once I've learned enough information about a topic (DS8_2)	0	0	0	0	0	0	0
Social media are a great way to escape all my problems (DS8_3)	0	0	0	0	0	0	0
I often open my social media	0	0	0	0	0	0	0

apps for no
good
reason
(DS8_4)

I feel
anxious
when I am
not
searching
for bad
news on
social
media
(DS8_5)

I dedicate
a fixed
amount of
time to
catching
up on
news and
stop after
that
(DS8_6)

My urge to
check for
news
hampers
my
productivit
y (DS8_7)

When I
browse
social
media, I
see that
the world
is on fire
(DS8_8)

It is
shocking
how much
depressing
information
is available
online
(DS8_9)

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Bad news
on social
media
reminds of
how
grateful I
am for
what I do
have
(DS8_10)

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End of Block: Doomscrolling Scale Block 8

Start of Block: Demographics

Demo Finally, we have a few short questions about you as a person.

Page Break

Gender What is your gender?

☐ Man (1)

☐ Woman (2)

☐ (3) _____



Age How old are you?



Nation In which country do you currently reside?

▼ Afghanistan (1) ... Zimbabwe (1357)

Page Break



Edu How many years of formal education have you completed, starting with kindergarten? For example, an American high-school graduate would have 13 years of formal education.

Page Break

Display This Question:

If List of Countries = United States of America

Latinx Are you Spanish, Hispanic, or Latino or none of these?

☐ Yes (1)

☐ None of these (2)

Display This Question:

If List of Countries = United States of America

Race Choose one or more races that you consider yourself to be:

☐ White (1)

☐ Black or African American (2)

☐ American Indian or Alaska Native (3)

☐ Asian (4)

☐ Native Hawaiian or Pacific Islander (5)

☐ Other (6) _____

End of Block: Demographics

Start of Block: Conclusion

Thank

Thank you for participating in our study. You have just completed a questionnaire about your social media use and personal background and preferences.

Our research is designed to develop a measurement of obsessive negative news use that occurs on social media, often called "doomscrolling." The purpose of the research is to identify an accurate measurement of this situation, and to assess how it relates to other experiences.

If you have questions or concerns about your participation in the study, please contact the principal investigator, [blinded for peer review].

For more information regarding your rights as a research participant, or to speak with someone not part of the research team, you may contact [blinded for peer review]

Thank you for your time and participation.

End of Block: Conclusion
