

## DOOMSCROLLING SCALE: FOCUS GROUP 4

1

00:00:00.000 --&gt; 00:00:11.969

Researcher3: So, the purpose of this study is to gain a richer understanding of how people use and interpret social media and negative news during events such as pandemics, protests, and elections.

2

00:00:12.599 --&gt; 00:00:17.400

Researcher3: So, we're particularly interested in how people spend time scrolling on bad news on their news feeds.

3

00:00:17.880 --&gt; 00:00:31.290

Researcher3: So, we'll plan to develop a survey measurement based on what is learned from this focus group and several other focus groups as well, so you guys are the fourth ones, the focus groups are the first step in the larger project, which will also include survey studies.

4

00:00:32.490 --&gt; 00:00:46.950

Researcher3: So, we'll go around and get to know each other first and our basically I'll ask questions about you and your social media and then we'll have more in depth discussions about social media and newsfeeds and negativity.

5

00:00:47.670 --&gt; 00:00:57.420

Researcher3: So, can you guys, please tell us about yourself and what year you are and your major, your hometown, so I can start first.

6

00:00:58.320 --&gt; 00:01:17.100

Researcher3: So, my name is Researcher3 and I am from XXXXXXXX. I'm XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX, specifically focusing in XXXXXXXX, so that's it so just to say so, this this discussion is going to be very informal so just feel free to jump in anytime you want to talk.

7

00:01:19.020 --&gt; 00:01:32.880

Participant1: Yeah, so, hi nice to meet you all, my name is Participant1, but you can just call me Participant1 and I'm a XXXXXXXXXXXXXXX major and I'm from XXXXXXXXXXXXXXX.

8

00:01:34.050 --&gt; 00:01:34.740

Participant1: XXXXXXXXXXXXXXX.

9

00:01:36.450 --&gt; 00:01:38.340

Participant1: And yeah that's pretty much it.

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00:01:42.720 --&gt; 00:01:50.910

ParticipantJ: So, I'm ParticipantJ I'm a XXXXXXXXXXXXXXXXXXXX major but I'm actually in the XXXXXXXXXXXXXXXX program also getting a [inaudible].

11

00:01:52.260 --&gt; 00:01:58.320

ParticipantJ: I'm from XXXXXXXXX so not very far away from XXXXXXXX nice to meet you all.

12

00:02:00.690 --&gt; 00:02:01.050

ParticipantJ: OK.

13

00:02:02.310 --&gt; 00:02:03.180

ParticipantJ: Back to Researcher1.

14

00:02:03.840 --&gt; 00:02:10.860

Researcher1: I'm Researcher1, and one of the researchers on this project I'm XXXXXXXXXXXXXXXX in the XXXXXXXXX department and live in XXXXXXXXX.

15

00:02:13.350 --&gt; 00:02:27.120

Researcher2: Hi I'm Researcher2 I'm also one of the researchers on the project I'm XXXXXXXXXXXXXXXX in XXXXXXXXX department at XXXX and originally from XXXXXXXXX but been in XXXXXXXXX for about XXXXXXXXXXXXXXXXXXXX. Nice to meet you all.

16

00:02:30.240 --&gt; 00:02:30.720

Researcher2: Okay.

17

00:02:31.140 --&gt; 00:02:36.870

Researcher3: So, can you tell me about how the COVID-19 pandemic has affected you.

18

00:02:38.220 --&gt; 00:02:41.130

Researcher3: So either of you can just feel free to start.

19

00:02:41.880 --&gt; 00:02:55.380

ParticipantI: Oh, for me well I had XXXXXXXXX back in XXXXXXXXX so for about a week, and it was mild, nothing to fear, but you know, obviously, having to isolate, that affected my.

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00:02:56.430 --&gt; 00:03:06.480

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Participant1: social life, my mental health at times and it wasn't just during that period, too, you know throughout this whole pandemic, especially in the early stages, so last spring, and that some for [inaudible]

21

00:03:08.010 --&gt; 00:03:12.420

Participant1: when stuff wasn't really open and like XXXX shut down for the most part.

22

00:03:14.130 --&gt; 00:03:20.970

Participant1: It you know was hard, one, transitioning to online classes and you know, having to.

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00:03:21.690 --&gt; 00:03:34.650

Participant1: Even just talk to friends and family, you know through zoom or on the phone instead of seeing people in person I'd say that umm just to sum it up its effect on mental health, just because you know the social isolation.

24

00:03:35.820 --&gt; 00:03:43.950

Participant1: And also having to stress about transitioning online to classes it was an adjustment at the beginning, now I'm used to them, but.

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00:03:45.570 --&gt; 00:04:00.540

Participant1: Even, even now, it can be difficult, because many of them are asynchronous and so there's not as much structure, so yeah less academic structure, social isolation, have both contributed to mental health, just you know the experience, I have experienced.

26

00:04:01.680 --&gt; 00:04:21.540

Participant1: You know, like more anxiety, you know, like wondering when things will be more normal and also depression and you know depression, at times, again nothing to fear, but you know it is definitely there when you're socially isolated and you don't get to have the in person interaction as much.

27

00:04:22.650 --&gt; 00:04:25.770

Participant1: So I'd say that's really how it's affected my mental health.

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00:04:29.370 --&gt; 00:04:30.000

Researcher3: Okay.

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00:04:30.870 --&gt; 00:04:38.700

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ParticipantJ: yeah I definitely had a similar situation, it was definitely different at times, so I got XXXX back in XXXX.

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00:04:40.080 --&gt; 00:04:53.700

ParticipantJ: It was definitely harder for me to adjust to staying home and social distancing before I got it rather than after, I started to understand the severity of like how important all these guidelines are after I had it.

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00:04:54.240 --&gt; 00:05:06.180

ParticipantJ: I was fine, I just lost XXXXXXXX pretty [inaudible] made my screen time go up insanely I found myself sleeping and I was way less productive than I was before I got it.

32

00:05:07.200 --&gt; 00:05:18.480

ParticipantJ: Isolation definitely made me want to better myself, as I think it did a lot of other people, and then, once I actually got XXXXXXXX I kind of went on a downward slope.

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00:05:19.140 --&gt; 00:05:28.620

ParticipantJ: But classes haven't really been affected, for me, since I did start out at XXXX in the pace program so I just have not had a in person class yet.

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00:05:29.610 --&gt; 00:05:44.940

ParticipantJ: So I definitely have it way easier than a lot of other students who have to readjust completely, whether it be after a year, two years, three years. I haven't struggled at all, having [inaudible], if anything, it makes it easier for me, because I know what I'm doing already.

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00:05:47.700 --&gt; 00:05:57.090

Researcher3: Seems like really XXXXXXXX it really did affect both of you guys. So other than XXXXXXXX, were there other social events that affected your life this year?

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00:06:01.980 --&gt; 00:06:02.130

ParticipantI: um.

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00:06:03.630 --&gt; 00:06:05.700

ParticipantI: Nothing I can think of yeah I.

38

00:06:06.780 --&gt; 00:06:09.750

ParticipantI: Want to clarify what do you mean exactly just like any.

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00:06:10.680 --&gt; 00:06:15.120

Researcher3: Like other things that was happening around in the United States, or over the.

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00:06:15.120 --&gt; 00:06:18.210

Researcher3: world, are there anything that really impacted you.

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00:06:18.300 --&gt; 00:06:20.160

Researcher3: Last year, or this year.

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00:06:20.940 --&gt; 00:06:26.610

ParticipantI: Um yeah the election season was obviously tense.

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00:06:28.380 --&gt; 00:06:35.370

ParticipantI: Yeah obviously not so much now but yeah I, like the rest of 2020 and even earlier this year, yeah.

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00:06:36.480 --&gt; 00:06:40.890

ParticipantI: Say like political tensions just added to the stress from COVID as well and.

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00:06:42.210 --&gt; 00:06:48.600

ParticipantI: Just other events that was happening, the media reporting on it's not just coping but, like you know the.

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00:06:50.100 --&gt; 00:06:56.820

ParticipantI: there's like you know George Floyd, the incident, so you know just again that kind of goes along with political tensions.

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00:06:58.380 --&gt; 00:06:59.220

ParticipantI: Other than that, though.

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00:07:00.300 --&gt; 00:07:04.440

ParticipantI: it's pretty much it, it's mostly political aspect and then COVID.

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00:07:06.960 --&gt; 00:07:12.150

ParticipantJ: Yeah I would definitely have to agree with anything political, whether it be a movement or the election.

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00:07:13.080 --&gt; 00:07:30.720

ParticipantJ: I have very different political views than all of my roommates and I decided to live randomly this year, so it was definitely interesting keeping up with the news, whether it be sitting in my living room just watching a network and they prefer a different network or they put up.

51

00:07:31.950 --&gt; 00:07:47.160

ParticipantJ: You know, a flag or something supporting their candidate, meanwhile, I supported a different one, it was just very interesting to adjust to having to learn how to talk to other people, while still respecting their opinions.

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00:07:51.300 --&gt; 00:08:05.190

Researcher3: Okay, then, um then, um, can you tell me what you have been doing at home, so I know that both of you guys said that you XXXXXXXX you have guys XXXXXXXXXXXXX but can you tell me what your average day is like these days?

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00:08:07.380 --&gt; 00:08:14.730

ParticipantI: For me, besides typical school work, I will sometimes talk on the phone with family members.

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00:08:16.260 --&gt; 00:08:26.460

ParticipantI: And friends as well, or like zoom with them to do school work and catch up, if I can't meet with them in person, and then other than that.

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00:08:27.570 --&gt; 00:08:35.520

ParticipantI: I do spend a lot of time, you know, on my phone you know playing games or going through social media.

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00:08:37.350 --&gt; 00:08:42.090

ParticipantI: Especially like Instagram, Facebook, and Snapchat. And.

57

00:08:44.460 --&gt; 00:08:50.130

ParticipantI: Also YouTube so watching many things online as well as movies.

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00:08:51.480 --&gt; 00:08:58.650

ParticipantI: And yeah just spending a lot of time, much more time with technology.

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00:09:01.440 --&gt; 00:09:12.210

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ParticipantJ: Yeah mine's definitely similar, I think I went through phases, so in the beginning of quarantine I was very into reading I was reading like a book a week and then I got into TV shows, and then movies.

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00:09:13.320 --> 00:09:21.300

ParticipantJ: But over the summer, I mean I engorged myself into classes, because I figured this is my best time to get classes done my summer credits.

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00:09:21.960 --> 00:09:35.160

ParticipantJ: While I can't hang out with anybody and then fall started and I figured that I might just up my course load, I got a remote internships so basically not much has changed for me.

62

00:09:35.790 --> 00:09:43.440

ParticipantJ: An aspect of staying home, my home life is still very similar I hang out with my roommates and I work a majority of the days.

63

00:09:44.520 --> 00:09:54.300

ParticipantJ: and school work obviously takes up a lot of time, too, it's just basically you can't go out to eat as often there's way less activities that you [inaudible]

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00:09:55.350 --> 00:09:59.880

ParticipantJ: through school extracurricular wise or just for fun with friends.

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00:10:02.160 --> 00:10:04.620

Researcher3: Okay, then I'm adding on top of that.

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00:10:05.280 --> 00:10:08.640

Researcher3: Do you think your social life changed a lot compared to last year?

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00:10:11.340 --> 00:10:21.930

ParticipantI: Um yeah for me it definitely did I just because you know I would definitely you know, if I'm hanging out people with always in person, I never really.

68

00:10:22.380 --> 00:10:36.810

ParticipantI: talked on the phone people much, you know used zoom with them, so, especially in person much all the time, and you know now I do see people in person, sometimes you know I'll take precautions, but.

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00:10:37.890 --&gt; 00:10:52.920

ParticipantI: Not as much for sure, so just as a main thing it's mostly for life is much more virtual now, and through you know also just try to stay connected through social media as well, using that more often.

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00:10:55.380 --&gt; 00:11:02.790

ParticipantJ: I don't think my social life has changed all that much, I wasn't really much of a person to spend a ton of time out at.

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00:11:03.090 --&gt; 00:11:04.230

ParticipantJ: clubs or.

72

00:11:05.520 --&gt; 00:11:17.820

ParticipantJ: At large gatherings. I pretty much keep my circle really small, so I do still allow myself to see friends one, because we all work together, so the office is open to go and.

73

00:11:18.900 --&gt; 00:11:31.740

ParticipantJ: Work in person with your masks on so I know that the people that I'm hanging out with are being as cautious as I am so that to me, I can just walk to them and it'll be a group of about four to five people.

74

00:11:33.300 --&gt; 00:11:48.690

ParticipantJ: The way that I can say it has changed, as I have changed friend groups, there are some people that I don't talk to anymore, there are some people that I never talked to before the pandemic, so, though I have always kept my circle small it's just different people.

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00:11:53.400 --&gt; 00:11:55.560

Researcher3: So you guys both mentioned that you guys do

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00:11:55.560 --&gt; 00:12:06.810

Researcher3: Use social media at lot, so can you tell me what kind of smartphones you use, and do you use smartphones I mean do you use on social media on other devices as well?

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00:12:09.180 --&gt; 00:12:18.990

ParticipantI: For me it's always on my phone and mostly you oh my mobile device you're asking about, the iPhone seven.

78

00:12:22.740 --&gt; 00:12:27.600



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ParticipantJ: Yeah I have the iPhone 10S I believe 10 or 10S, I don't really know the difference.

79

00:12:28.770 --> 00:12:39.120

ParticipantJ: If I'm using a different device, I really only use my laptop for Twitter or YouTube, or I watch YouTube on my TV, typically it's mainly on my phone.

80

00:12:41.700 --> 00:12:52.860

Researcher3: Okay, then, can you guys tell me, when you use social media, how long do you use it for, and can you describe like your daily social media usage routines?

81

00:12:54.570 --> 00:12:55.260

ParticipantI: For me.

82

00:12:56.640 --> 00:13:00.030

ParticipantI: It's not all the time, but I'd say total like.

83

00:13:01.500 --> 00:13:04.560

ParticipantI: 20-30 minutes a day and I'll check on it just.

84

00:13:07.140 --> 00:13:14.550

ParticipantI: I don't know, maybe like three times a day, I like to usually once in the morning, sometimes in the afternoon, and then before bed.

85

00:13:17.010 --> 00:13:28.800

ParticipantJ: I am on the complete other side of the spectrum, I definitely check my phone for at least an hour once I wake up before doing anything else. I'm constantly checking Snapchat.

86

00:13:29.610 --> 00:13:38.460

ParticipantJ: If I have nothing else to do I'll just go through my Twitter and Instagram feed over and over and over again until I realized that I'm seeing the same thing over and over and over again.

87

00:13:40.350 --> 00:13:54.240

ParticipantJ: In regards to TikTok per se, because it's gotten really popular in the past year I'm definitely on TikTok when I get on to TikTok it's so easy to just keep scrolling through video after video because they are only 10 to 60 seconds.

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00:13:54.540 --&gt; 00:13:58.980

ParticipantJ: So I could get immersed in that app for hours on end if I don't catch myself.

89

00:14:01.620 --&gt; 00:14:08.700

Researcher3: So all right, can you guys tell me if there are any ways that you use social media that's like not that typical?

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00:14:11.940 --&gt; 00:14:14.640

ParticipantI: Well, I guess I'm one, one thing is.

91

00:14:16.410 --&gt; 00:14:33.300

ParticipantI: I just use it like to see what people are doing but I've actually like I've never posted anything on Instagram or Snapchat and only a few things on Facebook, so I don't actually do anything myself. I just look and see what other people are doing so, I think that would be atypical.

92

00:14:35.730 --&gt; 00:14:43.770

ParticipantJ: Yeah I don't post much myself either, if I post something it's typically a vacation or a celebration of some kind.

93

00:14:44.940 --&gt; 00:14:52.200

ParticipantJ: I usually look at what other people are posting or if it's on Twitter I typically retweet people's tweets instead of my own words.

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00:14:53.280 --&gt; 00:14:58.530

ParticipantJ: I definitely use Twitter as a political platform, by checking the trending and the news.

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00:14:58.560 --&gt; 00:15:05.790

ParticipantJ: Instead of watching the news on TV, so I don't know if other people do that or not that's just something that I use Twitter for.

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00:15:07.740 --&gt; 00:15:11.400

Researcher3: Okay, then what kind of social media accounts, do you guys follow?

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00:15:13.470 --&gt; 00:15:15.390

ParticipantI: Um, for me it's just.

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00:15:17.820 --&gt; 00:15:29.220

ParticipantI: I don't I don't follow any like political figures or any celebrities, mostly just friends, people I know and that really applies for all social media, and for Twitter I forgot to mention that one.

99

00:15:30.810 --&gt; 00:15:34.560

ParticipantI: I do follow like on there it's pretty much just.

100

00:15:36.990 --&gt; 00:15:39.330

ParticipantI: yeah I will give it like people I work with there and.

101

00:15:40.350 --&gt; 00:15:46.710

ParticipantI: yeah and like Facebook I also follow some family members, but as people I know pretty much and that's it.

102

00:15:48.330 --&gt; 00:16:02.490

ParticipantJ: Yeah mine differs per platform, like Instagram, Snapchat, Facebook, I only have friends and family same with like LinkedIn but I don't know if I consider LinkedIn more of a professional platform than a social media.

103

00:16:03.390 --&gt; 00:16:19.200

ParticipantJ: Twitter, I definitely focus more on famous people, I want to see comedians and celebrities. I, it's just my way of keeping up with them so I'd rather keep that platform separate than the platforms that I have my friends on.

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00:16:21.540 --&gt; 00:16:29.520

Researcher3: Okay, then umm now speaking of news, how do you guys get to news, do you think you guys search for it or does news find you.

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00:16:31.170 --&gt; 00:16:38.040

ParticipantI: I pretty much always search for it, and I forget to mention this too, on Twitter specifically I'll look.

106

00:16:39.180 --&gt; 00:16:48.180

ParticipantI: On sometimes to see what's trending and just also sometimes I'll get notifications too about if something major has happened.

107

00:16:49.440 --&gt; 00:17:04.080

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ParticipantI: But yeah usually, for sometimes it comes to me in that aspect other times I will actually just go online and you know, try to get updated politically so that's an example of me finding it.

108

00:17:06.210 --&gt; 00:17:10.680

ParticipantJ: I definitely think it finds me, unless I know about an event happening.

109

00:17:12.150 --&gt; 00:17:24.180

ParticipantJ: I typically learn things from my timeline and then, if I really am interested in it I'll go through the thread or I'll look it up online or on Twitter just to see what other people are saying about it.

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00:17:27.000 --&gt; 00:17:37.260

Researcher3: Okay, then um what are your thoughts about balance of bad and good news in the last year. How is it covered, and how does it appear on social media?

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00:17:38.880 --&gt; 00:17:52.890

ParticipantI: Teah for this, I think it's definitely too negative too much fear mongering, you know about the virus, I think, and that's one of the reasons why I don't, why I avoid watching TV and.

112

00:17:54.420 --&gt; 00:18:04.230

ParticipantI: You know, like mainstream news stations, because I think, from what I've heard it's just very negative and just.

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00:18:05.640 --&gt; 00:18:14.730

ParticipantI: Very I think you know, trying to fearmonger and I think it's not always talking as much about, you know, positive.

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00:18:16.680 --&gt; 00:18:22.260

ParticipantI: what's happening that's positive so yeah just negativity, I think if that's how I feel about it.

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00:18:26.130 --&gt; 00:18:45.210

ParticipantJ: Yeah I would say it's definitely negative, but I think it has its positive [inaudible], like the most I learned from social media in the beginning of quarantine for example I learned everything about the Black Lives Matter movement over social media before moving to the news.

116

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00:18:47.760 --> 00:18:55.140

ParticipantJ: in regards to like the election I [inaudible] opinions I like learning off of other people all that stuff.

117

00:18:56.280 --> 00:18:59.100

ParticipantJ: Though it is negative, I think it has its positives, like.

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00:19:00.870 --> 00:19:07.800

ParticipantJ: Throughout the election people were saying why can't we all just respect each other's opinions and whatnot.

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00:19:08.280 --> 00:19:22.080

ParticipantJ: So, though people have differing opinions I think social media has been a good way in uniting people, even though it has divided people at the same time, I have definitely seen it unite people, even though most people probably would say the opposite.

120

00:19:25.020 --> 00:19:35.490

Researcher3: Okay, so, then, how do you feel when you see those bad news on social media, like maybe your first physical or like mental responses, can you describe?

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00:19:37.170 --> 00:19:38.520

ParticipantI: I just usually feel.

122

00:19:39.660 --> 00:19:47.940

ParticipantI: Anxious and want to avoid it and think about something else so that's my reaction analysis to avoid it.

123

00:19:49.020 --> 00:19:52.320

ParticipantI: And not think about it, think about something else.

124

00:19:54.000 --> 00:20:04.710

ParticipantJ: Yeah I'm the opposite, I call my parents immediately, I call somebody who has the same opinion as me, and I definitely rant about it for a solid half hour at least.

125

00:20:05.250 --> 00:20:17.970

ParticipantJ: I definitely like the reinforcement of somebody having the same opinion as me so it might not even be to solve the solution or anything, it's just literally to talk about the topic itself at hand.

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126

00:20:21.030 --&gt; 00:20:24.630

Researcher3: Okay, so Participant1 you said that you kind of avoid it.

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00:20:25.740 --&gt; 00:20:26.370

Researcher3: So.

128

00:20:29.160 --&gt; 00:20:34.560

Researcher3: Okay, so um, how do you deal like with those negative feelings, other than avoiding?

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00:20:35.520 --&gt; 00:20:36.930

Researcher3: Are there other actions?

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00:20:36.990 --&gt; 00:20:38.220

Researcher3: or like.

131

00:20:39.720 --&gt; 00:20:41.730

Researcher3: actions that you take to deal with it?

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00:20:42.390 --&gt; 00:20:51.420

Participant1: Right. Um nothing particularly I just you know, sometimes I'll look at other stuff on social media media or.

133

00:20:53.280 --&gt; 00:21:02.370

Participant1: I mean again it doesn't affect me too much, but it's just something it's a preference, I mean I don't I feel like I just don't see a point.

134

00:21:03.330 --&gt; 00:21:11.280

Participant1: And because I feel like you know if I do look at it too long, maybe you like you know, keep looking at that kind of stuff, I think, then it would impact me.

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00:21:12.360 --&gt; 00:21:20.430

Participant1: But now I mean usually if I just go do something, do something else and look at something else, then it doesn't really do much else so.

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00:21:23.760 --&gt; 00:21:26.430

Researcher3: Then um, so how do you.

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00:21:27.690 --&gt; 00:21:32.490

Researcher3: So how is news on social media helpful or hurtful to both of you?

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00:21:34.500 --&gt; 00:21:35.250

ParticipantI: Well I'd say.

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00:21:36.990 --&gt; 00:21:39.360

ParticipantI: helpful, I mean umm you know it's good to stay informed.

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00:21:40.410 --&gt; 00:21:43.800

ParticipantI: So on major things happening, so that's positive.

141

00:21:45.360 --&gt; 00:21:46.080

ParticipantI: and

142

00:21:47.130 --&gt; 00:21:55.230

ParticipantI: You know it's more accessible and quicker as well, then like having to like search for it online so definitely gets, gets me informed efficiently.

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00:21:57.930 --&gt; 00:22:07.590

ParticipantI: But, again, I guess the only negative it's just sometimes it's like if it's something like about something negative, then you know.

144

00:22:08.970 --&gt; 00:22:11.940

ParticipantI: It can, it can be hard to want to you know continue.

145

00:22:13.230 --&gt; 00:22:16.200

ParticipantI: You know, looking I get the news so.

146

00:22:17.310 --&gt; 00:22:18.120

that's just for me.

147

00:22:20.310 --&gt; 00:22:29.700

ParticipantJ: It's really helpful seeing all the other opinions, other than mine, I am very open minded, so I really like seeing what other people have to say, and why they believe what they believe.

## DOOMSCROLLING SCALE: FOCUS GROUP 4

148

00:22:30.360 --&gt; 00:22:45.090

ParticipantJ: But I believe that can be hurtful to it's definitely hurt friendships that I've seen people have it's definitely divided us politically. Everything has turned political in this country.

149

00:22:46.650 --&gt; 00:22:50.790

ParticipantJ: So social media has definitely played a very big part in that, considering.

150

00:22:52.380 --&gt; 00:23:06.450

ParticipantJ: Any argument that you have you're either a Democrat or a Republican and a lot of people are not okay with other people having different opinions they are close minded so it's definitely a win lose situation.

151

00:23:09.240 --&gt; 00:23:18.960

Researcher3: Okay, then um regarding finding news on social media and doing social media how how much control, do you think you have you have over using social media?

152

00:23:20.940 --&gt; 00:23:35.310

ParticipantI: I think that I have good self, control, I mean I don't do it too long, you know I would say really control of my life it's just something I can have full control over when I want to check on it.

153

00:23:36.360 --&gt; 00:23:36.930

ParticipantI: And when I want to give.

154

00:23:39.360 --&gt; 00:23:56.250

ParticipantJ: I have some self-control, not too much when it's free time, I could definitely get lost in it for a very long time, but I do know, however, that I have like motivation for school and work, if I have something to do, I can grab myself and pull myself out of that.

155

00:23:59.790 --&gt; 00:24:01.320

Researcher3: Okay, then,

156

00:24:02.370 --&gt; 00:24:14.310

Researcher3: So you said a YouTube look at a lot of news on social media, ParticipantJ, then um, how do you often follow up with topics, so do you use like apps, I mean notifications, or...

157



## DOOMSCROLLING SCALE: FOCUS GROUP 4

00:24:15.360 --> 00:24:22.830

ParticipantJ: So I actually don't have any notifications on for any social media that way I can go on whenever I want to instead of being drawn into it.

158

00:24:24.480 --> 00:24:32.760

ParticipantJ: My family is very up to date and we do have a family group chat so usually, when I look at something it's because one of my parents or one of my siblings.

159

00:24:32.970 --> 00:24:40.110

ParticipantJ: sends it in our group chat and they're like hey check out this article, or they could send the link to a tweet and I'll go through the thread.

160

00:24:42.000 --> 00:24:52.320

ParticipantJ: I just am interested in that stuff so once I look at maybe that first tweet that they send in our group chat I could go through all of the trending about anything that has to do with that topic.

161

00:24:55.710 --> 00:24:57.810

Researcher3: So do you think you,

162

00:24:58.920 --> 00:25:05.640

Researcher3: on that topic you roll over to next topic, and then it kind of you end up reading all the news or...

163

00:25:06.480 --> 00:25:18.750

ParticipantJ: Yeah but definitely happens sometimes if for a topic I'll look about anything that relates to it or other people's tweets or like what they're thinking of.

164

00:25:19.500 --> 00:25:29.640

ParticipantJ: If I'm not really interested in it, though I'll probably just read through it really quickly, just so I can continue the conversation with maybe my family members or anybody that sent it to me. It really just [inaudible].

165

00:25:33.420 --> 00:25:38.220

Researcher3: Okay, what about you, ParticipantI do you use like notification to follow up with news, or...

166

00:25:39.900 --> 00:25:49.050

## DOOMSCROLLING SCALE: FOCUS GROUP 4

Participant1: I'm not particularly although sometimes I get notifications, but most of the time I'll go on, you know consciously and just.

167

00:25:50.490 --> 00:25:51.480

Participant1: See what's trending.

168

00:25:52.950 --> 00:26:01.170

Participant1: Or you know come across something on social media yeah but I don't go out of my way, I don't like set notifications to like you know.

169

00:26:01.560 --> 00:26:14.850

Participant1: remind me, like you know about news, just because I don't always feel like the urgent need to know about something right away, I can just go and look at it, on my own time.

170

00:26:16.470 --> 00:26:16.890

Researcher3: Okay.

171

00:26:17.490 --> 00:26:24.360

Researcher3: Then, when do you typically like, share, or forward the content that is very interesting to you?

172

00:26:26.940 --> 00:26:27.780

Participant1: Um.

173

00:26:29.130 --> 00:26:34.560

Participant1: I don't really share any like or forward any content actually.

174

00:26:36.810 --> 00:26:37.650

Participant1: I just look at it.

175

00:26:38.670 --> 00:26:40.470

Participant1: And, you know.

176

00:26:41.880 --> 00:26:50.580

Participant1: Keep it to myself. I'm not, you know if I see something I don't think I really like, you know, forward it to a friend or a family member.

## DOOMSCROLLING SCALE: FOCUS GROUP 4

177

00:26:52.560 --&gt; 00:27:04.860

ParticipantJ: Yeah typically I will not share it on my page or anything that has to do with my name, unless it's factual and unbiased and I know that I can't get any repercussions for posting it.

178

00:27:05.340 --&gt; 00:27:17.730

ParticipantJ: However, I will send a link to pretty much any family member that I have, any friends that I'm close enough with that either have the same views as me or I can openly have a discussion with them.

179

00:27:18.360 --&gt; 00:27:22.530

ParticipantJ: Just because I feel comfortable with them, and I think it's important to talk about that stuff.

180

00:27:25.710 --&gt; 00:27:35.280

Researcher3: Okay, then when do you become fixated at bad news, or when and how do you think that tends to occur?

181

00:27:38.880 --&gt; 00:27:40.500

ParticipantI: Um, I don't really get fixated.

182

00:27:41.880 --&gt; 00:27:49.830

ParticipantI: For me again it's just if I you know see it I'll try to avoid it or just try to avoid in first place, not, not pay much attention but.

183

00:27:50.940 --&gt; 00:27:55.140

ParticipantI: I guess it's not really something I have to like deal with I just, I just ignore it.

184

00:27:58.230 --&gt; 00:28:08.850

ParticipantJ: No, I definitely get fixated on specific topics. I was definitely an advocate for Black Lives Matter when it was a big movement back in May.

185

00:28:09.900 --&gt; 00:28:24.330

ParticipantJ: Anything I think that maybe treats a group unfairly or something like that I definitely get fixated and I definitely do a crap ton of research on it, I, I get really into it, I tell everybody about it, um.

186

00:28:25.020 --&gt; 00:28:34.170

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantJ: I, it's just something where I don't know if it's like my morals, or what but if I'm really interested in something like I will become an advocate for it.

187

00:28:35.940 --&gt; 00:28:43.890

Researcher3: So, can you tell me more about the process like how you get exposed to one news and how you respond to get fixated.

188

00:28:45.210 --&gt; 00:28:45.990

Researcher3: From the beginning.

189

00:28:46.080 --&gt; 00:28:52.080

ParticipantJ: Oh, when I lived at home over quarantine for example, or even back in high school before I moved to Gainesville.

190

00:28:52.800 --&gt; 00:29:06.240

ParticipantJ: I would watch NBC nightly news with my parents every night so I've always definitely been really informed and I've always been interested in what's happening on a day to day basis, whether it be just in the US or worldwide in general.

191

00:29:07.620 --&gt; 00:29:19.800

ParticipantJ: My dad is a big advocate for Twitter, he I think is the one that got me on to it, where it's important to see other people's opinions and Twitter's a really informal way of sharing news and stuff, so.

192

00:29:20.280 --&gt; 00:29:33.900

ParticipantJ: I like going to Twitter, rather than the news. I know he does both, but I prefer going to Twitter, because it is an informal way and it definitely states things in a way that the news wouldn't, were that's really formal.

193

00:29:35.490 --&gt; 00:29:43.590

ParticipantJ: Twitter is definitely biased, but I like that it's biased in a way that I can see all the other people's views.

194

00:29:45.150 --&gt; 00:29:48.990

ParticipantJ: So I definitely jump from thing to thing to thing.

195

00:29:50.550 --&gt; 00:29:52.920

ParticipantJ: But I, you know, do my research first.

## DOOMSCROLLING SCALE: FOCUS GROUP 4

196

00:29:55.470 --&gt; 00:30:01.560

Researcher3: Then um so what situations prompt you to engage with bad news on social media?

197

00:30:05.520 --&gt; 00:30:06.270

Participant1: Um,

198

00:30:08.160 --&gt; 00:30:14.970

Participant1: nothing really just I'm, if I'm curious about what's happening I'll go on and come across it, but I don't really.

199

00:30:17.040 --&gt; 00:30:20.640

Participant1: feel motivated I don't like seek it out, so like.

200

00:30:22.470 --&gt; 00:30:23.910

Participant1: I don't know, does that answer it?

201

00:30:25.200 --&gt; 00:30:25.410

Participant1: Oh.

202

00:30:25.440 --&gt; 00:30:35.070

Researcher3: So, can you, then, can you tell me when you want to search for some type of information, and can you tell me like your own process of how you do it?

203

00:30:35.790 --&gt; 00:30:37.140

Participant1: Oh yeah more.

204

00:30:37.170 --&gt; 00:30:38.460

Researcher3: phone or Internet.

205

00:30:39.120 --&gt; 00:30:42.090

Participant1: yeah Internet like Twitter I'll see what's trending.

206

00:30:43.620 --&gt; 00:30:49.290

Participant1: or see like you know just Facebook, Instagram posts. Internet, though, I just go and search for.

## DOOMSCROLLING SCALE: FOCUS GROUP 4

207

00:30:50.880 --&gt; 00:30:52.200

ParticipantI: current events.

208

00:30:56.550 --&gt; 00:30:57.840

ParticipantJ: yeah the study's definitely [inaudible]

209

00:30:58.950 --&gt; 00:31:06.570

ParticipantJ: to reflect on how I use all of this because, looking back, I definitely have started using Twitter as a search engine instead of maybe Google.

210

00:31:07.770 --&gt; 00:31:14.940

ParticipantJ: Just because it's not like an organization as a whole, giving their information it's just one person with their independent thoughts.

211

00:31:17.130 --&gt; 00:31:34.080

ParticipantJ: I don't necessarily search for the bad news or negative news on social media, it just so happens when something is talked about that much, it just floods like your timeline or your feed, so definitely just comes to me, and then I get drawn in.

212

00:31:36.720 --&gt; 00:31:47.040

Researcher3: So, you said you jump over, like over the place, to read venues, then, how do you stop reading the news feeds? Like do real like realize when you stop?

213

00:31:53.250 --&gt; 00:31:53.640

ParticipantI: Oh me.

214

00:31:56.610 --&gt; 00:31:56.850

ParticipantI: Oh.

215

00:31:57.360 --&gt; 00:32:00.330

Researcher3: Well, anyone can go, any one of you can go.

216

00:32:00.720 --&gt; 00:32:02.910

ParticipantI: Okay um yeah for me it was just um.

217

00:32:04.830 --&gt; 00:32:15.090

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantI: I just say, like, I mean I'm gonna go on for like five minutes or something and then stop so I just like already like dedicate a certain amount of time to it, so I don't get really.

218

00:32:16.440 --&gt; 00:32:16.950

sucked in.

219

00:32:18.570 --&gt; 00:32:21.480

ParticipantJ: Yeah I don't dedicate a certain amount of time I think it's.

220

00:32:22.380 --&gt; 00:32:28.140

ParticipantJ: My mental capacity, whatever I think I can handle at the moment, maybe I'll go back and read about it later.

221

00:32:28.470 --&gt; 00:32:44.580

ParticipantJ: Or you know call somebody about it at a later time but it's pretty much once I know what's going on, I can take time to absorb it and think about it, and then go back to it, maybe if I'm interested enough, but if I'm not interested enough I would probably just drop the topic.

222

00:32:47.670 --&gt; 00:32:52.020

Researcher3: Okay, so have you guys heard of the term doomscrolling before?

223

00:32:52.980 --&gt; 00:32:53.850

ParticipantJ: I have not, no.

224

00:32:56.550 --&gt; 00:32:57.480

Researcher3: Have you ParticipantI.

225

00:32:58.440 --&gt; 00:32:59.160

ParticipantI: I have not.

226

00:33:00.630 --&gt; 00:33:14.520

Researcher3: Okay, so doomscrolling is the act of like consuming a large quantity of negative news at once, so you're constantly scrolling down on your social media feeds or on Internet, seeking for that certain topic.

227

00:33:14.850 --&gt; 00:33:21.060

## DOOMSCROLLING SCALE: FOCUS GROUP 4

Researcher3: Just constantly doing it, getting lost and lost track of time, so that's called doomscrolling.

228

00:33:22.470 --> 00:33:33.570

Researcher3: So, since you both of you guys are not familiar with the term, like do you think you do it? Do any of your friends do it? Or your family does it?

229

00:33:35.730 --> 00:33:48.930

Participant1: um well I think yeah I definitely have family, friends, who do it and I used to do it, but again, you know I stopped doing that, just because I found that it, it would affect my mental health and cause me stress, so.

230

00:33:50.100 --> 00:33:51.450

Participant1: I just stopped.

231

00:33:52.470 --> 00:33:58.380

Researcher3: Can you, then, can you tell me about the instance where you did a doomscrolling, in detail?

232

00:33:59.340 --> 00:34:06.420

Participant1: yeah just um you know, looking something up and just constantly seeing.

233

00:34:07.560 --> 00:34:15.270

Participant1: You know news about COVID like say I'm looking up like what how long when would it and, like how long will it last and some people, you know.

234

00:34:16.320 --> 00:34:24.450

Participant1: Say it's 2021 some people say year for years, for instance, and you know how soon you know earlier like you know when would a vaccine come,

235

00:34:25.380 --> 00:34:40.860

Participant1: or like you know how many deaths, what's the projected number of deaths, you know, by the time it's all over, and so I'm looking up all this stuff and all these sources have a, you know bleak outlook, which you know, is for good reason, but it's just.

236

00:34:42.900 --> 00:34:47.640

Participant1: And I know it's important to stay informed, but it definitely is just.

237



## DOOMSCROLLING SCALE: FOCUS GROUP 4

00:34:48.750 --> 00:34:55.020

Participant1: It can be stressful, you know I remember feeling very stressed like you know the social isolation, I was.

238

00:34:56.430 --> 00:35:13.410

Participant1: experiencing, you know and just the number of people, you know number of victims, you know I'm saying and the all that and, like how we are like compared to other countries, you know and we're much worse off it just.

239

00:35:14.880 --> 00:35:15.390

Participant1: gets.

240

00:35:16.500 --> 00:35:21.720

Participant1: It gets depressing and and it's like you know, then I, I guess, I think about it, I would get.

241

00:35:22.860 --> 00:35:29.520

Participant1: kind of like not as motivated to do stuff without like, I would use to like stew on that, though.

242

00:35:31.020 --> 00:35:39.630

Participant1: So, yeah it was just, just the anxiety caused and you know that's why I stopped I, like you know gradually did it less and less.

243

00:35:40.080 --> 00:35:51.660

Participant1: And that's you know part of the reason why I only go on for a certain amount of time I don't look at everything all at once, so I did that. Did you have like another question or.

244

00:35:52.380 --> 00:35:55.500

Researcher3: yeah on then, can you tell me how long it lasted.

245

00:35:55.980 --> 00:35:59.760

Researcher3: And when it kind of like it you thought you wanted to stop?

246

00:36:00.240 --> 00:36:05.610

Participant1: yeah I'm toward the early part of pandemic I'd say, wrestle [inaudible].

247

00:36:06.330 --> 00:36:11.370

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantI: Last spring, was at school, sometimes around the summer and I just.

248

00:36:13.230 --> 00:36:15.180

ParticipantI: figured you know getting kind of.

249

00:36:16.740 --> 00:36:32.310

ParticipantI: down, as I figured you know the pandemic would last a lot longer, many people would get more sick or die from it, and so I decided that you know going into early part of summer, but especially going to like last, last fall semester, you know I want to be able to focus on school.

250

00:36:33.660 --> 00:36:35.790

ParticipantI: And you know focus on.

251

00:36:36.090 --> 00:36:51.840

ParticipantI: You know continually making the best of the situation like trying to say maintain social contact with you know, friends and family and then do well in school so I'd say around fall, that's lasted a few months.

252

00:36:52.050 --> 00:36:54.030

Researcher3: spring and summer and then provide time.

253

00:36:54.030 --> 00:36:57.750

ParticipantI: For I want to I gradually stop.

254

00:36:59.430 --> 00:36:59.640

yeah.

255

00:37:02.010 --> 00:37:09.090

Researcher3: Okay, then what about you ParticipantJ, do you think you doomscroll or do you think your friends or your family doomscroll?

256

00:37:10.170 --> 00:37:22.470

ParticipantJ: Absolutely, I think I do I think every one of my family members do, I think probably a majority of my friends do, it's just so easy to click the next thing. It's so easy to get into.

257

00:37:23.460 --> 00:37:34.020

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantJ: a basically black hole of clicking on different people's profiles or going through a thread or something like that it's like if you're really that interested in it yeah you don't want to stop.

258

00:37:35.370 --&gt; 00:37:47.130

ParticipantJ: I definitely do that, for example, like when the Jeffrey Epstein documentary came out on Netflix, I binged it in one sitting, and then I turned to social media and everybody else was talking about it.

259

00:37:48.720 --&gt; 00:37:58.650

ParticipantJ: I had my family watch it I had my friends watch it. The List came out and every everybody was talking about it, so it was so easy to just like in gorge yourself in that one topic.

260

00:38:01.410 --&gt; 00:38:08.550

Researcher3: Then, what about your family, did you did you see any like your, any of your friend or family member doing it in person?

261

00:38:09.600 --&gt; 00:38:10.320

ParticipantJ: Absolutely.

262

00:38:11.910 --&gt; 00:38:18.240

ParticipantJ: Well, my family, in particular, I know we all have a very addictive personality and we're all really similar in that way.

263

00:38:19.650 --&gt; 00:38:28.350

ParticipantJ: I like the things that I'm really similar to my friends, I know that what they look up is probably different, but I know that they track themselves in that habit, too.

264

00:38:30.060 --&gt; 00:38:36.930

Researcher3: So, then, do you think you still do it, or did you stop doing doomscrolling? Or how do you stop doomscrolling?

265

00:38:38.340 --&gt; 00:38:54.360

ParticipantJ: So I definitely do it, I think I do it unconsciously, it's just a habit at this point. When I did have COVID and I quarantined for those 14 days alone in my apartment, I definitely caught myself going on social media for like.

266

00:38:55.380 --&gt; 00:39:06.900

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantJ: 20 hours of the day it was, like all I was doing and it got to a point where it wasn't that I necessarily wanted to stop doing it, it was just I'm getting so bored of doing this, so.

267

00:39:07.620 --&gt; 00:39:20.520

ParticipantJ: When it was, you know, isolation and quarantining and there was literally nothing else to do, I definitely took a step back and was like maybe I should pick up a book or go for a run or something like that.

268

00:39:21.330 --&gt; 00:39:28.260

ParticipantJ: But I get trapped in it so much more now, again, because life is slowly but surely getting back to normal.

269

00:39:29.430 --&gt; 00:39:37.320

ParticipantJ: there's a mass mandate, but it doesn't mean that you can't go sit at a restaurant or go shopping or something like that, when that wasn't an option back in the summer.

270

00:39:39.510 --&gt; 00:39:48.720

Researcher3: And for both of you, do you think some specific social media like platform is easier to do doomscroll, and can you tell me why?

271

00:39:50.400 --&gt; 00:39:52.470

ParticipantI: Oh, for me, definitely Twitter.

272

00:39:54.000 --&gt; 00:39:54.690

ParticipantI: I think there's, uh,

273

00:39:55.710 --&gt; 00:40:05.880

ParticipantI: More political activity and discourse on there and more like political news, or what it seems like, and.

274

00:40:07.380 --&gt; 00:40:08.460

ParticipantI: yeah it's easy.

275

00:40:09.960 --&gt; 00:40:16.920

ParticipantI: To scroll through all these posts, especially you go under trending and there's all this stuff and it's just and then you keep refreshing and it's more and more.

276

## DOOMSCROLLING SCALE: FOCUS GROUP 4

00:40:18.330 --> 00:40:30.480

ParticipantI: Though, and you want to keep updated I mean, I find that it was not my Facebook for me wasn't as active all time. Twitter, though.

277

00:40:31.890 --> 00:40:40.770

ParticipantI: It was always constantly updates on things, and you only you want to stay updated, I want to stay updated so I would stay on there for a while.

278

00:40:43.350 --> 00:40:51.360

ParticipantJ: In my case it's TikTok, it's absolutely TikTok and I think it's because when you go on your For You Page it's not necessarily a feed or a timeline.

279

00:40:51.750 --> 00:40:57.120

ParticipantJ: You don't have to follow a single person on your For You Page and it'll just keep feeding you video after video after video.

280

00:40:58.110 --> 00:41:09.510

ParticipantJ: And it will never end. When it comes to other feeds on other platforms it's people you follow, so it does end eventually but TikTok it just keeps feeding it to you, so I could sit on there for hours and hours.

281

00:41:11.790 --> 00:41:15.240

Researcher3: And then, when do you stop doomscrolling in that platform?

282

00:41:16.350 --> 00:41:31.170

ParticipantJ: I think once I get bored of it, once I see the same trend over and over again, it does take a while for me to get bored of it, but once I am like hmm I'm hungry, or I have plans, or maybe I should get out of bed.

283

00:41:31.890 --> 00:41:35.550

ParticipantJ: It's definitely like my wake up call, otherwise I would be able to sit on it forever.

284

00:41:37.050 --> 00:41:39.270

Researcher3: Okay, so um.

285

00:41:40.740 --> 00:41:41.400

Researcher3: um.

286

## DOOMSCROLLING SCALE: FOCUS GROUP 4

00:41:42.600 --> 00:41:51.870

Researcher3: So, do you get hung up in more visual content than text, do you think is like visual more easier to doomscroll than text or vice versa?

287

00:41:52.950 --> 00:42:01.650

ParticipantJ: I think video for me it's definitely easier because it's visually pleasing. I'm a kinesthetic learner so doing things is how I learn.

288

00:42:03.030 --> 00:42:11.880

ParticipantJ: To talk is like dances or they're moving around a lot or something like that, like you're very interactive so I definitely get lost in that a lot.

289

00:42:15.360 --> 00:42:20.190

Researcher3: What about you, ParticipantI, do you think you get more hung up on more visual content than text?

290

00:42:21.810 --> 00:42:26.820

ParticipantI: Umm actually I feel like I get more hung up on text just because I just can scan over it.

291

00:42:27.660 --> 00:42:28.200

ParticipantI: As just.

292

00:42:28.350 --> 00:42:32.550

ParticipantI: Like more efficient for me um and.

293

00:42:33.780 --> 00:42:47.430

ParticipantI: Yeah I mean I just keep reading and reading, and so I can I get hooked on it quicker, you know as I'm like scanning over stuff. So for me it's text.

294

00:42:48.390 --> 00:42:55.530

Researcher3: Okay, so um, what would you what would improve your experience on social media for both of you?

295

00:42:58.260 --> 00:43:02.640

ParticipantI: For me, I think I just you know, focusing more on you know.

296

00:43:04.410 --> 00:43:10.410

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantI: What, what more on positive content or just focusing like I'm.

297

00:43:11.610 --> 00:43:32.940

ParticipantI: Not so much like on COVID or politics, but just more like positive stuff, like friends, family, stuff that they're experiencing and plus you know it's also would help me, you know stay more connected with them, so I just feel like that's a healthier approach for me is just.

298

00:43:34.590 --> 00:43:35.340

ParticipantI: You know.

299

00:43:36.840 --> 00:43:47.700

ParticipantI: Now, focusing on the negative stuff and also the stuff I can't control, but more like on people in my personal life, and you know the good things that they're experiencing.

300

00:43:51.450 --> 00:43:55.920

ParticipantJ: Social media, for me, would definitely be a lot better if there wasn't so much pressure from society.

301

00:43:57.540 --> 00:44:09.840

ParticipantJ: Like Instagram and Snapchat is all pictures and videos so it's so important that you get so many likes and so many views and everybody comments how great you look, I wish it was not like that.

302

00:44:10.710 --> 00:44:18.450

ParticipantJ: I wish you could post what you wanted without feeling judged or too much pressure from anybody else to be what they want you to be instead of yourself.

303

00:44:18.870 --> 00:44:23.940

ParticipantJ: I think that's why I like Twitter so much because it's all words Twitter is definitely.

304

00:44:24.510 --> 00:44:32.910

ParticipantJ: I there's like a phrase I don't remember it exactly but it's like Twitter's for comedians like you have a great personality if you're great on Twitter, whereas Instagram it's all looks.

305

00:44:33.510 --> 00:44:42.300

## DOOMSCROLLING SCALE: FOCUS GROUP 4

ParticipantJ: And I wish it was all personality everywhere, instead of looks because the reason I don't post is because I don't want to give in to society's pressure.

306

00:44:42.600 --&gt; 00:44:55.530

ParticipantJ: and constantly check to see if I'm getting as many likes, as I want instead of just being like yeah this was cool I want everybody to see that I did this, like I just thought it was funny. I really wish there was less pressure.

307

00:44:57.240 --&gt; 00:45:07.830

Researcher3: Okay, so this is your last question. So what do you think your social media experience will be like in the rest of 2021, compared to maybe last year?

308

00:45:10.020 --&gt; 00:45:12.030

ParticipantI: I think for me I'll just.

309

00:45:14.100 --&gt; 00:45:23.220

ParticipantI: You know continue my approach you know, make sure you know I don't use it too much, though, you know, keep that under control.

310

00:45:24.480 --&gt; 00:45:25.230

ParticipantI: And just.

311

00:45:26.910 --&gt; 00:45:28.980

ParticipantI: You know, know when to take breaks.

312

00:45:30.390 --&gt; 00:45:30.960

ParticipantI: and

313

00:45:32.880 --&gt; 00:45:35.160

ParticipantI: Also yeah just.

314

00:45:36.360 --&gt; 00:45:40.710

ParticipantI: kind of focus on what I want to focus on, on those social media.

315

00:45:41.820 --&gt; 00:45:43.290

ParticipantI: So that's how I plan to approach it.

316



## DOOMSCROLLING SCALE: FOCUS GROUP 4

00:45:46.470 --> 00:45:49.170

ParticipantJ: I don't plan on changing anything that I do with social media.

317

00:45:52.080 --> 00:45:56.160

ParticipantJ: [Inaudible] Not change anything, I know that it will gradually change over time, inevitably.

318

00:45:58.740 --> 00:46:02.250

ParticipantJ: How I use my social media now I like keeping up with it and.

319

00:46:03.360 --> 00:46:14.610

ParticipantJ: Obviously I don't feel the pressure, since I don't post, but you know everything's going to change within 2021, it's not the same as 2020, it's the political aspect is so different now.

320

00:46:15.510 --> 00:46:27.540

ParticipantJ: You know movements are different, I saw something on Twitter where it said, Joe Biden has a peloton, that raises concerns for security and I was like well folks we're back to brown tie issues like.

321

00:46:28.980 --> 00:46:31.110

ParticipantJ: I don't know anybody's stance here, but I thought it was.

322

00:46:31.110 --> 00:46:31.380

ParticipantJ: funny.

323

00:46:33.390 --> 00:46:42.120

ParticipantJ: We don't have to worry about like the divide as much anymore, even though there is still obviously a divide it's not as,

324

00:46:42.600 --> 00:46:54.270

ParticipantJ: As outspoken as it was in 2020, so I think things are going to gradually change over time, no matter what, I'm just based on my everyday life and everybody else's everyday life.

325

00:46:55.530 --> 00:47:06.030

ParticipantJ: As things go on and maybe the economy opens back up again and more and more starts happening, people will go on their phones less often as you're able to hang out with friends in person again.

## DOOMSCROLLING SCALE: FOCUS GROUP 4

326

00:47:07.200 --&gt; 00:47:11.520

ParticipantJ: there's really no say but I don't plan on changing very much at all.

327

00:47:12.780 --&gt; 00:47:14.100

Researcher3: Yeah, I don't think I would either.

328

00:47:15.780 --&gt; 00:47:24.330

Researcher3: Okay, so that was the end of the question that I had so do you guys have any questions that you want to add on for me, Researcher2, or Researcher1?

329

00:47:26.790 --&gt; 00:47:28.620

ParticipantJ: I don't I think it was a really successful study.

330

00:47:30.150 --&gt; 00:47:32.010

Researcher3: Thank you so much for answering.

331

00:47:34.290 --&gt; 00:47:36.180

Researcher3: Okay, ParticipantI, you don't have questions?

332

00:47:36.990 --&gt; 00:47:37.890

ParticipantI: I do not.