

Social Media Addiction Characteristics

- **Being overly concerned about social media**
- **Having an uncontrollable urge to log onto networks**
- **Time spent on social media negatively affects other important areas in life**
- **Becoming moody if time spent on social media is shortened**

Problematic Social Media Use Characteristics

- **Devoting copious amounts of time to social media**
- **Having an extreme desire to be on social media**
- **Social media use limits social activities and personal relationships**
- **Having an obsession for interactions on networks**
- **Can cause addiction and symptoms of depression**