

## ONLINE FLOW QUESTIONNAIRE (adapted)

**How often do you browse Instagram on your cell phone?**

- ☐ ( ) Never or almost never
- ☐ ( ) Once a week
- ☐ ( ) Two or three times a week
- ☐ ( ) Every day, once a day quickly
- ☐ ( ) Every day, for 1 or 2 hours in total
- ☐ ( ) Every day for more than 2 hours

**How often do you use Instagram from your computer?**

- ☐ ( ) Never or almost never
- ☐ ( ) Once a week
- ☐ ( ) Two or three times a week
- ☐ ( ) Every day, once a day quickly
- ☐ ( ) Every day, for 1 or 2 hours in total
- ☐ ( ) Every day for more than 2 hours

**How often did you use Instagram on your computer in the past week?**

- ☐ ( ) Never or almost never
- ☐ ( ) Once a week
- ☐ ( ) Two or three times a week
- ☐ ( ) Every day, once a day quickly
- ☐ ( ) Every day, for 1 or 2 hours in total
- ☐ ( ) Every day for more than 2 hours

**(FLOW-1) My mind isn't wandering. I'm not thinking about anything else. I'm totally involved in what I'm doing. My body feels good. I don't seem to hear anything. The world**

**seems to be cut off from me. I'm less aware of myself and my problems. My concentration is like breathing. I never think about it. I actually become quite unaware of my surroundings once I've really started. When I start, I really shut out the whole world. As soon as I stop, I can let it back in. I'm so involved in what I'm doing. I can't see myself separate from what I'm doing. Have you come across any of the above situations when using Instagram this past week?**

☐ ( ) Yes   ☐ ( ) No

**(FLOW-2) When using Instagram on your computer this past week, did you get the feeling that time was passing faster than usual?**

☐ ( ) Yes   ☐ ( ) No

**(FLOW-3) When using Instagram on your computer this past week, did you feel a sense of pleasure?**

☐ ( ) Yes   ☐ ( ) No

**(FLOW-4) When using Instagram on your computer this past week, did you feel a "positive challenge"?**

☐ ( ) Yes   ☐ ( ) No

**(FLOW-5) When using Instagram on your computer this past week, did you have the feeling of "being controlled by something"?**

☐ ( ) Yes   ☐ ( ) No