

## **Perceived stress scale(Sheldon Cohen, 1993) :**

Cronbach alpha exceeds .7 (Perceived Stress Scale: Reliability and Validity Study in Greece, “ Eleni Andreou, Evangelos C. Alexopoulos”

PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items. A short 4 item scale can be made from questions 2, 4, 5 and 10 of the PSS 10 item scale.

- 1.In the last month, how often have you been upset because of something that happened unexpectedly?
- 2.In the last month, how often have you felt that you were unable to control the important things in your life?
- 3.In the last month, how often have you felt nervous and stressed?
- 4.In the last month, how often have you felt confident about your ability to handle your personal problems?
- 5.In the last month, how often have you felt that things were going your way?
6. In the last month how often have you found out that you could not cope with all the things that you had to do?
- 7.In the last month, how often have you been able to control your irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that were outside of your control?
- 10.In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

## **Social Media usage scale(Jenkins-Guarnieri et al.,2013) :**

Scores between 0 - 5 , where 0 = strongly disagrees, 5= strongly agree  
Cronbach alpha of scale exceeds .7 (Quinlan et al., 2011, p. 114)

- ☐ I feel disconnected from friends when I have not logged into Facebook
- ☐ I would like it if everyone used Facebook to communicate
- ☐ I would be disappointed if I could not use Facebook at all
- ☐ I get upset when I can't log on to Facebook

- ☐ I prefer to communicate with others mainly through Facebook
- ☐ Facebook plays an important role in my social relationships

The ISR dimension is represented by four items, namely:

- ☐ I enjoy checking my Facebook account
- ☐ I don't like to use Facebook (item to be reverse scored)
- ☐ Using Facebook is part of my everyday routine
- ☐ I respond to content that others share using Facebook

## **Sleep Quality Scale (C. Shin, YI 2006) :**

Cronbach alpha of scale ranged from 0.61 to 0.9(YI, SHIN & SHIN, 2006)

Scores are {

1 = Rarely : none or 1-3 times a month

2 = Sometimes : 1-2 times a week

3 = Often : 3-5 times a week

4 = Almost Always 6-7 times a week

}

1. I have difficulty falling asleep
2. I fall into deep sleep
3. I wake up while sleeping
4. I have difficulty getting back to sleep once I wake up in middle of the night.
5. I wake up easily because of noise.
6. I toss and turn.
7. I never go back to sleep after awakening during sleep.
8. I feel refreshed after sleep.
9. I feel unlikely to sleep after sleep.
10. Poor sleep gives me headaches.
11. Poor sleep makes me irritated .
12. I would like to sleep more after waking up.
13. My sleep hours are enough.
14. Poor sleep makes me lose my appetite.
15. Poor sleep makes hard for me to think.
16. I feel vigorous after sleep.
17. Poor sleep makes me lose interest in work or others.
18. My fatigue is relieved after sleep.
19. Poor sleep causes me to make mistakes at work.
20. I am satisfied with my sleep.
21. Poor sleep makes me forget things more easily.
22. Poor sleep makes it hard to concentrate at work.
23. Sleepiness interfere with my daily life.
24. Poor sleep makes me lose desire in all things.
25. I have difficulty getting out of bed.
26. Poor sleep makes me easily tired at work.
27. I have a clear head after sleep.
28. Poor sleep makes my life painful.

## **Body appreciation scale(BAS; Avalos, Tylka, & Wood-Barcalow, 2005). :**

Scores vary from 0(never) to 5(always)

The scale is reliable and valid throughout cronbach alpha result((Zarate, Marmara, Potoczny, Hosking & Stavropoulos, 2021)

Scores are from 0 - 5 {  
0 = never - 5 = always}

- 1.I respect my body.
- 2.I feel good about my body.
- 3.On the whole, I am satisfied with my body.
- 4.Despite its flaws. I accept my body for what it is
- 5.I feel that my body has at least some good qualities
- 6.I take a positive attitude toward my body
- 7.I am attentive to my body needs
- 8.My self-worth is independent of my shape or weight
- 9.I do not focus a lot of energy being concerned with my body shape or weight.
- 10.My feelings toward my body are positive, for the most part
- 11.I engage in healthy behaviours to take care of my body
- 12.I do not allow unrealistically thin images of women presented in the media to affect my attitudes toward my body
- 13.Despite its imperfections, I still like my body

## **Need to belong scale (Leary, M. R.. (2013) ).:**

Need to belong scale is associated the desire for acceptance and belonging.(Leary, Kelly, Cottrell & Schreindorfer, 2013)

Instructions: For each of the statements below, indicate the degree to which you agree or disagree with the statement by writing a number in the space beside the question using the scale below:

- 1 = Strongly disagree  
2 = Moderately disagree  
3 = Neither agree nor disagree 4 = Moderately agree  
5 = Strongly agree

1. If other people don't seem to accept me, I don't let it bother me.
2. I try hard not to do things that will make other people avoid or reject me.
3. I seldom worry about whether other people care about me.

4. I need to feel that there are people I can turn to in times of need.
5. I want other people to accept me.
6. I do not like being alone.
7. Being apart from my friends for long periods of time does not bother me.
8. I have a strong need to belong.
9. It bothers me a great deal when I am not included in other people's plans.
10. My feelings are easily hurt when I feel that others do not accept me.