JC Social Media Survey

Start of Block: Screening

Q2 What social media platforms do you currently use? (Select all that apply)

* Facebook (1)
* Instagram (2)
* X (formerly known as Twitter) (3)
* YouTube (4)
* TikTok (5)
* Tumblr (6)
* Substack (7)
* Discord (8)
* Reddit (9)
* LinkedIn (10)
* Pinterest (11)
* BeReal (12)
* Snapchat (13)
* Other (please specify) (14) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* None (15)

Q3 Are you currently 18 years old or older?

* Yes (1)
* No (2)

Q4 Do you currently live in the United States?

* Yes (1)
* No (2)

End of Block: Screening

Start of Block: Attention Check

Q5 When you were in school, how hard did you work on your studies? In answering this question, please ignore everything else and select the final option indicating that you don’t really remember.

* I worked incredibly hard in school (1)
* I worked moderately hard in school (2)
* I didn’t work very hard in school (3)
* I don’t recall how hard I worked (4)

End of Block: Attention Check

Start of Block: Social Media Usage

Q6 At what age did you start using social media?

* Under 10 years old (1)
* 10-12 years old (2)
* 13-15 years old (3)
* 16-18 years old (4)
* 19-21 years old (5)
* 22-30 years old (6)
* 31-40 years old (7)
* Over 41 years old (8)

Q7 Do you use social media platforms for work?

* Yes (1)
* No (2)

Display this question:

If Do you use social media platforms for work? = Yes

Q8 Please only consider your recreational social media use when answering the following questions.

Q9 How many hours do you spend on social platforms per day (on weekdays)?

* Less than 1 hour (1)
* 1-2 hours (2)
* 3-4 hours (3)
* 5-6 hours (4)
* More than 6 hours (5)

Q10 How many hours do you spend on social platforms per day (on the weekend)?

* Less than 1 hour (1)
* 1-2 hours (2)
* 3-4 hours (3)
* 5-6 hours (4)
* More than 6 hours (5)

Q11 Which platform do you use most frequently?

* Facebook (1)
* Instagram (2)
* X (formerly known as Twitter) (3)
* YouTube (4)
* TikTok (5)
* Tumblr (6)
* Substack (7)
* Discord (8)
* Reddit (9)
* LinkedIn (10)
* Pinterest (11)
* BeReal (12)
* Snapchat (13)
* Other (please specify) (14) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q12 How would you characterize your social media usage?

* Primarily posting/creating content (1)
* Primarily consuming content/scrolling (2)
* Equal balance of posting and consuming (3)
* Primarily messaging/communicating with others (4)
* Other (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q13 Compared to 5 years ago, do you spend:

* Much more time on social media (1)
* Somewhat more time on social media (2)
* About the same amount of time (3)
* Somewhat less time on social media (4)
* Much less time on social media (5)
* I wasn't using social media 5 years ago (6)

Q14 Have you ever taken an intentional break from social media?

* No (1)
* Yes, for less than a week (2)
* Yes, for 1-2 weeks (3)
* Yes, for 3-4 weeks (4)
* Yes, for 1-3 months (5)
* Yes, for more than 3 months (6)

Display this question:

If Have you ever taken an intentional break from social media? != No

Q15 What was your primary reason for taking a break? (Select all that apply)

* Mental health concerns (1)
* Too time-consuming (2)
* Negative interactions/experiences (3)
* Privacy concerns (4)
* Content was affecting me negatively (5)
* Other (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q16 Do you maintain multiple accounts on the same platform?

* No (1)
* Yes, with different identities (2)
* Yes, for different purposes (personal/professional) (3)
* Yes, public and private accounts (4)

Q17 How much do you feel algorithms shape your social media experience?

* Not at all (1)
* Slightly (2)
* Moderately (3)
* Quite a bit (4)
* Very much (5)

Q18 Have you noticed changes in any of the following since you began using social media? (Select all that apply)

* Sleep quality (1)
* Attention span (2)
* Self-esteem (3)
* Anxiety levels (4)
* Social skills (5)
* Real-world social connections (6)
* Political views (7)
* Other (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No significant changes noticed (9)

Q19 What benefits do you get from social media? (Select all that apply)

* Staying connected with friends/family (1)
* Meeting new people (2)
* Learning new information (3)
* Entertainment (4)
* Professional networking (5)
* Creative expression (6)
* Support from communities (7)
* Career advancement (8)
* Business/brand promotion (9)
* None (10)
* Other (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q20 What negative effects have you experienced from social media? (Select all that apply)

* Decreased productivity (1)
* Sleep disruption (2)
* Anxiety or stress (3)
* Depression or low mood (4)
* Social comparison (5)
* Privacy concerns (6)
* Harassment or bullying (7)
* Information overload (8)
* Addiction-like symptoms (9)
* None (10)
* Other (please specify) (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

End of Block: Social Media Usage

Start of Block: Depression/Anxiety

Q21 Have you ever been diagnosed by a healthcare professional with a depressive disorder?

* Yes (1)
* No (2)
* Prefer not to say (3)

Q22 Have you ever been diagnosed by a healthcare professional with an anxiety-related disorder?

* Yes (1)
* No (2)
* Prefer not to say (3)

Q23 Over the past 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?

* Not at all (1)
* Several days (2)
* More than half the days (3)
* Nearly every day (4)

Q24 Over the past 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?

* Not at all (1)
* Several days (2)
* More than half the days (3)
* Nearly every day (4)

Q25 Do you believe your social media usage affects your mental health?

* Significantly improves it (1)
* Somewhat improves it (2)
* No effect (3)
* Somewhat worsens it (4)
* Significantly worsens it (5)
* Unsure (6)

Q26 If you experience negative feelings related to social media, what coping strategies do you use? (Select all that apply)

* Limiting screen time (1)
* Unfollowing negative accounts (2)
* Taking breaks (3)
* Seeking professional help (4)
* Talking with friends/family (5)
* Exercise or other physical activities (6)
* Mindfulness practices (7)
* Other (please specify) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Not applicable (9)

End of Block: Depression/Anxiety

Start of Block: Substance Use

Q27 Have you ever used any of the following substances recreationally? (Select all that apply)

* Alcohol (beer, wine, spirits) (1)
* Tobacco (cigarettes, cigars) (2)
* E-cigarettes/vaping products (3)
* Smokeless tobacco (chewing tobacco, snuff) (4)
* Marijuana/cannabis (various forms) (5)
* Cannabis concentrates (wax, shatter, oils) (6)
* Opioid painkillers (OxyContin, Vicodin, Percocet, codeine) (7)
* Benzodiazepines (Xanax, Valium, Klonopin) (8)
* Amphetamines (Adderall, Ritalin, Concerta) (9)
* Sleep medications (Ambien, Lunesta) (10)
* Cocaine/Crack (11)
* Methamphetamine (12)
* MDMA/Ecstasy/Molly (13)
* LSD/Acid (14)
* Psilocybin mushrooms (15)
* DMT (16)
* Heroin (17)
* Fentanyl (18)
* Inhalants (solvents, nitrous oxide, poppers) (19)
* Synthetic cannabinoids (K2, Spice) (20)
* Anabolic steroids (21)
* I have used none of these substances (22)
* Prefer not to say (23)
* Other (please specify): (24) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Display this question:

If Have you ever used any of the following substances recreationally? (Select all that apply) != I have used none of these substances

Or Have you ever used any of the following substances recreationally? (Select all that apply) != Prefer not to say

Q28 At what age did you first use any of these substances?

* Under 13 years old (1)
* 13-15 years old (2)
* 16-18 years old (3)
* 19-21 years old (4)
* Over 21 years old (5)
* Not applicable (6)

Display this question:

If Have you ever used any of the following substances recreationally? (Select all that apply) != I have used none of these substances

Or Have you ever used any of the following substances recreationally? (Select all that apply) != Prefer not to say

Q29 How often do you use at least one of the previously mentioned substances?

* Daily (1)
* Few times a week (2)
* Weekly (3)
* Few times a month (4)
* Monthly (5)
* Few times a year (6)
* Never (7)

Q30 How often do you see content about these substances on social media?

* Yes, frequently (1)
* Yes, occasionally (2)
* Rarely (3)
* Never (4)

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Q31 How would you rate the portrayal of these substances in the content you see on social media?

* Very negative (1)
* Slightly negative (2)
* Mixed (3)
* Slightly positive (4)
* Very positive (5)

Q32 Has social media content ever influenced you to try or purchase a substance?

* Yes (1)
* No (2)
* Prefer not to say (3)

Q33 Have you noticed targeted advertisements for substance-related products on your social media?

* Yes, frequently (1)
* Yes, occasionally (2)
* Rarely (3)
* Never (4)

End of Block: Substance Use

Start of Block: Political Engagement

Q34 What mediums do you use to access political news? (Select all that apply)

* Physical (newspaper, magazine) (1)
* Television news (2)
* Radio (3)
* News outlet websites (e.g., CNN.com, FoxNews.com, Reuters) (4)
* News aggregators (e.g., Apple News, Google News) (5)
* Social media (6)
* Podcasts (7)
* Friends/family/word of mouth (8)
* Other (please specify) (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q35 If you use social media for political information, which platforms do you primarily use? (Select all that apply)

* Facebook (1)
* X (formerly known as Twitter) (2)
* YouTube (3)
* TikTok (4)
* Instagram (5)
* Reddit (6)
* Other (please specify) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I don't use social media for political information (8)

Q36 How frequently do you engage with political content on social media? (Reading, liking, commenting)

* Multiple times per day (1)
* Daily (2)
* A few times per week (3)
* Weekly (4)
* Monthly (5)
* Rarely (6)
* Never (7)

Q37 How much has social media influenced your political views?

* Not at all (1)
* A little (2)
* A moderate amount (3)
* A lot (4)
* A great deal (5)

Q38 Do you believe social media has made political discourse more divided?

* Yes, significantly (1)
* Yes, somewhat (2)
* No change (3)
* No, it has improved discourse (4)
* Unsure (5)

Q39 Have you ever blocked, unfriended, or muted someone due to political disagreements on social media?

* Yes, frequently (1)
* Yes, occasionally (2)
* Rarely (3)
* Never (4)

Q40 How often do you share political content on social media?

* Never (1)
* Rarely (2)
* Sometimes (3)
* Frequently (4)

Q41 I follow political figures on social media.

* Never (1)
* Rarely (2)
* Sometimes (3)
* Frequently (4)

End of Block: Political Engagement

Start of Block: Demographics

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Q42 What is your age?

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Q43 What is your highest level of education?

* Less than high school (1)
* GED (2)
* High school diploma (3)
* Some college (4)
* Associate's degree (5)
* Bachelor's degree (6)
* Master's degree (7)
* Doctorate or professional degree (8)
* Prefer not to say (9)

Q44 What is your current employment status?

* Unemployed (1)
* Self-employed (2)
* Part-time employed (3)
* Full-time employed (4)
* Student (5)
* Retired (6)
* Unable to work (7)
* Other (please specify) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say (9)

Q45 What is your household income?

* Under $25,000 (1)
* $25,000-$49,999 (2)
* $50,000-$74,999 (3)
* $75,000-$99,999 (4)
* $100,000-$149,999 (5)
* $150,000-$199,999 (6)
* Over $200,000 (7)
* Prefer not to say (8)

Q46 What is your current relationship status?

* Single (1)
* In a relationship, not living together (2)
* In a relationship, living together (3)
* Married (4)
* Separated (5)
* Divorced (6)
* Widowed (7)
* Prefer not to say (8)

Q47 Where do you lean politically?

* Very conservative (1)
* Moderately conservative (2)
* Moderate/Centrist (3)
* Moderately liberal (4)
* Very liberal (5)
* Libertarian (6)
* Other (please specify) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say (8)

Q48 How would you describe your area of residence?

* Urban (1)
* Suburban (2)
* Rural (3)
* Other (please specify) (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say (5)

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Q49 What is your ethnicity? (select all that apply)

* White/Caucasian (1)
* Black/African American (2)
* Hispanic/Latino (3)
* Asian/Asian American (4)
* Native American/Alaska Native (5)
* Native Hawaiian/Pacific Islander (6)
* Middle Eastern/North African (7)
* Multiracial/Mixed ethnicity (8)
* Other (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say (10)

Q50 What social class would you consider yourself?

* Lower class (1)
* Working class (2)
* Lower middle class (3)
* Middle class (4)
* Upper middle class (5)
* Upper class (6)
* Prefer not to say (7)

Q51 What is your sexual orientation?

* Straight (1)
* Gay (2)
* Lesbian (3)
* Bisexual (4)
* Other: (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say (6)

Q52 What is your gender?

* Male (1)
* Female (2)
* Non-binary / third gender (3)
* Prefer not to say (4)
* Other (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

End of Block: Demographics