# Short Form Media Domain Allocation Questions-

1. Out of these three short form media domains, which do you use the most?

TikTok

YouTube Shorts

Instagram Reels

**Demographic Questions-**

1. Please select the gender by which you identify as.

Male

Female

Other/ Prefer not to say

1. Please state your age below.

# SUQ-A for absent-minded phone use

SUQ-A1. How often do you open your phone to do one thing and wind up doing something else without realizing it?

1 (never) |————————————————| 7(all the time)

SUQ-A2. How often do you check your phone while interacting with other people (i.e. during conversation)?

1 (never) |————————————————| 7(all the time)

SUQ-A3. How often do you find yourself checking your phone “for no good reason”?

1 (never) |————————————————| 7(all the time)

SUQ-A4. How often do you automatically check your phone without a purpose? 1 (never) |————————————————| 7(all the time)

SUQ-A5. How often do you check your phone out of habit?

1 (never) |————————————————| 7(all the time)

SUQ-A6. How often do you find yourself checking your phone without realizing why you did it?

1 (never) |————————————————| 7(all the time)

SUQ-A7. How often have you realized you checked your phone only after you have already been using it?

1 (never) |————————————————| 7(all the time)

SUQ-A8. How often do you find yourself using your phone absent-mindedly? 1 (never) |————————————————| 7(all the time)

SUQ-A9. How often do you wind up using your phone for longer than you intended to?

1 (never) |————————————————| 7(all the time)

SUQ-A10. How often do you lose track of time while using your phone?

1 (never) |————————————————| 7(all the time)

# BSMAS for social media addiction

Below are some questions about your relationship with social media and what you do with it (Facebook, Twitter, Instagram, etc.). For each question, choose the answer that best describes you.

During the last year how often :

1. =Very rarely
2. =Rarely
3. =Sometimes
4. =Often
5. =Very Often

1. Have you spent a lot of time thinking about social media or have planned to use them?

1 2 3 4 5

2. Have you felt the need to use social media more and more?

1 2 3 4 5

3. Have you used social media to forget your personal problems?

1 2 3 4 5

4. Have you tried to stop using social media without success?

1 2 3 4 5

5. Have you become anxious or agitated if prohibited from using social media?

1 2 3 4 5

6. Have you used social media so much that its use has had a negative impact on your work/studies?

1 2 3 4 5