

# Attitudes and Feelings During COVID-19

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You are invited to participate in a research study being conducted by Dr. Craig Smith at Vanderbilt University. The purpose of this study is to explore **students' reactions to the ongoing COVID-19 pandemic**. Before taking part in this study, please read the study information provided below. After reading the information, please click on the "I agree" button at the bottom of this page if you understand the statements and agree to participate in this study.

## Study Information

This study is an anonymous survey, and as a participant in this study, you will be asked about your thoughts, feelings, and behaviors at two distinct time-points since the start of the pandemic. The entire survey should take less than an hour to complete, but could take longer, depending on how much you deliberate on the individual questions.

The survey is COMPLETELY ANONYMOUS. Your name or other identifying information is not collected at any time. Your computer's IP address is also not being recorded. No one from the research project will be able to associate your answers with you, or even know whether or not you have participated in the survey. All data will be pooled and published in aggregate form only.

There is no monetary compensation available for participating in this survey, but you will be awarded two SONA credits for completing the survey. Your participation is completely voluntary. You may freely opt not to answer particular questions, and you may end your participation in the survey at any time, without penalty.

**To participate in this study you must be 18 years of age or older.**

This survey has been reviewed by the Vanderbilt University Institutional Review Board, and as an anonymous survey that poses minimal risk to participants, it has been determined to be exempt from Institutional Review Board oversight. There are no notable risks or discomforts associated with completing this survey. In terms of potential benefits, a benefit to science and humankind that might result from this study is greater understanding of how people are thinking about and handling the pandemic. There are no direct benefits to you for participating in this survey.

If you have any questions or concerns about this study, please contact the principal investigator Dr. Craig Smith, Department of Psychology and Human Development, 230 Appleton Place, Vanderbilt University, Nashville TN 37203; (615) 567-3472; craig.a.smith@vanderbilt.edu. You may also contact the Vanderbilt Institutional Review Board at (615) 322-2918 or toll free at (866) 224-8273.

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If you are 18 years of age or older, understand the statements above, and agree to participate in this survey, click on the "I agree" button to begin the survey.

- ☐ I agree  
☐ I do not agree

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Thank you for choosing to take this survey. We are interested in learning about how people are and have been thinking, feeling, and responding to the COVID-19 pandemic. More specifically, we are going to ask you about two different time-points during the pandemic. Once we describe the time point, we would like you to recall what it was like for you at that time, picturing your experiences during that time in as detailed and as accurate a way as possible. Each of the items for a given time-point is concerned with some aspect of your experience with, and reactions during that time. Please make your answers as true FOR YOU as you can. There are no "right" or "wrong" answers, so choose the most accurate answer for you - not what you think most people would or should say or do. Try to rate each item separately in your mind from the others.

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For the first time-point, we would like you to focus the month of September 2020 (i.e., during Fall semester a year ago) a time when you would normally have been attending classes at your school. Think about what you were doing and what things were like for you during September, 2020, and then answer the questions that follow as accurately as you can.

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During normal times, where would you have been attending school during September 2020?

- ☐ My high school
- ☐ Vanderbilt
- ☐ Another college of university

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Which school?

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Were you actively taking classes from this school during September, 2020?

- ☐ Yes
- ☐ No

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What was the modality of the classes you were taking?

- ☐ In-person classes only
- ☐ Remote (online) classes only
- ☐ A mix of in-person and remote classes

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Why weren't you taking classes during this time-period?

- ☐ My school was closed during this period
- ☐ I took a leave of absence for the semester
- ☐ I took a gap year

**Below are a number of questions about your thoughts during September, 2020. For each question please indicate, using the scale provided, the extent to which these items characterized your thoughts during this period.**

	1, not at all	2	3	4	5, moderately	6	7	8	9, extremely
How important to you was what was happening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How relevant to you was what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did your circumstances have negative aspects -- things that you didn't want, or were displeased about?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did your circumstances have positive aspects -- things that you wanted, or were pleased about?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1, not at all	2	3	4	5, moderately	6	7	8	9, extremely
To what extent did you consider YOURSELF to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider OTHER PEOPLE (in general) to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider your SCHOOL ADMINISTRATORS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider POLITICAL LEADERS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider HEALTH PROVIDERS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To what extent did you consider LUCK OR CHANCE to be responsible for what was happening?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

To what extent did you consider NATURE to be responsible for what was happening?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

	1	2	3	4	5	6	7	8	9
	Complet ely certain WOULD NOT be able				Complet ely uncertai n				Complet ely certain WOULD be able
How certain were you that you would be able to do something to make (or keep) things the way you wanted them to be?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to avoid exposure to COVID-19?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to get your social needs met?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to get your physical needs met?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to accept things and adjust to your circumstances no matter what happens?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 To get much worse	2	3	4	5 To stay the same	6	7	8	9 To get much better
How, if at all, did you expect things to change OVER THE NEXT MONTH?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Below are a number of clusters of adjectives that describe different emotions or feelings. Each group of adjectives is meant to get at a SINGLE feeling or emotion. Please indicate the extent to which each cluster of adjectives characterizes the way you felt during September, 2020.**

	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
surprised--astonished--astounded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
guilty--culpable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
defeated--resigned--beaten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
relieved--unburdened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tranquil--calm--serene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
frustrated--thwarted--exasperated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schadenfreude (pleasure at someone else's misfortune)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
determined--challenged--motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
grateful--appreciative--thankful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

  

	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
interested---engaged---intrigued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
mad---angry---annoyed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hopeful---optimistic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bored---detached---uninterested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous---anxious---apprehensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud---triumphant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
afraid---frightened---scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
lonely---isolated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

  

	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
sad---downhearted---blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ashamed---disgraced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
disgusted---repulsed---revolted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
amused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
compassionate---empathetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
joyful---happy---glad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
overwhelmed---overloaded---rattled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please indicate how much you did each of the following during September, 2020:**

	Not at all	A little bit	A medium amount	A lot
I looked for something good in what was happening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to others discuss the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to see things in a different light, to make them seem more positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wished the situation would go away or somehow be over with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wished that I could change the way that things were going	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I just gave up trying to deal with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I kept myself busy so I wouldn't have to think about what was going on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accepted that this has happened and can't be changed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used drugs/alcohol to make myself feel better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I kidded around about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that it didn't matter much to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I talked to someone about how I felt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I took direct action to deal with things raised by the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I learned to live with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sought God's help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I turned to work or other substitute activities to take my mind off things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I made a plan of action	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reduced the amount of effort I put into trying to fix things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I pretended that things haven't really happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to others discuss their feelings about the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I discussed the pandemic with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to get advice from someone about what to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I made jokes about what was happening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used drugs and/or alcohol to think about it less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got as far away from other people as I could	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I put my trust in God	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I discussed my feelings about the pandemic with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that I could keep going	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that it wasn't that bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I refused to believe what has happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself I could handle it, no matter how bad it got	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoided interacting with people in general	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I practiced social distancing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I kept up my normal routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I quarantined myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wore a mask when I was in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next few questions ask you about your **social media use during September, 2020**. A first set of questions asks you about **the amount of time you spent on social media, and how often you used each of a number of different platforms**. A second set of questions ask about the **reasons why you used social media, and which platforms you used for each reason**. Please answer each question as accurately as you can.

During September, 2020, approximately how much time per day did you spend using social media (i.e., Facebook, Twitter, TikTok, etc.) for personal use (that is not for work or school assignments).

- ☐ < 1 hour  
☐ 1-2 hours  
☐ 2-3 hours  
☐ 3-4 hours  
☐ 4-5 hours  
☐ 5-6 hours  
☐ 6-7 hours  
☐ 7-8 hours  
☐ 8-9 hours  
☐ 9-10 hours  
☐ 10-11 hours  
☐ 11-12 hours  
☐ > 12 hours

For each of the social media platforms listed below, please indicate how frequently you visited each platform during September, 2020.

	I didn't use this platform	less than once a week	1-2 times a week	3-6 days a week	about once a day	2-4 times a day	5 or more times a day
Facebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YouTube	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LinkedIn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instagram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pinterest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tumblr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snapchat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WeChat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reddit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TikTok	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discord	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quora	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tinder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grindr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scissr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bumble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hinge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WhatsApp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



GroupMe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What other platform(s) did you use?

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The next set of questions ask about the **reasons why you used social media**. For each potential reason, please indicate the extent to which this was a reason for your social media use during September, 2020. For those reasons associated with your social media use, you will also be asked to indicate the platforms you used for this purpose.

**To stay in touch with friends**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

Which other site(s) did you use for this purpose? \_\_\_\_\_

**To stay in touch with family**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

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Which other site(s) did you use for this purpose?

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To meet new people/make friends

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

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Which other site(s) did you use for this purpose?

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**To find a romantic partner**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

---

Which other site(s) did you use for this purpose?

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---

**To find a hook-up**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

---

Which other site(s) did you use for this purpose?

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**To see how I was doing compared to others**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To entertain myself (listen to music, watch movies, play games, etc.)**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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---

**To get ideas of things to do**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To get ideas of things to cook or eat**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To get ideas of things to wear**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To stay informed**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To forget about personal problems**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**To relax**

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To get ideas about what to buy

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To get attention and comments from others

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To get encouragement and support from others

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To express my opinions

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To get information about schoolwork, assignments, etc.

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

**Please answer each of the following questions regarding your experiences during September, 2020.**

I often thought about social media when I was not using it.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I often used social media for no particular reason.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I argued with others because of my social media use.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I interrupted whatever else I was doing when I felt the need to access social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I felt connected to others when I used social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I lost track of how much I was using social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

The thought of not being able to access social media made me feel distressed.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I was unable to reduce my social media use.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

**Please answer each of the following questions with regard to your experience during September, 2020..**

	Excellent	Very good	Good	Fair	Poor
In general, would say your health was ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would say your quality of life was ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your physical health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your mental health, including your mood and ability to think?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your <b>satisfaction with your social activities and relationships?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, please rate how well you could carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Completely	Mostly	Moderately	A little	Not at all
To what extent were you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often were you bothered by **emotional problems such as feeling anxious, depressed or irritable?**

☐ never  
☐ rarely  
☐ sometimes  
☐ often  
☐ always

During this period, how would you rate your pain on average?

☐ 10, most pain imaginable  
☐ 9  
☐ 8  
☐ 7  
☐ 6  
☐ 5  
☐ 4  
☐ 3  
☐ 2  
☐ 1  
☐ 0, no pain at all

Please imagine a ladder, with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally felt you stood during the time you are remembering?

- ☐ 10, best possible life
- ☐ 9
- ☐ 8
- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4
- ☐ 3
- ☐ 2
- ☐ 1
- ☐ 0, worst possible life

**Please respond to each of the following questions by choosing the option that best describes your experience during September, 2020.**

	never	almost never	sometimes	fairly often	very often
How often were you upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel nervous or "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you find that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often were you able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often were you angered because of things that happened that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please respond to each of the following questions by choosing the option that best describes your experience during September, 2020.**

	Never	Rarely	Sometimes	Often	Always
I had a sense of well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt hopeful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life was satisfying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life had purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life had meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt cheerful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life was worth living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had a sense of balance in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many areas of my life were interesting to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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During September, 2020, how would you rate your fatigue on average?

☐ none   ☐ mild   ☐ moderate   ☐ severe   ☐ very severe



**Now, we will turn to the second time-point. We would like you to focus on the past month. Think about what you were doing and what things were like for you during the past month, and then answer the questions that follow as accurately as you can.**

Are you currently a Vanderbilt Student?

- ☐ Yes  
☐ No

What is your current class rank?

- ☐ Freshman  
☐ Sophomore  
☐ Junior  
☐ Senior  
☐ Graduate Student

Where are you a student, or what is your occupation?

Below are a number of questions about your thoughts during the past month. For each question please indicate, using the scale provided, the extent to which these items characterized your thoughts during this period.

	1, not at all	2	3	4	5, moderately	6	7	8	9, extremely
How important to you was what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How relevant to you was what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did your circumstances have negative aspects -- things that you didn't want, or were displeased about?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did your circumstances have positive aspects -- things that you wanted, or were pleased about?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1, not at all	2	3	4	5, moderately	6	7	8	9, extremely
To what extent did you consider YOURSELF to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To what extent did you consider OTHER PEOPLE (in general) to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider your SCHOOL ADMINISTRATORS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider POLITICAL LEADERS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider HEALTH PROVIDERS to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider LUCK OR CHANCE to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent did you consider NATURE to be responsible for what was happening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1	2	3	4	5	6	7	8	9
	Complet ely certain WOULD NOT be able				Complet ely uncertai n				Complet ely certain WOULD be able
How certain were you that you would be able to do something to make (or keep) things the way you wanted them to be?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to avoid exposure to coronavirus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to get your social needs met?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How certain were you that you would be able to get your physical needs met?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How certain were you that you would be able to accept things and adjust to your circumstances no matter what happens?

☐☐☐☐☐☐☐☐☐☐

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1 To get  
much  
worse

2

3

4

5 To  
stay the  
same

6

7

8

9 To get  
much  
better

How, if at all, did you expect things to change OVER THE NEXT MONTH?

☐☐☐☐☐☐☐☐☐☐

**Below are a number of clusters of adjectives that describe different emotions or feelings. Each group of adjectives is meant to get at a SINGLE feeling or emotion. Please indicate the extent to which each cluster of adjectives characterizes the way you felt during the past month.**

	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
surprised--astonished--astounded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
guilty--culpable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
defeated--resigned--beaten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
relieved--unburdened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tranquil--calm--serene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
frustrated--thwarted--exasperated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schadenfreude (pleasure at someone else's misfortune)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
determined--challenged--motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
grateful--appreciative--thankful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
interested---engaged---intrigued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
mad---angry---annoyed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hopeful---optimistic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bored---detached---uninterested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous---anxious---apprehensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud---triumphant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
afraid---frightened---scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
lonely---isolated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 Not at all	2	3	4	5 Moderately	6	7	8	9 Extremely
sad---downhearted---blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ashamed---disgraced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
disgusted---repulsed---revolted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
amused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
compassionate---empathetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
joyful---happy---glad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
overwhelmed---overloaded---rattled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please indicate how much you have done each of the following during the past month:**

	Not at all	A little bit	A medium amount	A lot
I looked for something good in what was happening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to others discuss the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to see things in a different light, to make them seem more positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wished the situation would go away or somehow be over with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wished that I could change the way that things were going	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I just gave up trying to deal with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I kept myself busy so I wouldn't have to think about what was going on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accepted that this has happened and can't be changed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used drugs/alcohol to make myself feel better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I kidded around about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that it didn't matter much to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I talked to someone about how I felt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I took direct action to deal with things raised by the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I learned to live with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sought God's help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I turned to work or other substitute activities to take my mind off things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I made a plan of action	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reduced the amount of effort I put into trying to fix things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I pretended that things haven't really happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to others discuss their feelings about the pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I discussed the pandemic with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to get advice from someone about what to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I made jokes about what was happening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used drugs and/or alcohol to think about it less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got as far away from other people as I could	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I put my trust in God	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little bit	A medium amount	A lot
I discussed my feelings about the pandemic with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that I could keep going	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself that it wasn't that bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I refused to believe what has happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I told myself I could handle it, no matter how bad it got	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoided interacting with people in general	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I practiced social distancing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I kept up my normal routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I quarantined myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wore a mask when I was in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**The next few questions ask you about your social media use during the past month. A first set of questions asks you about the amount of time you spent on social media, and how often you used each of a number of different platforms. A second set of questions ask about the reasons why you used social media, and which platforms you used for each reason. Please answer each question as accurately as you can for the last month .**

During the past month, approximately how much time per day did you spend using social media (i.e., Facebook, Twitter, TikTok, etc.) for personal use (that is not for work or school assignments).

- ☐ < 1 hour  
☐ 1-2 hours  
☐ 2-3 hours  
☐ 3-4 hours  
☐ 4-5 hours  
☐ 5-6 hours  
☐ 6-7 hours  
☐ 7-8 hours  
☐ 8-9 hours  
☐ 9-10 hours  
☐ 10-11 hours  
☐ 11-12 hours  
☐ > 12 hours

For each of the social media platforms listed below, please indicate how frequently you visited each platform during the past month.

	I didn't use this platform	less than once a week	1-2 times a week	3-6 days a week	about once a day	2-4 times a day	5 or more times a day
Facebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YouTube	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LinkedIn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instagram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pinterest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tumblr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snapchat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WeChat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reddit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TikTok	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discord	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quora	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tinder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grindr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scissr	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bumble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hinge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WhatsApp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

GroupMe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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What other platform(s) did you use?

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**The next set of questions ask about the reasons why you used social media. For each potential reason, please indicate the extent to which this was a reason for your social media use during the past month. For those reasons associated with your social media use, you will also be asked to indicate the platforms you used for this purpose.**

To stay in touch with friends

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

Which other site(s) did you use for this purpose?

\_\_\_\_\_

To stay in touch with family

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

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Which other site(s) did you use for this purpose?

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To meet new people/make friends

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
- ☐ Twitter
- ☐ YouTube
- ☐ LinkedIn
- ☐ Instagram
- ☐ Pinterest
- ☐ Tumblr
- ☐ Snapchat
- ☐ WeChat
- ☐ Reddit
- ☐ TikTok
- ☐ Discord
- ☐ Quora
- ☐ Tinder
- ☐ Grindr
- ☐ Scissr
- ☐ Bumble
- ☐ Hinge
- ☐ Twitch
- ☐ WhatsApp
- ☐ GroupMe
- ☐ Other

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Which other site(s) did you use for this purpose?

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To find a romantic partner

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To find a hook-up

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To see how I was doing compared to others

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To entertain myself (listen to music, watch movies, play games, etc.)

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To get ideas of things to do

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To get ideas of things to cook or eat

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To get ideas of things to wear

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To stay informed

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To forget about personal problems

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

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Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

---

To relax

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

---

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To get ideas about what to buy

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

---

To get attention and comments from others

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

\_\_\_\_\_

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To get encouragement and support from others

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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To express my opinions

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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---

To get information about schoolwork, assignments, etc.

☐ 1 Not at all   ☐ 2   ☐ 3 Moderately   ☐ 4   ☐ 5 A great deal

---

Which platforms did you use for this purpose (check all that apply)

- ☐ Facebook
  - ☐ Twitter
  - ☐ YouTube
  - ☐ LinkedIn
  - ☐ Instagram
  - ☐ Pinterest
  - ☐ Tumblr
  - ☐ Snapchat
  - ☐ WeChat
  - ☐ Reddit
  - ☐ TikTok
  - ☐ Discord
  - ☐ Quora
  - ☐ Tinder
  - ☐ Grindr
  - ☐ Scissr
  - ☐ Bumble
  - ☐ Hinge
  - ☐ Twitch
  - ☐ WhatsApp
  - ☐ GroupMe
  - ☐ Other
- 

Which other site(s) did you use for this purpose?

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**Please answer each of the following questions regarding your experiences during the past month.**

I often thought about social media when I was not using it.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I often used social media for no particular reason.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I argued with others because of my social media use.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I interrupted whatever else I was doing when I felt the need to access social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I felt connected to others when I used social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I lost track of how much I was using social media.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

The thought of not being able to access social media made me feel distressed.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I was unable to reduce my social media use.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

**Please answer each of the following questions regarding your experiences during the past month.**

	Excellent	Very good	Good	Fair	Poor
In general, would say your health was ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would say your quality of life was ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your physical health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your mental health, including your mood and ability to think?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how would you rate your satisfaction with your social activities and relationships?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, please rate how well you could carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Completely	Mostly	Moderately	A little	Not at all
To what extent were you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often were you bothered by emotional problems such as feeling anxious, depressed or irritable?

☐ never  
☐ rarely  
☐ sometimes  
☐ often  
☐ always

During the past two weeks, how would you rate your pain on average?

☐ 10, most pain imaginable  
☐ 9  
☐ 8  
☐ 7  
☐ 6  
☐ 5  
☐ 4  
☐ 3  
☐ 2  
☐ 1  
☐ 0, no pain at all

Please imagine a ladder, with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally felt you stood during the past two weeks?

- ☐ 10, best possible life
- ☐ 9
- ☐ 8
- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4
- ☐ 3
- ☐ 2
- ☐ 1
- ☐ 0, worst possible life

**Please answer each of the following questions regarding your experiences during the past month.**

	never	almost never	sometimes	fairly often	very often
How often were you upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel nervous or "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you find that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often were you able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often were you angered because of things that happened that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you feel difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please answer each of the following questions regarding your experiences during the past month.**

	Never	Rarely	Sometimes	Often	Always
I had a sense of well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt hopeful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life was satisfying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life had purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life had meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt cheerful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life was worth living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had a sense of balance in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many areas of my life were interesting to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

---

During the past two weeks, how would you rate your fatigue on average?

☐ none   ☐ mild   ☐ moderate   ☐ severe   ☐ very severe

**Finally, the following questions will help us categorize, aggregate and interpret the data. Feel free to skip any questions you're not comfortable answering, but remember, as with the rest of the survey, your answers are confidential and will not be shared with the researchers or anyone else in a way that can identify you.**

How old are you?

☐ Below 17  
☐ 17  
☐ 18  
☐ 19  
☐ 20  
☐ 21  
☐ Above 21

What is your gender?

☐ Male  
☐ Female  
☐ Other

How do you identify yourself?

\_\_\_\_\_

Please specify your ethnic/racial background

☐ White/European American  
☐ Black/African-American  
☐ Asian  
☐ Indian subcontinent  
☐ Native Hawaiian/Pacific Islander  
☐ Native American/Alaska Native  
☐ Other

Are you Latino/Latina/Hispanic?

☐ Yes  
☐ No

Where is your home? (city, state and country)

\_\_\_\_\_

Some people don't pay much attention to politics. How about you? Would you say that you are:

☐ not very interested  
☐ somewhat interested  
☐ very interested

When it comes to politics, do you usually think of yourself as liberal, moderate, or conservative?

☐ Very liberal  
☐ Liberal  
☐ Slightly liberal  
☐ Moderate/Middle-of-the-road  
☐ Slightly conservative  
☐ Conservative  
☐ Very conservative

In general, how liberal (left-wing) or conservative (right-wing) are you on social issues?

☐ Very liberal  
☐ Liberal  
☐ Slightly liberal  
☐ Moderate/Middle-of-the-road  
☐ Slightly conservative  
☐ Conservative  
☐ Very conservative



---

In general, how liberal (left-wing) or conservative (right-wing) are you on economic issues?

- ☐ Very liberal
- ☐ Liberal
- ☐ Slightly liberal
- ☐ Moderate/Middle-of-the-road
- ☐ Slightly conservative
- ☐ Conservative
- ☐ Very conservative

**Please indicate your degree of agreement or disagreement with each of the following statements**

I am often confused about what emotion I am feeling.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I try to think good thoughts no matter how badly I feel.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

It is difficult for me to find the right words for my feelings.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I have a hard time labeling my feelings.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I have physical sensations that even doctors don't understand.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I'm usually "tuned in" to my emotions.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I am able to describe my feelings easily.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

Although I am sometimes sad, I have a mostly optimistic outlook.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I prefer to analyze problems rather than just describe them.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I find myself thinking about my mood during the day.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

When I am upset, I don't know if I am sad, frightened, or angry.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

I am sensitive to changes in my mood.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

I am often puzzled by sensations in my body.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

When I am upset I realize that the "good things in life" are illusions.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

I prefer just to let things happen rather than to understand why they turned out that way.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

I have trouble explaining my feelings.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
- 

I have feelings that I can't quite identify.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree
-

**Please continue**

When I become upset I remind myself of all the pleasures in life.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

Being in touch with emotions is essential.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

On my way home from work or school, I find myself evaluating my mood.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I find it hard to describe how I feel about people.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

Right now I know what kind of mood I'm in.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

People tell me to describe my feelings more.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

Although I am sometimes happy, I have a mostly pessimistic outlook.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I don't know what's going on inside me.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I often evaluate my mood.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

I often don't know why I am angry.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I'm never really sure what I'm feeling.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I prefer talking to people about their daily activities rather than their feelings.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

No matter how badly I feel, I try to think about pleasant things.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I prefer to watch "light" entertainment shows rather than psychological dramas.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I don't pay much attention to my moods.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

It is difficult for me to reveal my innermost feelings, even to close friends.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I can feel close to someone, even in moments of silence.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

I find examination of my feelings useful in solving personal problems.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree

---

Looking for hidden meanings in movies or plays distracts from their enjoyment.

- ☐ strongly disagree   ☐ somewhat disagree   ☐ neither agree nor disagree   ☐ somewhat agree  
☐ strongly agree