



Do you agree or disagree with the following statements about your social media use?

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Social media lets me reach lots of different people for support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posting messages is a way to let everyone know how I'm feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posting is a way to avoid having to ask a specific person I know for help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get support by looking over saved chats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media lets me open up about things that are hard to talk about face-to-face.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having time to think about how I reply to messages or chats is helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about my replies to people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important for me to be active on social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important that people like the things I post.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry that people will post mean or hurtful things about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It bothers me when I see on social media how good others' lives are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you experienced any of the following as a consequence of your social media use?

<b>During the past year,</b>	Yes	No
Have you regularly found that you can't think of anything else but the moment that you will be able to use social media again?	<input type="radio"/>	<input type="radio"/>
Have you regularly felt dissatisfied because you wanted to spend more time on social media?	<input type="radio"/>	<input type="radio"/>
Have you often felt bad when you could not use social media?	<input type="radio"/>	<input type="radio"/>
Have you tried to spend less time on social media, but failed?	<input type="radio"/>	<input type="radio"/>
Have you regularly had no interest in hobbies or other activities because you would rather use social media?	<input type="radio"/>	<input type="radio"/>
Have you regularly had arguments with others because of your social media use?	<input type="radio"/>	<input type="radio"/>
Have you regularly lied to your parents or friends about the amount of time you spend on social media?	<input type="radio"/>	<input type="radio"/>
Have you often used social media so you didn't have to think about unpleasant things?	<input type="radio"/>	<input type="radio"/>
Have you had serious conflict with your parents, brother(s) or sister(s) because of your social media use?	<input type="radio"/>	<input type="radio"/>