Optional Module: Social Media Use

We are interested in your experiences with social media. The term social media refers to social network sites (e.g., Instagram, TikTok, Snapchat, X (formerly known as Twitter), Pinterest, etc.) and messaging apps.

At home, do you have or have access to...

	Yes, I do	No, I do not
A smartphone	0	0
A desktop or laptop computer	0	0
A gaming console	0	0
A tablet computer	0	0

How many years has it be	een since you started being	; involved with social media?
--------------------------	-----------------------------	-------------------------------

O Less than 3 years

4-5 years

○ 6-7 years

○ 8-9 years

○ 10 or more years

About how often do you visit or use the following?

	Almost constantly	Several times a day	About once a day	Several times a week	Less often	Never used
Twitter (recently renamed to "X")	0	0	\circ	0	0	0
Instagram	0	0	\bigcirc	0	0	0
Facebook	\circ	0	\bigcirc	0	0	0
Snapchat	\circ	0	\bigcirc	\circ	\circ	0
YouTube	0	0	\bigcirc	\circ	\circ	0
Reddit	0	0	\bigcirc	0	0	0
TikTok	0	0	\circ	0	0	0
Twitch	\circ	0	\bigcirc	\circ	0	0
WhatsApp	0	0	0	0	0	0
Discord	0	0	\circ	0	0	0
BeReal	0	0	0	0	0	0

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.	0	0	0	0	0
Posting messages is a way to let everyone know how I'm feeling.	0	0	0	0	0
Posting is a way to avoid having to ask a specific person I know for help.	0	0	0	0	0
I get support by looking over saved chats.	0	0	0	0	0
Social media lets me open up about things that are hard to talk about face-to-face.	0	0	0	0	0
Having time to think about how I reply to messages or chats is helpful.	0	0	0	0	0
I worry about my replies to people.	0	0	0	0	0
It is important for me to be active on social media.	0	0	0	0	0
It is important that people like the things I post.	0	0	0	\circ	0
I worry that people will post mean or hurtful things about me.	0	0	0	0	0
It bothers me when I see on social media how good others' lives are.	0	0	0	0	0

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

During the past year,	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?	0	0
Have you regularly felt dissatisfied because you wanted to spend more time on social media?	0	0
Have you often felt bad when you could not use social media?	0	0
Have you tried to spend less time on social media, but failed?	0	0
Have you regularly had no interest in hobbies or other activities because you would rather use social media?	0	0
Have you regularly had arguments with others because of your social media use?	0	0
Have you regularly lied to your parents or friends about the amount of time you spend on social media?	0	0
Have you often used social media so you didn't have to think about unpleasant things?	0	0
Have you had serious conflict with your parents, brother(s) or sister(s) because of your social media use?	0	0