



SOCIAL MEDIA ADDICTION Assessment

1. *Salience*: Is your social media use deeply integrated into your daily life?
2. *Euphoria*: Do you depend on social media use for excitement throughout the day?
3. *Tolerance*: Do you need to spend more time to get a “buzz” from social media?
4. *Withdrawal symptoms*: Do you get nervous when you are not on social media?
5. *Conflict*: Does your use of social media cause you trouble?
6. *Relapse*: Have you tried to cut back on your use of social media but failed?

If you've answered 'yes' to three or more of these questions, you might need to reconsider your use of social media.

Source: James Roberts, Ph.D., the Ben H. Williams Professor of Marketing
Baylor University

Bergen Social Media Addiction Scale

Here are six statements to consider. For each, answer: (1) very rarely, (2) rarely, (3) sometimes, (4) often, or (5) very often.

1. You spend a lot of time thinking about social media or planning how to use it.
2. You feel an urge to use social media more and more.
3. You use social media in order to forget about personal problems.
4. You have tried to cut down on the use of social media without success.
5. You become restless or troubled if you are prohibited from using social media.
6. You use social media so much that it has had a negative impact on your job/studies.

If you scored a 4 or 5 ("often" or "very often") on at least 4 of those statements, it could be an indicator of social media addiction.

Source: Psychology Today