



An Assessment of the Impact of Social Media Addiction on Psychosocial Behaviour like Depression, Anxiety, and Stress.

* Indicates required question

Will continue to participate in this

Willing to participate in this survey? *

☐ Yes

☐ No

2. Age *

3. Gender *

☐ Male

☐ Female

4. Designation *

- ☐ Teaching
- ☐ Non-teaching

5. Area of residence *

- ☐ Urban
- ☐ Sub-urban
- ☐ Rural

6. Family type *

- ☐ Joint
- ☐ Nuclear

7. Marital status ^{*}

- ☐ Married
- ☐ Single

8. Family income ^{*}

- ☐ Upper class
- ☐ Upper middle
- ☐ Lower middle
- ☐ Upper lower
- ☐ Lower

9. Social history ^{*}

9. Social history *

- ☐ Alcohol
- ☐ Tobacco
- ☐ Nil

10. Suffering from any of the below disorders? *

- ☐ Diabetes
- ☐ High BP
- ☐ Low BP
- ☐ Thyroid
- ☐ PCOD
- ☐ Migraine
- ☐ Obesity

11. Suffering from any of the ^{*} below mental disorders?

- ☐ Eating disorder
- ☐ Suicidal thought disorder
- ☐ Amnesia
- ☐ Mood disorder
- ☐ Anxiety disorder
- ☐ Learning and communication disorder
- ☐ Dementia
- ☐ Delirium
- ☐ Job burnout
- ☐ None

1. While I work/ study, my mind remains on social networking sites. *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Somewhat Disagree
- ☐ Neither Agree nor Disagree
- ☐ Somewhat Agree
- ☐ Agree
- ☐ Strongly Agree

2. I go to social networking sites instantly after waking up in the morning. *

☐ Strongly Agree

2. I go to social networking sites instantly after waking up in the morning. *

☐ Strongly Disagree

☐ Disagree

☐ Somewhat Disagree

☐ Neither Agree nor Disagree

☐ Somewhat Agree

☐ Agree

☐ Strongly Agree

3. I check for updates on social networking sites while *

3. I check for updates on social networking sites while studying/working. *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Somewhat Disagree
- ☐ Neither Agree nor Disagree
- ☐ Somewhat Agree
- ☐ Agree
- ☐ Strongly Agree

4. I check my social networking account before starting any task or activity. *

5. I go to social networking sites whenever I am upset. *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Somewhat Disagree
- ☐ Neither Agree nor Disagree
- ☐ Somewhat Agree
- ☐ Agree
- ☐ Strongly Agree

6. Social networking helps me lift my mood. *

- ☐ Strongly disagree
- ☐ Disagree

- ☐ Somewhat disagree
- ☐ Neither agree or disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

7. I feel relaxed whenever I am on social networking sites *

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

☐ Strongly agree

**8. These days I spend more
and more time on social
networking sites**

*

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

9. When compared I spend

*



☐ Strongly agree

**9. When compared I spend
more time on social
networking sites now than I
did in the past.**



☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

☐ Agree

☐ Strongly agree

**10. I need to be on social
networking sites for longer
time than before to be
satisfied** *

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat Agree

☐ Agree

☐ Strongly agree

- ☐ Agree
- ☐ Strongly agree

**11. I feel sad when I am
unable to log in to social
networking sites.**



- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree



- ☐ Agree
- ☐ Strongly agree

**12. I become irritable
whenever I cannot log in to
social networking sites**



- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

13. I feel frustrated when I cannot use social networking sites. *

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

14. I become restless when I do not get time for social *



- ☐ Agree
- ☐ Strongly agree

14. I become restless when I do not get time for social networking. *

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree



☐ Somewhat agree

☐ Agree

☐ Strongly agree

**15. I try to hide the time I
spend on social networking**



☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree



**16. I need to lie to my parents *
and others when they ask
about my social networking
usage.**

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

**17. I ignore my sleep because *
I have/want to be on social**



- ☐ Agree
- ☐ Strongly agree

**17. I ignore my sleep because ^{*}
I have/want to be on social
networking sites.**

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat Agree
- ☐ Agree
- ☐ Strongly agree



- ☐ Agree
- ☐ Strongly agree

**18. I have failed to cut down *
the time I spend on social
networking sites.**

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree



☐ Somewhat agree

☐ Agree

☐ Strongly agree

**19. I have tried to stop using
social networking sites, but
have failed.**



☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat Agree

☐ Agree

☐ Strongly agree



- ☐ Agree
- ☐ Strongly agree

20. I am unable to cut-down the time I spend on social networking sites. *

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Neither agree nor disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree



☐ Strongly agree

**21. My repeated attempts to ★
reduce the time I spend on
social networking sites have
failed**

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

Select the factors or reasons ^{*} that have led you to overuse social media

- ☐ To overcome Loneliness
- ☐ For Satisfaction
- ☐ Peer influence
- ☐ To avoid Boredom
- ☐ For Entertainment
- ☐ Relationship
- ☐ To avoid exhaustion
- ☐ To fill up spare time
- ☐ Constant knowledge and information sharing



**Please read each statement
and tick a number 0,1,2 or 3
which indicates how much the
statement is applied to you**

The rating scale is as follows:

- 0 Did not apply to me at all
 - 1 Applied to me to some degree, or
some of the time
 - 2 Applied to me to a considerable
degree or a good part of time
 - 3 Applied to me very much or most
of the time
-



some of the time

2 Applied to me to a considerable degree or a good part of time

3 Applied to me very much or most of the time

1. I found it hard to wind down (difficult to relax after stress) *

0 ☐

1 ☐

2 ☐

3 ☐

2. I was aware of dryness of *



2. I was aware of dryness of my mouth *

0 ☐

1 ☐

2 ☐

3 ☐

3. I couldn't seem to experience any positive feelings at all *

0 ☐

1 ☐

2 ☐

3 ☐

4. I experienced breathing difficulty *

0 ☐

1 ☐

2 ☐

3 ☐

5. I found it difficult to work up the initiative to do things *

0 ☐

1 ☐

2 ☐

3 ☐



6. I tended to overreact to situations *

0 ☐

1 ☐

2 ☐

3 ☐

7. I experienced trembling (shiver - e.g. in the hands) *

0 ☐

1 ☐

2 ☐

3 ☐



8. I felt that I was using a lot ^{*} of nervous energy

0 ☐

1 ☐

2 ☐

3 ☐

9. I was worried about ^{*} situations in which I might panic and make a fool of myself

0 ☐

1 ☐

2 ☐

**10. I felt that I had nothing
to look forward to**



0 ☐

1 ☐

2 ☐

3 ☐

**11. I found myself getting
agitated (feeling troubled)**



0 ☐

1 ☐

2 ☐

3 ☐

12. I found it difficult to relax



0 ☐

1 ☐

2 ☐

3 ☐

13. I felt down-hearted and blue



0 ☐

1 ☐

2 ☐

**14. I was intolerant of
anything that kept me from
getting on with what I was
doing**

*

0 ☐

1 ☐

2 ☐

3 ☐

15. I felt I was close to panic

*

0 ☐

1 ☐

2 ☐

3 ☐



16. I was unable to become enthusiastic about anything



0 ☐

1 ☐

2 ☐

3 ☐

17. I felt I wasn't worth much as a person



0 ☐

1 ☐

2 ☐

3 ☐

18. I felt that I was rather touchy (cranky, quick tempered)

*

0 ☐

1 ☐

2 ☐

3 ☐

19. I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase)

*

0 ☐

1 ☐

2 ☐

20. I felt scared without any good reason *

0 ☐

1 ☐

2 ☐

3 ☐

21. I felt that life was meaningless *

0 ☐

1 ☐

2 ☐

3 ☐