

SOCIAL MEDIA USE QUESTIONNAIRE

Name of School: Gender:..... Age:.....

1) What do you do when you connect to the Internet? (Mark 3 option most.)

- read news
- check social media accounts
- play games
- check emails
- watch videos
- chat

2) Which social network do you use to communicate? (Mark 3 option most.)

- Facebook
- Twitter
- Instagram
- Snapchat
- Tiktok
- Whatsapp
- Spotify
- Youtube
- Others

3) How many hours of your day do you spend on social media?

- Less than an hour
- 1-3 hours
- 3-5 hours
- >5 hours

4) What time do you check your social media first during the day?

- When I wake up
- After breakfast
- When I'm free
- When there is a notification

5) Do you upload personal pictures or videos?

- Yes
- No

6) How often do you check your network?

- Once a day
- Twice a day
- 3-5 times a day
- 5-10 times a day
- >10 times a day

7) How do you cope with your “likes” and “views” of your posts?

- They don't affect me
- I like to check how many likes I get for every post
- I feel disappointed if I don't get many likes
- I feel very happy when I get many likes

8) How long could you stay away from your social media account?

- Less than 1 hour
- 1-2 hours
- Half a day
- A whole day
- I can live without social media

9) What is your expectation from using social media? (Mark 3 option most.)

- Get information
- Make new friends
- Find old friends
- Contact people
- Be part of a group
- Other

10) Do you check your social media account before sleep?

- Yes
- No

11) How much time do you spend on social media on a week?

- I do not connect during the week
- Less than an hour.
- Between one and two hours.
- Between two and three hours.
- Three hours or more. How many hours? (....)

12) How much time do you spend on social media on weekends?

- I do not connect on weekends
- Less than an hour
- Between one and two hours
- Between two and three hours
- Three hours or more.

13) Do you play online video games?

- Never.
- Rarely.
- Sometimes.
- Frequently.
- Always or almost always.

14). Do you play games of chance?

- Never.
- Rarely.
- Sometimes.
- Frequently.
- Always or almost always.

15). Do you use your real name or nickname?

- Real name
- Nickname

16). Do you have public or private account?

- Public
- Private

17).- If the Internet does not work at home I try to connect somewhere else.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

18). It affects me a lot when I want to connect to the Internet and the network does not work.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

19). It irritates me when the Internet does not work well because of the computer or the network.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

20). It is no longer enough for me to connect the same amount of time as before.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

21). I dedicate less time to doing other activities because Internet occupies me enough time.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

22). I think I use the Internet too much.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

23). I find it very difficult to close the Internet when I start surfing, even if I have to leave it because my parents, friends call me or I have to go somewhere.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

24). When I feel bad, I feel like connecting more to internet.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

25). I have become connected to the Internet for more than three hours in a row.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

26). I have discussed with my parents, family or friends because I spend a lot of time on the Internet.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

27). When I'm bored I connect to the Internet.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

28). I have gone to bed later or have slept less because I stayed on the Internet. (VAMPING)

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

29). I have arrived late (to class, to go out with my friends, etc.) for being connected to the Internet.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

30). When I'm connected to the Internet, I lose track of time.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement. Totally agree.

31). The first thing I do when I get home after school is connect to the Internet.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.

32). I have lied to my family or other people about the time I have been connected.

- Totally in disagreement.
- A little in disagreement.
- Neutral.
- A big of agreement.
- Totally agree.