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Assessing Social Media Usage

* Required

1. How many times DAILY do you look at social media? *

- Not everyday
- Once daily
- 2-5 times daily
- 6-10 times daily
- More than 10 times daily

2. How much TIME daily do you spend on social media *

- Less than one hour
- 1-2 hours
- 2-3 hours
- More than 3 hours



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- Freetime
- At school/work
- Meal times
- Social Occasions
- Before going to bed at night
- Before getting out of bed in the morning

4. Before you post material on social media, do you THINK? (Is it true, necessary, and kind?) *

- Yes
- No

5. Do you compare yourself to others and their posts on social media? *

- Yes
- No

6. Has social media ever caused you stress? *

- Yes
- No



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Yes

No

8. What percentage of the people/things you follow on social media bring you joy?
1=20% and 5=100% *



9. Have you used social media to help with a personal struggle? Please answer yes or no and then explain. *

Enter your answer

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