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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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