

I completed the Social Media Disorder Scale with a score of 1 yes, indicating normative social media usage. The single question I answered yes to was “Do you frequently find yourself thinking about social media or planning to use it?” I would guess that a score of 1 is a very common score, as many users utilize social media as a means of entertainment and often think about what to post or research next. Differing social media patterns could be a result of the diverse cultures around the world. There may be cultures that shun the use of social media, with others promoting it as a means of gaining knowledge and having an efficient communication network. Another impactful factor is the possible prevention of social media usage in certain areas around the world.