

### Social Media Addiction Scale Student Form (SMAS-SF)

<b>EXPLANATION:</b> Different states related to social media use on the internet are given below. You are asked to read each expression carefully and put (X) for the expression you deem the most correct for you. Do not skip any item and mark each state please.		① Strongly disagree ② Disagree ③ Neither agree nor disagree ④ Agree ⑤ Strongly agree				
1	I am eager to go on social media.	①	②	③	④	⑤
2	I look for internet connectivity everywhere so as to go on social media.	①	②	③	④	⑤
3	Going on social media is the first thing I do when I wake up in the morning.	①	②	③	④	⑤
4	I see social media as an escape from the real world.	①	②	③	④	⑤
5	A life without social media becomes meaningless for me.	①	②	③	④	⑤
6	I prefer to use social media even there are somebody around me.	①	②	③	④	⑤
7	I prefer the friendships on social media to the friendships in the real life.	①	②	③	④	⑤
8	I express myself better to the people with whom I get in contact on social media.	①	②	③	④	⑤
9	I am as I want to seem on social media.	①	②	③	④	⑤
10	I usually prefer to communicate with people via social media.	①	②	③	④	⑤
11	Even my family frown upon, I cannot give up using social media.	①	②	③	④	⑤
12	I want to spend time on social media when I am alone.	①	②	③	④	⑤
13	I prefer virtual communication on social media to going out.	①	②	③	④	⑤
14	Social media activities lay hold on my everyday life.	①	②	③	④	⑤
15	I pass over my homework because I spend much time on social media.	①	②	③	④	⑤
16	I feel bad if I am obliged to decrease the time I spend on social media.	①	②	③	④	⑤
17	I feel unhappy when I am not on social media.	①	②	③	④	⑤
18	Being on social media excites me.	①	②	③	④	⑤
19	I use social media so frequently that I fall afoul of my family.	①	②	③	④	⑤
20	The mysterious world of social media always captivates me.	①	②	③	④	⑤
21	I do not even notice that I am hungry and thirsty when I am on social media.	①	②	③	④	⑤
22	I notice that my productivity has diminished due to social media.	①	②	③	④	⑤
23	I have physical problems because of social media use.	①	②	③	④	⑤
24	I use social media even when walking on the road in order to be instantly informed about developments.	①	②	③	④	⑤
25	I like using social media to keep informed about what happens.	①	②	③	④	⑤
26	I surf on social media to keep informed about what social media groups share.	①	②	③	④	⑤
27	I spend more time on social media to see some special announcements (e.g. birthdays).	①	②	③	④	⑤
28	Keeping informed about the things related to my courses (e.g. homework, activities) makes me always stay on social media.	①	②	③	④	⑤
29	I am always active on social media to be instantly informed about what my kith and kin share.	①	②	③	④	⑤

Virtual tolerance sub-dimension is composed of 1-5th, virtual communication is 6-14th, virtual problem is 15-23th, and virtual information is composed of 24-29th items

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