

Social Media Questionnaire



The different social media accounts that I have:

The main social media platform I use is _____.

I like this more than the others because _____

I'm on this platform at least _____ a day.

How does using social media impact my mood, attitude, or behaviors?

PLACE A CHECK MARK NEXT TO THE STATEMENTS THAT ARE TRUE FOR YOU!

_____ I feel left out or excluded sometimes when using social media

_____ I hide parts of who I am when I use social media

_____ Social media makes me feel worse about myself sometimes

_____ It's hard for me to go a day without checking any of my social media accounts

_____ I feel anxious when I make a post on social media. Why? _____

_____ I've engaged in bullying or trolling on social media

_____ I feel like I'm missing something if I don't check my social media feed often

_____ I feel like I can be myself when I'm on social media

_____ I've gotten in trouble before because of my use of social media

_____ Social media makes me feel more popular

_____ Some adults in my life have an issue with my social media use

_____ I've had people make negative comments or bully me using social media

_____ I feel bad if no one comments or likes what I post

_____ I've felt the need to take a break from social media before. Why? _____

_____ I use social media as my main form of communication with my friends

_____ Social media makes me feel less lonely

_____ Social media makes me feel better about myself

_____ I've said or done things that I've regretted on social media before

