

### **Social Media Use Scale (SMUS)**

**Directions:** Please indicate how frequently you have engaged in each of the following social media activities in the **PAST WEEK** (7 days). Please only include activities engaged in on social networking sites such as Instagram, Facebook, etc.. Do **not** include activities related to direct messaging such as Facebook Messenger or Instagram direct messages. For each activity, please use the following scale:

Never	1-2 times per week	3-4 times per week	5-6 times per week	Once daily	2-5 times daily	6-9 times daily	10-13 times daily	Hourly or more
1	2	3	4	5	6	7	8	9

- \_\_\_\_\_ 1. Made/shared a post or story about something positive that was personally about me
- \_\_\_\_\_ 2. Looked at how many people liked, commented on, shared my content, or followed/friended me
- \_\_\_\_\_ 3. Read comments to my own content
- \_\_\_\_\_ 4. Edited and/or deleted my own social media content
- \_\_\_\_\_ 5. Played with photo filtering/photo editing
- \_\_\_\_\_ 6. Compared my body or appearance to others'
- \_\_\_\_\_ 7. Compared my life or experiences to others'
- \_\_\_\_\_ 8. Reminiscenced about the past
- \_\_\_\_\_ 9. Made/shared a post or story about something negative that was personally about me
- \_\_\_\_\_ 10. Made/shared a post or story about something negative that was NOT personally about me
- \_\_\_\_\_ 11. Commented unsupportively or disliked/"reacted" unsupportively on other's post(s)
- \_\_\_\_\_ 12. Sought out content that I morally or ethically disagreed with
- \_\_\_\_\_ 13. Scrolled aimlessly through my feed(s)
- \_\_\_\_\_ 14. Looked at others' stories
- \_\_\_\_\_ 15. Navigated to others' profiles in my social network (e.g., friends or friends of friends)
- \_\_\_\_\_ 16. Navigated to others' pages who I do not know (e.g., influencers or other famous people)
- \_\_\_\_\_ 17. Watched videos such as memes, news content, how-tos/recipes, etc.

**Scoring Instructions:** Items should be presented in random order. There are four social media use subscales. The items for each subscale should be averaged. There are no reverse-keyed items.

Image-Based (5 items): 1, 2, 3, 4, 5

Comparison-Based (3 items): 6, 7, 8

Belief-Based (4 items): 9, 10, 11, 12

Consumption-Based (5 items): 13, 14, 15, 16, 17