

Maladaptive Facebook Usage Scale

Choose the number that best reflects the degree to which you agree with the following statements:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Disagree Somewhat
- 4 = Neither Agree nor Disagree
- 5 = Agree Somewhat
- 6 = Agree
- 7 = Strongly Agree

- 1) When I update my Facebook status, I expect others to comment on it.
- 2) When I update my Facebook status and no one comments on it, I tend to be disappointed.
- 3) I tend to read the Facebook status updates of others to see if others are feeling the way I am.
- 4) When I update my Facebook status, it does not affect me if no one comments on it. (reverse scored)
- 5) I update my Facebook status multiple times per day.
- 6) Reading the Facebook status updates of others tends to make me feel down on myself.
- 7) I sometimes write negative things about myself in my Facebook status updates to see if others will respond with negative comments about me.

Citation

Smith, A. R., Hames, J., & Joiner, T. E. (2013). Status update: Maladaptive Facebook usage predicts increases in body dissatisfaction and bulimic symptoms. *Journal of Affective Disorders, 149*, 235-240. doi.org/10.1016/j.jad.2013.01.032