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