

The Social Media Usage Questionnaire (SMUQ)  
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In the past month, how often have you used Facebook?

- 0 I did not use Facebook
- 1 I used Facebook 1 to 2 days per week
- 2 I used Facebook 3 to 6 days per week
- 3 I used Facebook daily with an average daily use of less than 2 hours
- 4 I used Facebook daily with an average daily use of 2 to 4 hours
- 5 I used Facebook daily with an average daily use of 4 to 6 hours

How many friends do you have on Facebook (in numbers)? \_\_\_\_\_

In the past month, how often have you used Tumblr?

- 0 I did not use Tumblr
- 1 I used Tumblr 1 to 2 days per week
- 2 I used Tumblr 3 to 6 days per week
- 3 I used Tumblr daily with an average daily use of less than 2 hours
- 4 I used Tumblr daily with an average daily use of 2 to 4 hours
- 5 I used Tumblr daily with an average daily use of 4 to 6 hours

How many followers do you have on Tumblr (in numbers)? \_\_\_\_\_

In the past month, how often have you used Twitter?

- 0 I did not use Twitter
- 1 I used Twitter 1 to 2 days per week
- 2 I used Twitter 3 to 6 days per week
- 3 I used Twitter daily with an average daily use of less than 2 hours
- 4 I used Twitter daily with an average daily use of 2 to 4 hours
- 5 I used Twitter daily with an average daily use of 4 to 6 hours

How many friends do you have on Twitter (in numbers)? \_\_\_\_\_

How many followers do you have on Twitter (in numbers)? \_\_\_\_\_

How many people do you follow on Twitter (in numbers)? \_\_\_\_\_

In the past month, how often have you used Instagram?

- 0 I did not use Instagram
- 1 I used Instagram 1 to 2 days per week
- 2 I used Instagram 3 to 6 days per week
- 3 I used Instagram daily with an average daily use of less than 2 hours
- 4 I used Instagram daily with an average daily use of 2 to 4 hours
- 5 I used Instagram daily with an average daily use of 4 to 6 hours

How many friends do you have on Instagram (in numbers)? \_\_\_\_\_

How many followers do you have on Instagram (in numbers)? \_\_\_\_\_

In the past month, how often have you participated in Online Gaming?

- 0 I did not participate in Online Gaming
- 1 I participated in Online Gaming 1 to 2 days per week
- 2 I participated in Online Gaming 3 to 6 days per week
- 3 I participated in Online Gaming daily with an average daily use of less than 2 hours
- 4 I participated in Online Gaming daily with an average daily use of 2 to 4 hours
- 5 I participated in Online Gaming daily with an average daily use of 4 to 6 hours

Compared to high school, the *amount of time* you spend using social media is:

- 1 Significantly Less
- 2 Slightly Less
- 3 Same
- 4 Slightly Greater
- 5 Significantly Greater

On average, how many texts do you send and receive daily? \_\_\_\_\_

On average, how many emails do you send and read daily (not counting spam, junk email, or notifications from social media sites)? \_\_\_\_\_

Do you use a smart phone?

- 1 Yes
- 2 No