

## Instagram survey

1. How many social media sites do you have accounts with?

1	2	3	4	5	6	7	7+
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2. how many times a day do you look at social media?

not everyday	once a day	2-5 times a day	5-10 times a day	10 + times
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3. How much time do you spend on social media per day?

less than 30 minutes	30-60 minutes	1- 2 hours	2-3 hours	3 hours +
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4. how often do you post on social media?

never	every few months	every few weeks	weekly	daily	multiple times a day
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5. when do you access social media?

during free time	whilst at school	during social occasions	meal times	any spare moment
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6. do you check social media before you get out of bed?

YES	NO
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7. is checking social media the last thing you do before going to bed?

YES	NO
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8. what do you use social media for?

keeping in touch with friends and family	event planning	buying	inspiration	news	to meet new friends	To play	dating	time waste
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9. has social media effected a relationship friend/ family/ romantic?

yes	no
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10. do you consider yourself addicted to social media?

Yes	no
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