

Social Media Usage Survey Template

All questions are optional. Follow each question's directions.

Write your answers to the open questions in the space provided.

1. Which social media platforms did you use during the past seven days?

- ☐ Instagram
- ☐ Facebook
- ☐ TikTok
- ☐ YouTube
- ☐ LinkedIn
- ☐ X or Twitter
- ☐ Reddit
- ☐ Snapchat
- ☐ WhatsApp or another messaging platform
- ☐ Another platform
- ☐ I did not use social media
- ☐ Prefer not to say

2. On the day you used social media most, about how much total time did you spend across platforms?

- ☐ Less than 15 minutes
- ☐ 15–30 minutes
- ☐ 31–60 minutes
- ☐ More than 1 but no more than 2 hours
- ☐ More than 2 hours
- ☐ Not sure
- ☐ I did not use social media

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3. What was your main purpose for using social media during the past seven days?

- ☐ Messaging people I know
- ☐ Seeing updates from people I know
- ☐ News or information
- ☐ Entertainment
- ☐ Posting or sharing my own content
- ☐ Participating in a group or community
- ☐ Shopping or following brands
- ☐ Work or study
- ☐ Another purpose
- ☐ I did not use social media

4. Which activity best describes how you spent most of that time?

- ☐ Direct messaging
- ☐ Posting or sharing
- ☐ Commenting or reacting
- ☐ Watching or reading without interacting
- ☐ Searching for information
- ☐ Creating content
- ☐ Another activity
- ☐ I did not use social media

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5. How often did your social media use help you feel connected with other people?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ Not applicable
- ☐ Prefer not to say

6. How often did social media leave you feeling stressed or distracted?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ Not applicable
- ☐ Prefer not to say

7. What is one change that would help you use social media more intentionally?
