**Questionnaire.**

You need to rate how much you agree with the following statements

**(a)** I generally feel inferior to others.

Strongly disagree 1 2 3 4 5 Strongly agree

**(b)** It is so frustrating to see some people always having a good time.

Strongly disagree 1 2 3 4 5 Strongly agree

**(c)** It somehow doesn’t seem fair that some people seem to have all the fun.

Strongly disagree 1 2 3 4 5 Strongly agree

**(d)** I wish I could travel as much as some of my friends do.

Strongly disagree 1 2 3 4 5 Strongly agree

**(e)** Many of my friends have a better life than me.

Strongly disagree 1 2 3 4 5 Strongly agree

**(f)** Many of my friends are happier than me.

Strongly disagree 1 2 3 4 5 Strongly agree

**(g)** My life is more fun than those of my friends.

Strongly disagree 1 2 3 4 5 Strongly agree

**(h)** Life is fair.

Strongly disagree 1 2 3 4 5 Strongly agree

How many hours on average per day do you spend on social media?

**Scoring**

Add up your rating for questions a-f.

Reverse score questions g and h (so if you circled 1 you need to score yourself 5, 2=4, 3=3, 4=2 ad 5=1) and add that to your other score.

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| Score | Number of hours on social media |
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Scatter graph

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