

Appendix A

The ESM Social Media Use Questionnaire (E-SMUQ)

Instagram Use

“How much time in the past hour have you spent...”

1. “sending direct messages on Instagram”
2. “viewing direct messages on Instagram”
3. “viewing posts/stories of others on Instagram”

Snapchat Use

“How much time in the past hour have you spent...”

4. “sending snaps on Snapchat”
5. “viewing snaps on Snapchat”
6. “viewing stories of others on Snapchat”
7. “sending direct messages on Snapchat”
8. “viewing direct messages on Snapchat”

WhatsApp Use

“How much time in the past hour have you spent...”

9. “sending messages on WhatsApp”
10. “reading messages on WhatsApp”

Response options range from 0 to 60 minutes, with 1-minute intervals.

More information about the development of the E-SMUQ and the different operationalizations of the time spent using social media can be found at the Open Science Framework (OSF; <https://osf.io/7weq5/>).