

Connected Yet Alone: Exploring the Association between Social Media Use, Loneliness, and Mental Health among Medical Students

Mohi Ud Din, Mahnoor Hussain, Humayun Suqrat Hasan Imam, Uzma Mubeen, Haram Faheem
and Vaneeza Rashid

QUESTIONNAIRE

Section 1: Demographic Information

Age: _____

Gender:

☐ Male

☐ Female

Education level:

☐ 1st Year

☐ 2nd Year

☐ 3rd Year

☐ 4th Year

☐ Final Year

Section 2: Social Media Usage Patterns and Perceptions

1. How often do you use social media platforms?

☐ Multiple times a day

☐ Once a day

☐ Few times a week

☐ Once a week or less

☐ Never

2. Which of the following social media platforms do you use most frequently?

☐ Facebook

☐ Instagram

☐ Twitter

☐ TikTok

☐ Snapchat

3. On average, how much time do you spend on social media each day?

☐ 30 minutes to 1 hour

☐ 1-3 hours

☐ 3-5 hours

☐ 5-7 hours

☐ More than 7 hours

4. Do you believe social media makes you feel more connected or more isolated?

☐ More connected

☐ More isolated

☐ Neither

☐ Not sure

5. Do you ever feel lonely after spending time or long hours of scrolling through social media?

☐ Yes

☐ Sometimes

☐ No

6. In your opinion, do the interactions on social media (not getting enough messages, likes, comments) contribute to your feelings of loneliness?

☐ Yes, a lot

☐ Yes, a little

☐ Not at all

☐ Not sure

7. Have you ever felt that social media negatively affects your mental health?

☐ Yes, significantly

☐ Yes, a little

☐ No, not at all

8. Do you think social media has a positive impact on your mood or mental state?

☐ Yes, it improves my mood

☐ It has no effect

☐ No, it worsens my mood

9. Do you sometimes feel overwhelmed by the use of social media and feel the need to take a break?

☐ Yes, often

☐ Yes, sometimes

☐ No, but I have considered taking it

☐ No, never

10. Do you compare your life to other's lives on social media?

- ☐ Yes, often ☐ Yes, sometimes ☐ No, rarely
☐ No, never

11. How does social media impact your self-esteem?

- ☐ It boosts my self-esteem ☐ It has no effect on my self-esteem
☐ It lowers my self-esteem ☐ Not sure

12. Do you fake happiness on social media when you're feeling down in real life?

- ☐ Yes, often ☐ Yes, occasionally ☐ No, never
☐ Not sure

13. Do you post only the happy moments of your life, or do you also share the sad or challenging moments?

- ☐ I only post the happy version of my life ☐ I share both happy and sad moments
☐ I don't post much of my life at all ☐ Not sure

14. Do you feel that social media helps you maintain relationships with friends and family?

- ☐ Yes, it helps a lot ☐ Yes, to some extent ☐ No, not much
☐ No, not at all

15. Do you feel you have more "friends" on social media than in real life, but lack deep, real-life relationships?

- ☐ Yes, definitely ☐ Yes, somewhat ☐ No, not really
☐ No, not at all

16. Do you feel hesitant to connect with people socially in real life, compared to social media?

- ☐ Yes, I feel more comfortable online ☐ Sometimes, it's easier online
☐ No, I am equally comfortable in both settings ☐ No, I prefer real-life connections

17. Do you feel that limiting your usage of social media would improve your mental well-being?

- ☐ Yes, significantly ☐ Yes, to some extent ☐ No, not really

**Section 3:
DASS-21 Questionnaire**

Instructions:

Please read each statement and circle a number 0, 1, 2, or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement. The rating scale is as follows:

- 0 = Did not apply to me at all
1 = Applied to me to some degree, or some of the time
2 = Applied to me to a considerable degree, or a good part of time
3 = Applied to me very much, or most of the time

1. I found it hard to wind down

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

2. I was aware of dryness of my mouth

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

3. I couldn't seem to experience any positive feeling at all

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

4. I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

5. I found it difficult to work up the initiative to do things

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

6. I tended to over-react to situations

- ☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

7. I experienced trembling (e.g., in the hands)

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

8. I felt that I was using a lot of nervous energy

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

9. I was worried about situations in which I might panic and make a fool of myself

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

10. I felt that I had nothing to look forward to

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

11. I found myself getting agitated

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

12. I found it difficult to relax

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

13. I felt down-hearted and blue

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

14. I was intolerant of anything that kept me from getting on with what I was doing

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

15. I felt I was close to panic

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

16. I was unable to become enthusiastic about anything

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

17. I felt I wasn't worth much as a person

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

18. I felt that I was rather touchy

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

19. I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat)

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

20. I felt scared without any good reason

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always

21. I felt that life was meaningless

☐ (0) Never ☐ (1) Sometimes ☐ (2) Often ☐ (3) Almost always