

Facebook Use Frequency Scale

How often do you do the following on Facebook?

Scale's Response options (on a scale from 1 to 7)

- Several times a day
- About once a day
- 3-5 days a week
- 1-2 days a week
- Every few weeks
- Less often
- Never

1. Change or update your status on Facebook
2. Click the "like" button next to other people's status, photos, links, or other posts on Facebook
3. Comment on other people's photos on Facebook
4. Comment on other people's status, photos, links or other posts on Facebook
5. Send private messages on Facebook

The development and scoring of this scale can be found in the paper below. The scale is free to use, without restriction.

Dempsey, A. E., O'Brien, K. D., Tiamiyu, M. F., & Elhai, J. D. (2019). Fear of missing out (FoMO) and rumination mediate relations between social anxiety and problematic Facebook use. *Addictive Behaviors Reports*, 9, 100150.

Downloadable from: <https://www.jon-elhai.com/research#access>