**Appendix**

**Part 1:** **Demographic and Background Questions**

1. Age:
2. Gender:
3. University level:
4. Marital status:
5. Current grade-point-average (GPA):

**Part 2:** **The level of use of social networks among university students and types of social network used**

1. Social Media is useful medium for university students:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

1. I like to spend more time on Social media:

|  |  |
| --- | --- |
|  Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

3. I like to make friends on Social media:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

4. Information from Social Media Enhance user’s self-awareness:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

5. Information from Social media Enhance communication skills:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

6. Information from Social Media Enhance critical skills of users:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

7. Social Media Provides space for games:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

8. social networks affects on my health:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

9. Online social networks distract me from my real life?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

10. Time spent on social media can never be compared to time spent on real social relations?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

11. There is no improvement in social life since I became engaged into these social networking sites:

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

12. The most popular Social Media I use it :

|  |  |
| --- | --- |
| Whatsapp | □ |
| Twitter | □ |
| Instagram | □ |
| Snapchat | □ |
| Others :….  | □ |

13. spending on internet services for you most of the time during the month:

Free □

Spend less than 100 riyals per month □

Spend from 101 to 300 riyals a month □

Spend from 301 to 500 riyals per month □

More than 500 rials per month □

14. average daily social media usage :

6 hours or more □

5 hours to 4 hours □

3 to 2 hours □

An hour or less □

 15. internet sevices available to you :

Available 24 hours a day □

Not all day long but most of the day □

Scarcely □

**Part 3:**

( mental health screening )

1. Been Able to cocentrate on what you are doin?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

2. Felt you are Playing a useful part in things?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

3. Felt Capable of making decisions about things?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

4. Been able to enjoy your normal day to day activities?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

5. Lost much sleep over worry?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

6. Felt constantly under strain?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

7. Felt you couldn't overcome your difficulties?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

8. Been feeling unhappy or depressed?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

9. Been losing confidence in yourself?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |

10. Been thinking of yourself as a worthless person?

|  |  |
| --- | --- |
| Strongly Agree | □ |
| Agree | □ |
| Uncertain | □ |
| Disagree | □ |
| Strongly Disagree  | □ |