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Instagram Bağımlılığı Ölçeği

| | Asla | Ara sıra/ Nadiren | Bazen | Çoğu zaman | Her zaman |
|----------------------------------------------------------------------------------------------------|------|----------------------|-------|---------------|--------------|
| 1. Instagram'a sıklıkla fotoğraf ya da video yüklerim. | 1 | 2 | 3 | 4 | 5 |
| 2. Kendimi bir buluşma ya da etkinlikten hemen sonra fotoğraf paylaşmak zorunda hissedirim. | 1 | 2 | 3 | 4 | 5 |
| 3. Aldığım yorumların ve beğenilerin sayısı az olduğunda kendimi mutsuz hissederim. | 1 | 2 | 3 | 4 | 5 |
| 4. Paylaşımlarımı kaç kişinin gördüğünü, beğendiğini ya da yorum yaptığını sürekli kontrol ederim. | 1 | 2 | 3 | 4 | 5 |
| 5. Instagram kullanmam mümkün olmadığında/yoksun kaldığımda kendimi huzursuz hissedirim. | 1 | 2 | 3 | 4 | 5 |
| 6. Instagram kullanarak zihnimdeki rahatsız edici düşünceleri engellerim. | 1 | 2 | 3 | 4 | 5 |
| 7. Stresli olduğumda Instagram kullanırım. | 1 | 2 | 3 | 4 | 5 |
| 8. Bazı düşüncelerden uzaklaşmak istediğimde Instagram kullanırım. | 1 | 2 | 3 | 4 | 5 |
| 9. Instagram'ı gerçeklerden uzaklaşmak için kullanırım. | 1 | 2 | 3 | 4 | 5 |
| 10. Instagram'da geçirdiğim süreyi başkalarından saklamaya çalışırım. | 1 | 2 | 3 | 4 | 5 |
| 11. Instagram'dan dolayı performansım ya da üretkenliğim (iş/okul) etkilenir. | 1 | 2 | 3 | 4 | 5 |
| 12. Instagram kullanımından dolayı okuluma/işime odaklanamam. | 1 | 2 | 3 | 4 | 5 |
| 13. Instagram kullanımından dolayı rutin işlerimi aksatırım. | 1 | 2 | 3 | 4 | 5 |
| 14. Çevrimiçi olduğumda kendime "yalnızca birkaç dakika daha" derim ancak kullanmaya devam ederim. | 1 | 2 | 3 | 4 | 5 |
| 15. Uyandığımda yaptığım ilk şey Instagram'a girmektir. | 1 | 2 | 3 | 4 | 5 |
| 16. Instagram'ı kullanamadığımda bir şeyler kaçırmış gibi hissedirim. | 1 | 2 | 3 | 4 | 5 |
| 17. Instagram'da daha fazla zaman geçirmek için güçlü bir istek duyarım. | 1 | 2 | 3 | 4 | 5 |
| 18. Instagram'da düşündüğümden/planladığımdan daha fazla zaman harcarım. | 1 | 2 | 3 | 4 | 5 |
| 19. Instagram kullanımından dolayı bel ve sırt ağrısı çekerim. | 1 | 2 | 3 | 4 | 5 |
| 20. Instagram kullanmaya başladığımdan beri ailemle olan etkileşimim azaldı. | 1 | 2 | 3 | 4 | 5 |
| 21. Instagram kullanımı fiziksel sağlığımı olumsuz yönde etkiler. | 1 | 2 | 3 | 4 | 5 |