

Social Media Jealousy Scale (SMJS-15)

Please respond to the following statements truthfully.

1-Strongly Disagree

2- Disagree

3- Neither Agree nor Disagree

4- Agree

5- Strongly Agree.

Item	Statements	Response				
		1	2	3	4	5
J1	On social media, I frequently compare my profile/D.P. to that of others.					
J2	I frequently compare the amount of attention my images receive on social media with that of others.					
J3	I frequently compare my social media friend/follower count to that of others.					
J4	I often compare how much attention my status or message receives to that of others.					
J5	When I compare other people's social media lifestyles to mine, I feel jealous.					
J6	Whenever someone I know on social media uploads a new profile/D.P., I feel like uploading a better profile picture for myself.					
J7	Whenever someone I know on social media gets more attention than me for their photos, I feel like uploading better photos than them.					
J8	When someone I know on social media has more friends or contacts than me, I feel like increasing the number of friends or contacts I have.					
J9	When someone I know posts an interesting status or message on social media, I feel like posting a better status or message than them.					
J10	When I come to know that someone I know on social media is living a more luxurious life than me, I feel like spending money on even more luxurious items and showing them off on social media.					
J11	When someone I know uploads a good profile picture/DP I feel like posting a funny or irritating comment.					
J12	When someone I know on social media posts good photos, I feel like posting a funny or irritating comment.					
J13	When I see someone I know is getting much attention for their post or message, I make fun of them for being popular on social media.					
J14	When someone I know posts an interesting status or message on social media, I post a negative comment.					
J15	When someone I know on social media discloses their luxurious lifestyle, I make a negative comment to make them feel guilty for showing off.					

Scoring

Compute the total social media jealousy score by summing all the responses. Higher scores indicate a higher level of social media jealousy. The minimum and maximum scores are 15 and 75, respectively. (D.P. stands for Display Picture)

Note: The scale has shown strong reliability, convergent validity, as well as evidence of construct validity.

Statements and Declarations

Researchers do not need to seek permission to use this scale but need to cite this article: <https://doi.org/10.32388/SWMC6H>

Competing interests

The researchers have no competing interests to declare.