



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Addicted to Social Media?

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10 questions about your Instagram, WhatsApp, and social media habits

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ I have seen people break free from addictions they carried for decades – not through willpower, but through understanding. When we change the story, the habit loses its grip.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Am I Addicted to Social Media?

This assessment helps you understand your social media usage patterns. Please answer honestly to get the most accurate insights.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you check social media within the first 15 minutes of waking up?
- Do you feel anxious or restless when you are unable to check social media for a period of time?
- Do you often compare your life and achievements to those you see on social media?
- Do you find yourself feeling worse about your own life or accomplishments after scrolling through social media feeds?
- Do you frequently lose track of time while using social media, often spending more time than intended?
- Do you often post on social media primarily seeking likes, comments, or validation from others?
- Do you use social media as a way to distract yourself from difficult emotions or problems?
- Has your social media use ever led to neglecting real-life relationships or responsibilities?
- Have you ever tried to reduce your social media usage but found it difficult to stick to your intentions?
- Do you often find yourself scrolling through social media during meals or while in conversations with others in person?

**Score:** Count the number of 'Yes' answers to understand your current social media usage.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-3

#### Healthy Use

Your social media habits appear balanced and do not seem to be causing significant distress. Continue mindful usage.

### SCORE: 4-6

#### Mild Concern

Your usage shows some signs that might warrant attention. Consider reflecting on how social media impacts your daily life and well-being.

### SCORE: 7-8

#### Moderate Concern

Your social media engagement suggests potential challenges. It might be beneficial to explore strategies for setting boundaries and reducing usage for better mental wellness.

### SCORE: 9-10

#### High Concern

Your current social media habits indicate a significant impact on your well-being. Seeking guidance from a mental wellness professional could provide valuable support and coping strategies.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

If your score indicates concern, start by setting small, achievable goals like designating tech-free times or turning off notifications. Small steps can lead to significant positive changes.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated with you the most, and why?

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2. What is one specific change you could make today to improve your relationship with social media?

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3. How does your current social media use affect your mood and self-perception?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindful Living Guide

Learn techniques to stay present and reduce digital distractions.

₹199

2

### Digital Detox Planner

A step-by-step plan to reduce screen time effectively.

₹99

3

### Emotional Well-being Toolkit

Develop healthy coping mechanisms for managing difficult emotions.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."**

– Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224