



Digital Stress Scale (DSS)

Instructions:

The following statements are about how people feel about their media use. Please indicate how frequently you have felt this way over the past 7 days.

		Never	Rarely	Sometimes	Often	Always
1	My friends expect me to be constantly available online	1	2	3	4	5
2	On top of the other things I must do, keeping up with notifications is a chore	1	2	3	4	5
3	I am nervous about how people will respond to my posts and photos	1	2	3	4	5
4	I feel socially unavailable when I do not have my phone	1	2	3	4	5
5	I fear my friends are having more rewarding experiences than me	1	2	3	4	5
6	I have to check too many notifications	1	2	3	4	5
7	I must have my phone with me to know what is going on	1	2	3	4	5
8	For my friends, it is important that I am constantly available online	1	2	3	4	5
9	I feel anxious about how others will respond when I share a new photo on social media	1	2	3	4	5
10	I fear that others have more rewarding experiences than me	1	2	3	4	5
11	I feel overwhelmed with the flow of messages/notifications on my phone	1	2	3	4	5
12	I feel lost or “naked” without my phone	1	2	3	4	5
13	I get worried when I find out my friends are having fun without me	1	2	3	4	5
14	It feels like there is always a reminder – like a flashing light or buzz – that there is some other message that I need to attend to	1	2	3	4	5
15	I am constantly checking my phone for messages/notifications	1	2	3	4	5
16	Most of my friends approve of me being constantly available online	1	2	3	4	5



		Never	Rarely	Sometimes	Often	Always
17	I feel nervous after I share a post or photo to see how others responded to it	1	2	3	4	5
18	I feel a social obligation to be constantly available online	1	2	3	4	5
19	I feel stress because I must sift through a lot of unimportant notifications to get to the important ones	1	2	3	4	5
20	I put a lot of effort into composing messages and posts I share online	1	2	3	4	5
21	I get anxious when I don't know what my friends are up to	1	2	3	4	5
22	I put a lot of effort into finding or creating a photo that others will approve of when I post it online	1	2	3	4	5
23	I spend too much time responding to notifications/messages	1	2	3	4	5
24	I feel nervous about how others will respond when I post new updates on social media	1	2	3	4	5

Developer Reference:

Hall, J. A., Steele, R. G., Christofferson, J. L., & Mihailova, T. (2021). Development and initial evaluation of a multidimensional digital stress scale. *Psychological Assessment, 33*(3), 230–242. <https://doi.org/10.1037/pas0000979>

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