PART II – PROTOCOL INSTRUCTIONS

ENTER CODE: 4063

Thank you for agreeing to participate in Part II of this study. As a reminder, you are eligible to participate if you are a student in the Department of Psychology at Liberty University, between the ages of 19-32 years of age, have at least one social media platform active, and use a smartphone. In order to participate in Part II of the study, please complete the following steps:

1. Take a screenshot of the battery usage of your smartphone
2. After you take the initial screenshot, deactivate your social media application on your smartphone for two weeks
3. During the two-week period, limit your desktop or laptop usage of social media to two days per week, no more than one hour each day
4. Take a screenshot of the battery usage of your smartphone each week during the two-week period. You will receive a reminder email at the conclusion of the first week.
5. At the end of the two-week period, you will receive an email inviting you to complete Part II of the study, which will contain a survey measuring your problematic social media use, fear of missing out, and problematic smartphone use.
6. At the end of the survey, you will email the three screenshots taken during Part II to the researcher.
7. Participants who complete Part II of the study will be entered in a raffle, where they will have the opportunity to win one of three cash prizes of $100.00, $150.00, or $250.00. Participants will be notified by email if they are the recipient of a prize and will be asked to provide a mailing address for the disbursement. The prize shall be disbursed in the form of a certified check within seven days of the award.

Instructions on Taking a Screenshot of Your Battery Usage

- For an iPhone, enter your settings and open the tab for the battery, which will display the battery usage by applications
- Select the option to show the usage for the last 10 days and scroll up to ensure the percentage of usage for the applications is visible
- To take a screenshot, press and hold the power button on the right side and click the Home button at the bottom of the phone at the same time.

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- For an Android device, you will find the battery usage in your settings as well
- You will scroll down to ensure that the percentage of usage for the applications is visible.
- To take a screenshot, hold the power button and volume down button simultaneously.