

# Social Networking: Screening and Assessment Tools

In this document, service providers can find some examples of screening and assessment tools. Services providers should be cognizant that assessment is a person-centred process with the purpose to fully motivate and engage clients in their recovery journey. Thus, it is important to build rapport and connect with the client to capture the necessary information and allow them to identify their strengths, skills, and resources. Before applying any instrument, service providers must have a first interview with the client to ask open-ended questions which help create safety and trust.

## Screening and Assessment Tools for Social Media Use

Screening Tool: Social Media Use, eMentalHealth.ca

This survey of nine yes or no questions provides a rapid screening for clients who might have problems with excessive use of social media. Each “yes” response counts as one point. A score of five or more points suggests problematic use of social media, and needs further exploration [1].

<https://www.ementalhealth.ca/index.php?m=survey&ID=56>

Development of a Facebook Addiction Scale, National library of Medicine.

Bergen Facebook Addiction Scale

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This scale evaluates the problematic use of Facebook. It reflects the six core elements of addiction (salience, mood modification, tolerance, withdrawal, conflict and relapse) [2].

[www.ncbi.nlm.nih.gov/pubmed/22662404](http://www.ncbi.nlm.nih.gov/pubmed/22662404)

## References

1. eMentalHealth.ca. (2018). *Screening Tool: Social media use*. Retrieved from <https://www.ementalhealth.ca/index.php?m=survey&ID=56>
2. Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). Development of a Facebook addiction scale. *Psychological Reports*, 110(2), 501–17. [doi: 10.2466/02.09.18.PR0.110.2.501-517](https://doi.org/10.2466/02.09.18.PR0.110.2.501-517)