

Appendix 1.

Asking about demographic characteristic. (age, grade, number of brother and sister, average of scores) and etc. For ice breaking,

What kind of mobile phone do you have? Is it smart? When did you buy it? What is its brand? How old were you when you bought a mobile phone? And how many years have you been on social and virtual media? What kind of usage do you have of your mobile phone?

Which kind of social media are you a member of?

Which of them did you have installed on your mobile phone?

How many groups and channels are you member of? What are their names?

How many hours a day do you use these social media? How many messages do you receive per day? What are they usually about?

Did you get addicted to these social media? How many hours do you use these social media?

How many in Day and how many at nights?

What did you do in the past for your free time opportunities?

What problems do you think have been created in your life that you did not have before and do you think these problems have been created for you since you joined these networks?

Did these networks also affect the way you talk? What about Ethics and on your clothes?

What was the effect of excessive usage of social media on your physical health?

What was the effect of excessive usage of social media on your mental health?

What was the effect of excessive usage of social media on your social health?

What was the effect of excessive usage of social media on your lessons and academic activities?

What was the effect of excessive usage of social media on your sexual health?

What was the effect of excessive usage of social media on your emotional health?

Do you feel good or bad about excessive usage of SM?

What do you suggest to help children who are addicted?