

Are you 18-75 years old and a current or previous user of social media (e.g., Facebook and Instagram) and/or online dating sites (e.g., Tinder og Dating.dk)? Then we invite you to participate in this survey.

Social media and online dating sites have become increasingly popular in recent years. Nevertheless, only few studies have explored the interplay between affective disorders (depression and bipolar disorder/manic-depressive disorder) and the use of social media and online dating.

The purpose of this survey is to establish whether persons with affective disorders have a different use of social media and online dating sites than persons without these disorders. Therefore, we need both persons with affective disorders and persons without affective disorders to complete the questionnaire. The questionnaire consists of three parts: the first part is about your background and your mood, the second part focuses on social media, and the third part concerns online dating.

Two groups are invited to participate in the survey:

- 1) Persons aged 18-75 years who are current or previous users of social media and/or online dating sites and who receive treatment at the Clinic for Mania and Depression (outpatient clinic) at Aarhus University Hospital in Risskov.
- 2) Persons aged 18-75 years who are current or previous users of social media and/or online dating sites and who receive treatment at Vorgod Lægehus or Lægerne Borggade (family practitioners).

It should be stressed that:

- Participation in the survey is voluntary
- Your choice about participation will have no influence on your treatment
- Your treatment provider may not read your responses
- We kindly ask you to participate only once in this survey
- By participating, you consent to sharing your data for research purposes

The results of the study will be published in an international scientific journal. The results of the study will only be presented at group level. Thus, it will not be possible to identify any individual persons in the published material. The study has been approved by the Danish Data Protection Agency in accordance with the procedures laid down between the Danish Data Protection Agency and the Central Denmark Region.

We hope that you will participate and thereby contribute to this research project.

Professor Søren Dinesen Østergaard, Specialist Psychologist Krista Straarup, Specialist Psychologist Vibeke Hansen, Physician Clara Reece Medici, and Medical Student Klara Rydahl

Part 1: your background and your mood

1. **Age and sex** (Please state your age at the line below and indicate your sex by circling the appropriate)

____year Female Male

2. **Were you born in Denmark?**

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

3. **What is your current marital status?**

Single	<input type="checkbox"/>
Have a partner, but live alone	<input type="checkbox"/>
Cohabiting	<input type="checkbox"/>
Married	<input type="checkbox"/>
Divorced/separated	<input type="checkbox"/>
Widow/widower	<input type="checkbox"/>

4. **Do you have children?**

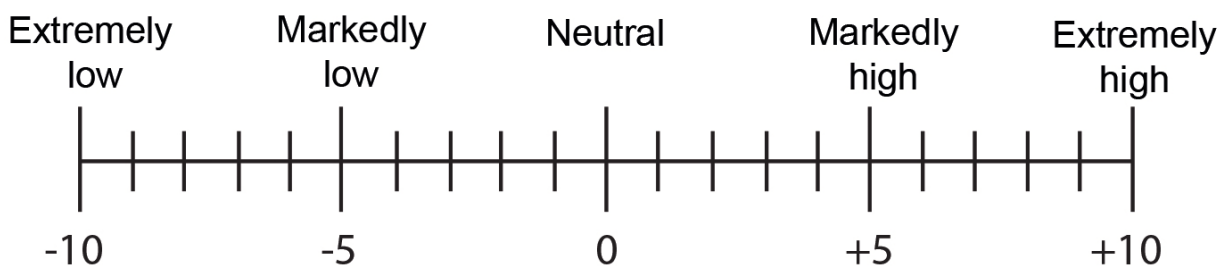
No	<input type="checkbox"/>
Yes, living at home	<input type="checkbox"/>
Yes, joint custody*	<input type="checkbox"/>
Yes, living away from home the parental home	<input type="checkbox"/>

* Joint custody means that you have children who alternately live with you and the other parent.

5. **What is your highest level of completed education?**

Public school (7-9 years of schooling)	<input type="checkbox"/>
High school or similar level	<input type="checkbox"/>
Vocational training	<input type="checkbox"/>
Short tertiary education (less than 3 years of study)	<input type="checkbox"/>
Medium tertiary education (3-4 years of study)	<input type="checkbox"/>
Long tertiary education (more than 4 years of study)	<input type="checkbox"/>

6. **How has your mood (spirits) been on average during the past three days?** (Please put a cross on the line)



7. Have you ever had a depression that was diagnosed/treated?

No	
Yes, a single episode	
Yes, 2-5 episodes	
Yes, 6-10 episodes	
Yes, more than 10 episodes	

➔ If no: go to item 9

8. How old were you when your first-time depression was diagnosed/treated?

Below 18 years	
18-24 years	
25-34 years	
35-45 years	
Above 45 years	

9. Have you ever experienced a manic* or hypomanic episode that was diagnosed/treated?**

No	
Yes, a single episode	
Yes, 2-5 episodes	
Yes, 6-10 episodes	
Yes, more than 10 episodes	

➔ If no: go to item 11

* **Manic episode:** Period with exaggerated/inappropriate elevated mood/anger, intensely increased energy level, and extremely high activity level. May require admission to a psychiatric hospital.

** **Hypomanic episode:** Period with milder type of mania with persistently elevated mood, increased energy level, and increased activity level

10. How old were you when your first-time manic or hypomanic episode was diagnosed/treated?

Below 18 years	
18-24 years	
25-34 years	
35-45 years	
Above 45 years	

11. Have you ever experienced a bipolar mixed episode (where manic/hypomanic and depressive symptoms were intermixed or rapidly alternating) that was diagnosed/treated?

No	
Yes, a single episode	
Yes, 2-5 episodes	
Yes, 6-10 episodes	
Yes, more than 10 episodes	

➔ If no: Go to item 13 on page 4

12. How old were you when your first-time bipolar mixed episode was diagnosed/treated?

Below 18 years	<input type="checkbox"/>
18-24 years	<input type="checkbox"/>
25-34 years	<input type="checkbox"/>
35-45 years	<input type="checkbox"/>
Above 45 years	<input type="checkbox"/>

Part 2: Social media - the interplay between use of social media and mood

13. Have you ever used one or several social media?

(e.g., Facebook, Instagram, Twitter, YouTube, Snapchat, or similar)

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

➔ If no: Go to item 40 on page 9

14. When did you – for the first time – register as a user on a social media?

Less than 1 year ago	1-2 years ago	3-5 years ago	6-8 years ago	9 years or more ago
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. How much time did you spend daily (on average) on social media in the periods when you used these media? (Please indicate on the lines)

_____ hours og _____ minutes

16. In the period(s) when you used social media, what did you use them for?

(You may tick several boxes)

Chatting with friends/family/acquaintances	<input type="checkbox"/>	“Following” friends/family/acquaintances	<input type="checkbox"/>
Writing updates	<input type="checkbox"/>	Reading updates from others	<input type="checkbox"/>
Posting photos	<input type="checkbox"/>	Seeing photos	<input type="checkbox"/>
Posting videos	<input type="checkbox"/>	Watching videos	<input type="checkbox"/>
Participating in debates	<input type="checkbox"/>	Reading the news	<input type="checkbox"/>
Finding new friends	<input type="checkbox"/>	Finding information about others	<input type="checkbox"/>
Setting up arrangements and events	<input type="checkbox"/>	As a calendar (arrangements, events, birthdays, etc.)	<input type="checkbox"/>
Participating in “groups” (based on interests)	<input type="checkbox"/>	Following celebrities and public figures	<input type="checkbox"/>

17. Have you ever regretted any of the following actions on the social media?(You may tick several boxes)

Writing private messages	<input type="checkbox"/>
Sending photos privately	<input type="checkbox"/>
Sending videos privately	<input type="checkbox"/>
Posting photos publicly	<input type="checkbox"/>
Posting videos publicly	<input type="checkbox"/>
Writing public post	<input type="checkbox"/>
Nej	<input type="checkbox"/>

18. Have your family, friends, or acquaintances ever told you that they found your behavior on the social media inappropriate and/or transgressive?

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input type="checkbox"/>
No	<input type="checkbox"/>

19. Has your use of social media ever had negative influence on your relations with other people (e.g., family relations, boyfriend/girlfriend, friendship, work life, or similar)?

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input type="checkbox"/>
No	<input type="checkbox"/>

20. To what extent do your profile(s)/postings on the social media reflect your real life?

My profile(s)/postings on the social media generally present my life as...

Much more positive than real life	Slightly more positive than real life	About the same as real life	Slightly more negative than real life	Much more negative than real life
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

21. To what extent do other people’s profile(s)/postings on the social media reflect their real life?

Other peoples’ profile(s)/postings on the social media generally present their life as...

Much more positive than real life	Slightly more positive than real life	About the same as real life	Slightly more negative than real life	Much more negative than real life
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Items 22-25 should only be answered if you have had one or several episodes of depression in the period when you used social media. If this is not the case, please go to item 26 on page 6.

➔ **22. Have you experienced that your time consumption on social media changed during your depression(s)?**

Yes, during a depressive episode I become more active	<input type="checkbox"/>
Yes, during a depressive episode I become less active	<input type="checkbox"/>
No, I experienced no change	<input type="checkbox"/>

→ **23. Did you use any of the following functions/activities on social media less during your depression(s)?**
(You may tick several boxes)

Chatting with friends/family/acquaintances		“Following” friends/family/acquaintances	
Writing updates		Reading updates from others	
Posting photos		Seeing photos	
Posting videos		Watching videos	
Participating in debates		Reading the news	
Finding new friends		Finding information about others	
Setting up arrangements and events		As a calendar (arrangements, events, birthdays, etc.)	
Participating in “groups” (based on interests)		Following celebrities and public figures	

→ **24. Did you use any of the following functions/activities on the social media more during your depression(s)?** (You may tick several boxes)

Chatting with friends/family/acquaintances		“Following” friends/family/acquaintances	
Writing updates		Reading updates from others	
Posting photos		Seeing photos	
Posting videos		Watching videos	
Participating in debates		Reading the news	
Finding new friends		Finding information about others	
Setting up arrangements and events		As a calendar (arrangements, events, birthdays, etc.)	
Participating in “groups” (based on interests)		Following celebrities and public figures	

→ **25. Do you find that your symptoms during a depression generally are increased/worsened or reduced/relieved by your use of social media?**

Increased/worsened to a high degree	Increased/worsened to a mild degree	No difference	Reduced/relieved to a mild degree	Reduced/relieved to a high degree

Items 26-38 should only be answered if you have had one or several manic or hypomanic episode(s) in the period when you used social media. If this is not the case, please go to item 40 on page 9.

→ **26. Have you experienced that your time consumption on social media changed during your manic or hypomanic episode(s)?**

Yes, during a manic/hypomanic episode I become more active	
Yes, during a manic/hypomanic episode I become less active	
No, I experienced no change	

→ **27. Have you used any of the following functions/activities on the social media less during your manic or hypomanic episode(s)?** (You may tick several boxes)

Chatting with friends/family/acquaintances	<input type="checkbox"/>	“Following” friends/family/acquaintances	<input type="checkbox"/>
Writing updates	<input type="checkbox"/>	Reading updates from others	<input type="checkbox"/>
Posting photos	<input type="checkbox"/>	Seeing photos	<input type="checkbox"/>
Posting videos	<input type="checkbox"/>	Watching videos	<input type="checkbox"/>
Participating in debates	<input type="checkbox"/>	Reading the news	<input type="checkbox"/>
Finding new friends	<input type="checkbox"/>	Finding information about others	<input type="checkbox"/>
Setting up arrangements and events	<input type="checkbox"/>	As a calendar (arrangements, events, birthdays, etc.)	<input type="checkbox"/>
Participating in “groups” (based on interests)	<input type="checkbox"/>	Following celebrities and public figures	<input type="checkbox"/>

→ **28. Have you used any of the following functions/activities on the social media more during your manic or hypomanic episode(s)?** (You may tick several boxes)

Chatting with friends/family/acquaintances	<input type="checkbox"/>	“Following” friends/family/acquaintances	<input type="checkbox"/>
Writing updates	<input type="checkbox"/>	Reading updates from others	<input type="checkbox"/>
Posting photos	<input type="checkbox"/>	Seeing photos	<input type="checkbox"/>
Posting videos	<input type="checkbox"/>	Watching videos	<input type="checkbox"/>
Participating in debates	<input type="checkbox"/>	Reading the news	<input type="checkbox"/>
Finding new friends	<input type="checkbox"/>	Finding information about others	<input type="checkbox"/>
Setting up arrangements and events	<input type="checkbox"/>	As a calendar (arrangements, events, birthdays, etc.)	<input type="checkbox"/>
Participating in “groups” (based on interests)	<input type="checkbox"/>	Following celebrities and public figures	<input type="checkbox"/>

→ **29. Do you find that your symptoms during a manic or hypomanic episode are generally increased/worsened or reduced/relieved by your use of social media?** (You may tick several boxes)

Increased/worsened to a high degree	Increased/worsened to a mild degree	No difference	Reduced/relieved to a mild degree	Reduced/relieved to a high degree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

→ **30. Have you ever regretted one or several of the following actions because you used social media during a manic or hypomanic episode?** (You may tick several boxes)

Writing private messages	<input type="checkbox"/>
Sending photos privately	<input type="checkbox"/>
Sending videos privately	<input type="checkbox"/>
Posting photos publicly	<input type="checkbox"/>
Posting videos publicly	<input type="checkbox"/>
Writing public post	<input type="checkbox"/>
Nej	<input type="checkbox"/>

→ If no: Go to item 34 on page 8

→ **31. If you have regretted one or several of the actions above (item 30), did it subsequently influence your mood negatively?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

→ **32. If you have regretted one or several of the actions above (item 30), how did you handle it?**

Apologized to one or several people	<input type="checkbox"/>
Deleted posts, photos, or videos	<input checked="" type="checkbox"/>
Reduced my activity on social media	<input type="checkbox"/>
Tried to forget it	<input checked="" type="checkbox"/>
Closed my account	<input type="checkbox"/>
None of the above	<input checked="" type="checkbox"/>

→ **33. If you have regretted one or several of the actions above (item 30), do you believe that this contributed to the onset of a subsequent depressive phase?**

Yes	<input type="checkbox"/>
No	<input checked="" type="checkbox"/>

→ **34. Have you experienced that your behavior on social media during a manic or hypomanic episode caused negative thoughts in a subsequent depressive phase?**

Yes	<input type="checkbox"/>
No	<input checked="" type="checkbox"/>

→ **35. Have your family, friends, or other acquaintances ever told you that they found your behavior on the social media inappropriate and/or transgressive?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

→ **36. Has your use of social media during a manic or hypomanic period ever had negative influence on your relations with other people (e.g., family relations, boyfriend/girlfriend, friendship, work life, or similar)?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

Items 37-39 should only be answered if you have been admitted to a psychiatric ward in connection with one or several manic episode(s) in the period when you used social media. If this is not the case, please go to item 40.

→ 37. In connection with your admission(s) for treatment of one or several manic episode(s), have you experienced that the staff limited your access to telephone, tablet, and computer so that you did not have free access to social media?

Yes	
No	

→ If no: Go to item 39

→ 38. Did you experience that this limited access to the social media had a negative or a positive effect on the course of your disease?

Very negative effect	Somewhat negative effect	No effect	Somewhat positive effect	Very positive effect

→ 39. Do you wish that the staff had limited your access to social media to a lesser or greater extent than was the case?

To a much lesser extent	To a lesser extent	No, it was suitable	To a greater extent	To a much greater extent

Part 3: Online dating sites/apps – the interaction between use of dating sites/apps and mood

40. Have you ever used online dates sites/apps?

(e.g., Dating.dk, Be2.dk, Tinder, Happn, Grindr, or similar)

Yes	
No	

→ If no: The remaining questions are not relevant, and you have finished completing the questionnaire. Thank you for your help.

41. When did you – for the first time – register as a user on an online dating site/app?

Less than a year ago	
1-2 years ago	
3-5 years ago	
6-8 years ago	
9 years or more ago	

42. How much time did you spend daily (on average) on online dating sites/apps in the period when you used these sites/apps? (Please indicate on the lines)

_____ hours and _____ minutes

43. In the period(s) when you used dating sites/apps, what did you use them for?
(You may tick several boxes)

Finding a romantic partner	<input type="checkbox"/>
Getting approval	<input type="checkbox"/>
Finding new friends	<input type="checkbox"/>
Finding a sexual partner	<input type="checkbox"/>

44. Have you ever regretted any of the following actions on online dating sites/apps?
(You may tick several boxes)

Writing private messages	<input type="checkbox"/>
Sending photos privately	<input type="checkbox"/>
Sending videos privately	<input type="checkbox"/>
Writing public post	<input type="checkbox"/>
Posting photos publicly	<input type="checkbox"/>
Meeting a person	<input type="checkbox"/>
Having sexual intercourse	<input type="checkbox"/>
No	<input type="checkbox"/>

45. Have your family, friends, or other acquaintances ever told you that they found your behavior - in consequence of activity on online dating sites/apps - inappropriate and/or transgressive?

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input type="checkbox"/>
No	<input type="checkbox"/>

46. Has your use of online dating apps/sites ever had negative influence on your relations with other people (e.g., family relations, boyfriend/girlfriend, friendship, work life, or similar)?

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input type="checkbox"/>
No	<input type="checkbox"/>

Items 47 and 48 should only be answered if you have had one or several episodes of depression in the period when you used online dating sites/apps. If this is not the case, please go to item 49.

→ 47. Have you experienced that your use of online dating sites/apps changed during your depression(s)?

Yes, during a depressive episode, I become more active	
Yes, during a depressive episode, I become less active	
No, I experienced no change	

→ 48. Do you find that your symptoms during a depression generally increased/worsened or reduced/relieved by your use of online dating sites/apps

Increased/worsened to a high degree	Increased/worsened to a mild degree	No difference	Reduced/relieved to a mild degree	Reduced/relieved to a high degree

The remaining items should only be answered if you have had one or several manic or hypomanic episode(s) in the period when you used online dating sites/apps. If this is not the case, the remaining questions are not relevant, and you have finished completing the questionnaire. Thank you for your help.

→ 49. Have you experienced that your use of online dating sites/apps changed during your manic or hypomanic episode(s)? (You may tick several boxes)

Yes, during a manic/hypomanic episode I become more active	
Yes, during a manic/hypomanic episode I become less active	
No, I experienced no change	

→ 50. Do you find that your symptoms during a manic or hypomanic episode are generally increased/worsened or reduced/relieved by your use of dating sites/apps?

Increased/worsened to a high degree	Increased/worsened to a mild degree	No difference	Reduced/relieved to a mild degree	Reduced/relieved to a high degree

→ 51. Have you ever regretted one or several of the following actions because you used online dating sites/apps during a manic or hypomanic episode? (You may tick several boxes)

Writing private messages	
Sending photos privately	
Sending videos privately	
Writing public post	
Posting photos publicly	
Meeting with a person	
Having sexual intercourse	
No	

→ If no: Go to item 55

→ **52. If you have regretted one or several actions above (item 51), did it subsequently influence your mood negatively ?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

→ **53. If you have regretted one or several of the actions above (item 51), how did you handle it? (You may tick several boxes)**

Apologized to one or several people	<input type="checkbox"/>
Deleted posts, photos, or videos	<input checked="" type="checkbox"/>
Reduced my activity on social media	<input type="checkbox"/>
Tried to forget it	<input checked="" type="checkbox"/>
Closed my account	<input type="checkbox"/>
None of the above	<input checked="" type="checkbox"/>

→ **54. If you have regretted one or several of the actions above (item 51), do you believe that this contributed to the onset of a subsequent depressive phase?**

Yes	<input type="checkbox"/>
No	<input checked="" type="checkbox"/>

→ **55. Have you experienced that your dating behavior during a manic or hypomanic episode caused negative thoughts in a subsequent depressive phase?**

Yes	<input type="checkbox"/>
No	<input checked="" type="checkbox"/>

→ **56. Have your family, friends, or other acquaintances ever told you that they found your behavior - in consequence of activity on online dating sites/apps during a manic or hypomanic episode - inappropriate and/or transgressive?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

→ **57. Has your use of online dating apps/sites during a manic or hypomanic period ever had negative influence on your relations with other people (e.g., family relations, boyfriend/girlfriend, friendship, work life, or similar)?**

Yes, often	<input type="checkbox"/>
Yes, sometimes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

The remaining items should only be answered if you have been admitted to a psychiatric ward with one or several manic episode(s) in the period when you used online dating sites/apps. If this is not the case, the remaining questions are not relevant, and you have finished completing the questionnaire. Thank you for your help.

→ 58. In connection with your admission(s) for treatment of one or several manic episode(s), have you experienced that the staff limited your access to telephone, tablet, and computer so that you did not have free access to online dating sites/apps?

Yes	
No	

→ If no: Go to item 60

→ 59. Did you experience that this limited access to online dating sites/apps had a negative or a positive effect on the course of your disease?

Very negative effect	Somewhat negative effect	No effect	Somewhat positive effect	Very positive effect

→ 60. Do you wish that the staff had limited your access to online dating sites/apps to a lesser or greater extent than was the case?

To a much lesser extent	To a lesser extent	No, it was suitable	To a greater extent	To a much greater extent

Thank you for your participation

Professor Søren Dinesen Østergaard
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