

Problematic Media Use Measure (PMUM) Short Form (9 items)

1. Unique ID:
2. Problematic media: 1. Short Videos/Fast Scrolling 2. Long Videos 3. Games

Items	1 (never)	2 (rarely)	3 (sometimes)	4 (often)	5 (Always)
3. My child sneaks using screen media. (Deception)					
4. Screen media is all that my child seems to think about. (Preoccupation)					
5. It is hard for my child to stop using screen media. (Unsuccessful control)					
6. When my child has had a bad day, screen media seems to be the only thing that helps him/her feel better. (Escape/relieve mood)					
7. My child's screen media use causes problems for the family. (Serious problems due to use)					
8. Screen media is the only thing that seems to motivate my child. (Loss of interest)					
9. My child's screen media use interferes with family activities. (Psychosocial consequences)					
10. The amount of time my child wants to use screen media keeps increasing. (Tolerance)					
11. My child becomes frustrated when he/she cannot use screen media. (Withdrawal)					