The Impact of Social Media Use and Impulsivity on Overconsumption

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ABSTRACT

Overconsumption is a growing global problem that has effects on the global, societal, and personal level. It produces negative social outcomes such as poor spending habits and using items as an unhealthy form of coping. It also impacts our planet by filling landfills and polluting oceans with discarded garments. A large amount of clothing is also made unethically since many clothing factory workers are not paid a living wage. With all these things in mind, there is a large need to understand the cause and drive behind overconsumption to try to halt its harmful effects. This study examines the correlations among social media use, function/ dysfunction impulsivity, and overconsumption. Results showed a negative correlation between dysfunctional impulsivity and social media use ($r = -.228$, $p < .001$). social media use showed a negative correlation to overconsumption ($r = -.280$, $p < .001$). This suggests that individuals who spent more time on social media were less likely to overconsume, whereas those who had lower social media use scores had a higher likelihood to overconsume. A positive correlation between functional and dysfunctional impulsivity ($r = .466$, $p < .001$) was also found. This shows that many people who present traits of dysfunctional impulsivity may also present traits of functional impulsivity.

The Impact of Social Media Use and Impulsivity on Overconsumption

The relationship between social media use, functional/ dysfunctional impulsivity, and overconsumption is not yet well researched, despite stark increases in both social media use and overconsumption (Kumar & Kumar, 2025). While impulsivity is not a new issue, it can interact uniquely with both social media use and impulsivity. This study seeks to examine the relationship between these three factors to get a better of understanding of both unhealthy social media use and overconsumption as growing problems.

Impulsivity

Impulsivity and social media use play a large role in the current rise of overconsumption and online shopping (Kumar & Kumar, 2025). Dickman has described impulsivity as being either functional or dysfunctional (Brunas-Wagstaff, Bergquist, & Wagstaff, 1994). Functional impulsivity describes the ability to think quickly and rapidly make changes when necessary. Dysfunctional impulsivity is described as the lack of impulse inhibition. Functional impulsivity can be helpful as it allows individuals to make quick decisions in unpredictable environments, whereas dysfunctional impulsivity leads to making uniformed decisions that the individual often later regrets. In a study by Dickman and Meyer (1988) it was found that individuals with high levels of functional impulsivity made decisions faster on matching tasks, whereas those high in dysfunctional impulsivity answered as fast and as accurately as those who were not high in either impulsivity trait. However, those with dysfunctional impulsivity did score more poorly than the other two groups on the Stroop color-word task, where participants had to say the printed color of a word rather than the color the word said or vice versa (for example, the word “blue” would be printed in green ink, in the first round the participant would need to name the physical color green, and in the second the participant would need to read the word blue).

These findings show that dysfunctional impulsivity does not necessarily mean that information processing or decision making is happening faster, but rather with less inhibition than non-impulsive decisions, although this can lead to making decisions and coming to conclusion faster than non-impulsive individuals (Dickman & Meyer, 1988). Being high in impulsivity, particularly dysfunctional impulsivity, can predispose individuals to be more likely to be tempted by advertisements and production sponsorships online and more importantly, to give into those temptations. Individuals who score high on functional impulsivity likely would not have the same response to advertisements as those with dysfunctional impulsivity because their quicker decision making allows them to filter out unnecessary stimuli. This implies that unless an advertisement is for something the individual actually wants or needs, they would be able to filter it out and ignore it. The individuals would still have average impulse inhibitions if their attention was caught by an advertisement.

Overconsumption

As defined by Ciornea (2020), clothing overconsumption is a "behaviour that implies frequent purchase of more apparel than needed and substitution of clothes while they are functional, due to reasons such as social integration, status communication, personal desire to be fashionable, impulsive purchase." This definition shows both the social reasons for clothing overconsumption, such as trend following, but also acknowledges how impulsivity is often the cause of unnecessary purchases that lead to clothing overconsumption. In addition to the negative internal reasons behind clothing overconsumption, there are also many negative external consequences.

According to an article by Gulfraz et al. (2022), online shopping costs totaled 4.28 trillion US dollars worldwide in 2020 and is expected to rise. In the US, between 1.5 and 3.5 billion US

dollars of clothing is donated and shipped to countries in Africa for resale each year as well (Manieson & Ferrero-Regis, 2022). It was also found that roughly 100 billion clothing garments are made each year only for over 50% of them to be discarded within the next year (Stanes, 2020). Of this 50%, most of the discarded items would be worn only 7-8 times before being discarded, a 36% drop 20 years ago (Ciornea, 2020). This fast turn-over is due to both poor quality of fast-fashion garments and social reasons, such as changing trends and styles. This has led to discarded clothing being one of the largest contributors to global pollution. It was also found that 40% of online purchases would be considered impulsive by the scale used by Gulfraz et al. (2022). To be considered impulsive the purchase had to be spontaneous, done without thought or regard for the future, such as spending money that was needed for expenses at the end of the month, and triggered by situational or sociodemographic temptation rather than the buyers long term wants.

Overconsumption is a growing problem that affects our planet, our psychological well-being, and our financial well-being (de Koning, Lavanga, & Spekkink, 2024). Online shopping and impulse buying of clothes is the specific focus of this study as it affects many young individuals, including college students. Social media use can lead to more impulsive online buying both through advertisements and the way unhealthy social media use impacts the brain's reward system (Lewin, Kaur, & Meshi, 2023). These advertisements are often for fast-fashion brands who's clothing the buyer will soon discard, often due to poor quality. Fast-fashion and impulsively bought clothing is also like to be discarded due to the changing of trends. When discarding the clothing, many individuals choose to donate their clothing as it feels more ethical than throwing it away, alleviating most residual guilt caused by making a regrettable purchase. However, this is not necessarily an ethical option since 70% of this donated clothing is sold and

shipped to other countries such as India, Poland, and many African countries (Manieson & Ferrero-Regis, 2022). The clothing is then graded and sorted based on quality. Some of the clothing will be resold as is or redesigned/ tailored before being sold. About 40% of it will be discarded on beaches or in landfills, and in some cases as much as 95% of the imported clothing must be discarded either due to being unwearable or to lack of demand. In most cases, any garments containing spandex or other similarly stretchy materials will automatically be discarded (Stanes, 2020).

This discarded clothing can cause environmental complications, as well as dangers for marine life in cases where the garments are being discarded on beaches. Not only can the clothing wrap around marine life, making it difficult for them to move, but garments made of polyester will also release additional microplastics into the water, which harm the organisms over time. Many individuals also simply throw away unwanted garments rather than donating them, which sends them straight to landfills within their home countries.

Social Media Use

Individuals who engage in problematic social media use, or PSMU, are prone to impulsive spending. PSMU is an unhealthy way of using social media that often affects other areas of the individual's life (Lewin, Kaur, & Meshi, 2023). PSMU is characterized by excessive and automatic checking of social media apps, engaging with social media in hopes of feeling more positive emotions but instead experiencing negative feelings, and increasing posting to experience the reward response of gathering likes and comments. In a study by Lewin, Kaur, and Meshi (2023) it was found that 12% of individuals who use social media have a problematic relationship with it. 95% of those who engaged in problematic social media use were female, indicating that negative social media use and subsequently impulsive online buying may be an

issue that mainly affects women. This implies that being a woman who has a negative relationship with social media could also be a sociodemographic trigger for impulsive buying. While individuals who engage in PSMU are more likely to engage in impulsive shopping, advertisements and trends can influence all individuals who use social media or engage in online shopping.

The relationship between social media and impulsive buying is also largely due to the current model and features of widely used platforms. Some social media apps, such as Tik Tok, have "shop" features, which are places where users can buy directly from within the app, rather than exiting to a third-party site through an advertisement. This makes shopping even more seamless and the less steps between seeing a product and buying it the less likely impulse controls will cause the individual to consider whether or not the purchase is necessary or even what the individual truly wants (Hyun & Lee, 2022). This also ties into idea by Lewin, Kaur, and Meshi (2023) that having a problematic relationship with social media often causes users to go on to an app hoping to feel better in some way. This reward seeking individuals with PSMU have leads them to being even more vulnerable to these shop features, since they are built into the app they are expecting to be rewarded from. Shopping may also be a comfort to those who open social media apps with hopes of feeling better, only to compare themselves to others and see negative content. Shopping is something almost guaranteed to be rewarding, at least in the short-term, while what friends and profiles an individual's follow may or may not result in reward.

In addition to this, the apps themselves may have advertisements or posts that you can buy directly from. This is especially prevalent in Tik Tok, where both "for you" and "following" pages will be broken up by sponsorships where the product is available for purchase within the video. This allows users to buy products off the app without even exiting to the "shop," much

less needing to navigate to another site. This is an extreme lowering of steps before buying, leading to minimal time for users to thoughtfully consider their purchase. The large volume of these posts within regular content also highly increases the chances for an individual to be tempted by these advertisements.

Other apps, such as Instagram and Facebook, have less direct means of shopping while also allowing users to buy things within the app. Many users may also be encouraged to make purchases because some of the options are, or may seem, more ethical. Facebook Marketplace mainly sells secondhand items, and many small businesses have profiles on Instagram that can either be bought directly from or are linked to personal sites. Whereas the options may not have as much of an environmental impact as fast-fashion advertisements, it gives the buyer a sense of having done a good deed or making a good choice when buying from small businesses or individuals. This reduces the guilt of buying, making users more likely to engage in the action again. In some instances, a product may appear to be sold by a small business or individual but is instead an individual sponsored by a larger company.

Impulsive online buying can also often be a negative cycle for those who use social media as they become less and less rewarded by the experience (Lewin, Kaur, & Meshi, 2023). Becoming overly concerned with and attached to using social media can cause users to have an unhealthy relationship with it, which also affects the brain. This frequent and unhealthy use can lead to a smaller amygdala and a decreasing reward response from stimuli such as likes, shares, and comments on posts, leading users to post more to get the initial rush from posting. Many individuals will also go on social media apps with the hopes of feeling better, only to see content that upsets them, either by engaging in negative self-comparisons or simply seeing upsetting and negative content.

Outlook

While there are many actions companies can take to minimize the environmental impact of their clothing, there are also steps than can be taken on the personal consumer level. Since young adults are the main targets for social media advertising and fast fashion, it is vital to educate them in an attempt to reform impulsive buying behaviors (Koning, Lavanga, & Spekkink, 2024). Many young adults are completely or partially unaware of the impact of their purchasing and donating behaviors. If these individuals knew the impacts of their choices, they would have better informed choices when online shopping. On a broader level, frequent shopping and spending is habitual and the norm for many young adults, and shopping less could lead to feelings of exclusion. This indicates that there needs to be a social push towards lowering consumption, however once that change is achieved it should be upheld by social norms and influences.

In a study by Koning, Lavanga, & Spekkink (2024), it was found that communication-based interventions were effective forms of changing overconsumption behaviors in young adults. In this study, there were four different types of communication-based interventions: positive, negative, historic, and social. For the positively framed intervention, participants were shown images of other people being happy with very few clothing items and reducing their spending, whereas the negatively framed intervention focused on the negative environmental and mental health impacts of overconsumption. Historic framed interventions focused on the changing consumption levels of a group over time, whereas the social frame focused on the differing individual choices within a group in a single instance. All the interventions, with the exception of the social based one, showed a change in participant intent to reduce personal overconsumption.

Four examples of positively framed social media intervention images, all with the statement #buylesslivemore pictured above. The first image states "If every Dutch person would buy 6 less clothing pieces a year it would save as much CO2 emissions in a year as 85,000 trips around the world by car" over an image trees and blue sky. The second image states "Stop endless scrolling, buy less, improve your own happiness" over an image of white t-shirts. The second image states "A few tips to buy less clothing – Think before you buy: do I really need this? – Wait at least a month before actually purchasing the item – Check if you can find at least 10 different ways to style the item – Trade clothing with your friends when you're feeling uninspired – Reuse your clothing as much as possible." The last image states "Buy less, choose well, make it last" over an image of white shirts hanging on a clothesline.
(de Koning, Lavanga, & Spekkink, 2024)

With this in mind, many of the social influences that have caused skyrockets in overconsumption could also be used to decrease it. If social media posts promoting clothing brands and shopping decreased and posts with images such as those in the above study by Koning, Lavanga, and Spekkink (2024) increased, it would likely influence shopping behaviors on the individual and eventually the social level. If enough individuals choose to consume less, the social norm of overconsumption and shopping as a social event will likely decrease.

Present Study

The purpose of this study is to explore the relationship between these factors so online shoppers can have a more informed perspective on their shopping habits and to further research

regarding the minimization of clothing waste. The previous literature has found that higher levels of social media use, particularly when the reasons for use become unhealthy, can affect the brain's reward system and impulse control. This impulse control can affect the person's ability to make rational decisions when choosing to shop online. Advertisements and social media "shop" features can take advantage of this impulsive state, leading to impulsive purchases and overconsumption. Because of this, I expect the following hypothesis

Hypothesis 1a (H1a): Dysfunctional impulsivity will be positively associated with clothing overconsumption.

As shown by Gulfraz et al. (2022) advertisements on social media rely on quickly made decisions and short-lived trends to garner more sales. Having higher levels of impulsivity, particularly dysfunctional impulsivity, have been shown to make individuals more vulnerable to making decisions without thought for the long term, such as buying clothing because it looks appealing or is on sale, without thinking about the long-term need for it. This shows that dysfunctional impulsivity can lead to overconsumption over time as individuals impulsively.

Hypothesis 1b (H1b): Functional impulsivity will be negatively associated with clothing overconsumption.

Although many tactics companies use to sell products rely on quick decisions, individuals who score highly on functional impulsivity may not be as susceptible to these tactics as individuals who score highly on dysfunctional impulsivity (Dickman & Meyer, 1988). Individuals high in functional impulsivity may make decisions quickly but also tend to calculate what is best for the situation beforehand. Functional impulsivity also tends to only be relevant in situations where an individual feels extremely pressured to make a quick decision. This high level of pressure is not likely to be present in most shopping scenarios.

Hypothesis 2 (H2): Social media use will be positively associated with clothing overconsumption.

The relationship between social media use and overconsumption is likely to be positively correlated for a variety of reasons. Firstly, greater social media use leads to greater exposure to advertisements. Each advertisement is an individual opportunity for an individual to overconsume, and thus more time on social media leads to more opportunities to purchase more. There are also more complex reasons for the possible relationship for the two factors as well, such as complex societal pressures to keep up with ever changing trends, which are often more clearly seen in social media posts than in daily life. One's own social media presence may also be boosted by buying new items to show off and by participating in trends to gain attention. The likes and attention gained from posting on social media are already known to be positively reinforcing, so actions that may lead to those, such as consuming clothing, is likely to also be reinforcing and therefore positively related.

Hypothesis 3a (H3a): Social media use will moderate the relationship between dysfunctional impulsivity and overconsumption, such that, as social media use increases, the relationship between dysfunctional impulsivity and clothing overconsumption will increase.

Because problematic social media use can lower reward responses and social media advertising can be a trigger for impulsive buying, I also expect that social media use will moderate the relationship between dysfunctional impulsivity and overconsumption. Higher levels of social media use will then show dysfunctional impulsivity leading to overconsumption more often. This strengthens the cycle of social media use, overconsumption, lower levels of a reward response, leading back to social media use.

Hypothesis 3b (H3b): Social media use will moderate the relationship between functional impulsivity and overconsumption, such that, as social media use increases, the relationship between functional impulsivity and clothing overconsumption will weaken.

Functional impulsivity is hypothesized to lower rates of overconsumption, while social media use has been shown by Kumar and Kumar (2025) to increase rates of overconsumption. Because of this, higher rates of social media use are expected to weaken the negative relationship between functional impulsivity and overconsumption. Thus, social media use will nullify the relationship between functional impulsivity and overconsumption.

Methods

Participants

A total of 400 Participants were drawn from an Introductory Psychology (PSYC 1000) research participation pool at East Carolina University. Of the participants, 70.4% were female and 27.8% were male, with a mean age of 18.9. 80.0% of participants were in their first year of college, with 11.9% being in their second year, 6.2% in their third year, 1.0% in their fourth, and .8% in their fifth year. 5.2% of participants were Asian/ Asian American, 17.1% were Black/ African American, .8% were Native American/ Alaska Native, and 69.4% were White/ Caucasian.

Participants were drawn from the Department of Psychology Research Participant Pool at East Carolina University. All students taking Introductory Psychology (PSYC 1000) were required to complete 5 credits of research participation. Participation was voluntary, and those who chose to participate were awarded .5 research participation credits towards the courses required 5 credits. The survey was completed online via the Qualtrics survey platform.

Measures

Impulsivity

Impulsivity was measured using 23 items from Dickman's functional/ dysfunctional impulsivity scale (Dickman & Meyer, 1988). 11 of these questions will measure functional impulsivity and the other 12 will measure dysfunctional impulsivity. Items were scored on a five-point Likert scale with answers ranging from 1 ("strongly disagree") to 5 ("strongly agree"). The functional impulsivity measure demonstrated low reliability (GLB = .69, M = 2.92, SD = 0.52), with higher scores indicating higher levels of functional impulsivity. The dysfunctional impulsivity measure demonstrated adequate reliability (GLB = .83, M = 2.50, SD = 0.76), with higher scores indicating higher levels of dysfunctional impulsivity.

Social Media Use

Social media use was measured using a scale of 12 items by Jenkins-Guarnieri, Wright, and Johnson (2013). Items were scored on a five-point Likert scale with answers ranging from 1 ("strongly disagree") to 5 ("strongly agree"). The original scale used Facebook as the social media platform in the questionnaire, but for this study it will be replaced with "Social Media" so that questions generalize to all groups participating in the study, not only those whose most used social media platform was Facebook. The social media use measure demonstrated adequate reliability (GLB = .86, M = 2.56, SD = 0.73), with higher scores indicating higher levels of social media use.

Overconsumption

Levels of overconsumption were measured using 15 items from the "clothing survey" aspect of a study by Frick et al. (2020). The different sub-categories used were "personal norm for sufficiency," "aspiration level," "social norm for sufficiency," "social norm for

consumption," "sufficiency-promoting online content," and "consumption promoting online content." Items were scored on a five-point Likert scale with answers ranging from 1 ("strongly disagree") to 5 ("strongly agree"). The overconsumption measure demonstrated adequate reliability (GLB = .86, M = 2.56, SD = 0.73), with higher scores indicating higher levels of overconsumption.

Results

Participants were drawn from an Introductory Psychology (PSYC 1000) research participation pool at East Carolina University. Students in the pool are required to complete 5 credits of research-related activity. Completion of this study awarded .25 credits. A total of 400 participants volunteered to participate in this study, with 15 responses being removed for failing validity checks, leaving a total of 385 responses. Validity checks included questions such as "please answer strongly agree to this question" and "the moon is made of cheese."

The social media use measure demonstrated adequate reliability (GLB = .86, *M* = 2.56, *SD* = 0.73), with higher scores indicating higher levels of social media use. The functional impulsivity measure demonstrated low reliability (GLB = .69, *M* = 2.92, *SD* = 0.52), with higher scores indicating higher levels of functional impulsivity. The dysfunctional impulsivity measure demonstrated adequate reliability (GLB = .83, *M* = 2.50, *SD* = 0.76), with higher scores indicating higher levels of dysfunctional impulsivity. The overconsumption measure demonstrated adequate reliability (GLB = .86, M = 2.56, SD = 0.73), with higher scores indicating higher levels of overconsumption.

Correlational analyses indicated several significant relationships. For Hypothesis 1A a positive correlation between dysfunctional impulsivity and social media use was expected. However, a negative correlation between dysfunctional impulsivity and social media use (r =

-.228, $p < .001$) was found. This suggests that individuals with high levels of dysfunctional impulsivity were less likely to have high social media use scores and those with lower levels of dysfunctional impulsivity were more likely to have high levels of social media use. Therefore, Hypothesis 1A was not supported.

Contrary to Hypothesis 2, social media use showed a negative correlation to overconsumption ($r = -.280$, $p < .001$). This suggests that individuals who spent more time on social media were less likely to overconsume, whereas those who had lower social media use scores had a higher likelihood to overconsume. Therefore, Hypothesis 2 was not supported.

A positive correlation between functional and dysfunctional impulsivity ($r = .466$, $p < .001$) was also found. This shows that many people who present traits of dysfunctional impulsivity may also present traits of functional impulsivity. The remaining correlations between social media use and overconsumption, overconsumption and dysfunctional impulsivity, and overconsumption and functional impulsivity did not yield significant results as expected. Social media use also did not yield significant results in moderating the relationship between functional impulsivity and overconsumption or dysfunctional impulsivity and overconsumption.

Correlation

Pearson's Correlations

Variable		SMU	Fun_IMP	Dis_IMP	OC
1. SMU	Pearson's r	—			
	p-value	—			
2. Fun_IMP	Pearson's r	−0.036	—		
	p-value	.480	—		
3. Dis_IMP	Pearson's r	−0.215	0.468	—	
	p-value	< .001	< .001	—	
4. OC	Pearson's r	−0.287	0.072	0.087	—
	p-value	< .001	.156	.089	—

Note. SMU= Social Meida Use; Fun_IMP= Functional Impulsivity; Dis_IMP= Dysfunctional impulsivity; OC= Overconsumption.

Discussion

These results suggest a different, yet interesting, outlook than hypothesized. The results show that dysfunctional impulsivity is negatively correlated with social media use, meaning that individuals who are prone to risky decision making, such as impulse spending, are less likely to have high levels of social media use. However, the difunctionally impulsive individuals being less likely to use social media would cause them to see few advertisements. This may not influence overconsumption because higher levels of social media use were correlated with lower levels of overconsumption. However, it is also possible that the self-reports of both social media use and overconsumption levels were inaccurate due poor perception and memory on participants behalf. Because of this, more in-depth research is warranted to fully understand the relationship among social media use, impulsivity, and overconsumption.

Conclusion

This study examined the correlations among social media use, functional/ dysfunction impulsivity, and overconsumption. While results were not as expected, valuable information regarding the relationships among these four factors was still gathered. Firstly, it is apparent that many individuals who experience dysfunctional impulsivity also experience functional impulsivity. Because of this, only one factor for impulsivity may be needed in future research. The results also show that overconsumption and social media use are negatively correlated. This shows that high and unhealthy levels of social media use likely do not cause individuals to overconsume more.

Regardless of the outcomes of this study, both overconsumption and unhealthy social media use are still areas in need of more study and deeper understanding. Unhealthy social media use can deeply negatively impact people's lives, especially young adults and teens. Overconsumption also continues to have negative impacts on both financial wellbeing and climate issues. While social media use may not be a significant cause or related factor to overconsumption, further research is needed to understand what does cause individuals to overconsume.

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Appendices: Consent Form and IRB Approval

Social Media Use and Likelihood to Overconsume Consent

You are being invited to participate in a research study titled *A Survey of Social Media Use and Likelihood to Overconsume* being conducted by Dr. Mark Bowler, a faculty member at East Carolina University in the Department of Psychology. The goal is to survey ~500 individuals currently enrolled in Introductory Psychology (PSYC 1000). Individuals under the age of 18 are not eligible to participate. The survey will take approximately 15 minutes to complete. It is hoped that this information will assist us to better understand the relationship between social media use, impulsivity, and consumption habits. Your responses are confidential, and no data will be released or used with your identification attached. Your participation in the research is voluntary. You may choose not to answer any or all questions, and you may stop at any time. We be not able to pay you for the time you volunteer while being in this study. However, completing this survey will award you .5 credits towards the PSYC 1000 research participation requirement. Please note that this study contains a validity check. Participants who are found to not be sincerely participating will not be awarded credit. There is no penalty for not taking part in this research study. Please call Dr. Mark Bowler at 252-328-0013 for any research related questions or the University & Medical Center Institutional Review Board (UMCIRB) at 252-744-2914 for questions about your rights as a research participant.

EAST CAROLINA UNIVERSITY
University & Medical Center Institutional Review Board
Willis Building · Mail Stop 682
600 Moye Boulevard · Greenville, NC 27834
Office **252-744-2914** · Fax **252-744-2284** ·
rede.ecu.edu/umcirb/

Notification of Exempt Certification

From: Social/Behavioral IRB
To: Mark Bowler
CC:
Date: 4/16/2025
Re: UMCIRB 25-000223
Social Media Use and Overconsumption

I am pleased to inform you that your research submission has been certified as exempt on 4/16/2025. This study is eligible for Exempt Certification under category # 2A.

It is your responsibility to ensure that this research is conducted in the manner reported in your application and/or protocol, as well as being consistent with the ethical principles of the Belmont Report and your profession.

This research study does not require any additional interaction with the UMCIRB unless there are proposed changes to this study. Any change, prior to implementing that change, must be submitted to the UMCIRB for review and approval. The UMCIRB will determine if the change impacts the eligibility of the research for exempt status. If more substantive review is required, you will be notified within five business days.

Document	Description
Social Media Consent v2.docx(0.04)	Consent Forms
Social Media Listing v2(1).docx(0.03)	Recruitment Documents/Scripts
Social Media Scales.docx(0.01)	Data Collection Sheet
Social Media Scales.docx(0.01)	Surveys and Questionnaires

For research studies where a waiver or alteration of HIPAA Authorization has been approved, the IRB states that each of the waiver criteria in 45 CFR 164.512(i)(1)(i)(A) and (2)(i) through (v) have been met. Additionally, the elements of PHI to be collected as described in items 1 and 2 of the Application for Waiver of Authorization have been determined to be the minimal necessary for the specified research.

The Chairperson (or designee) does not have a potential for conflict of interest on this study.