**Presentation of Online Self Scale (POSS)**

*For the following items, please select the answer which best describes how you feel about yourself in the online world.*

1. **Being online allows me to express myself.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I can’t really be myself online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I am always my true self online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **The way I present myself online differs significantly from real life.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **Communicating online allows me to say the things I can’t say offline.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I feel my personality online is the real me.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I like going online because it allows me to be a different.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I find it easier to communicate in face to face contexts.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I find it difficult to be myself in the real world.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I feel I am the same person in the cyber world that I am in the real world**.

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I prefer being online than offline.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I regularly use different personas online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I can escape from myself online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I very often act out different personas in certain online spaces.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **Being online allows me to create a new identity.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I can show my best qualities online**.

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I can talk to people who wouldn’t usually talk to me in the real world.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I am a different person depending on which online space I’m in.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I feel more comfortable behaving how I want to online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I enjoy acting out different identities online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

1. **I feel I can be my ideal self-online.**

1 2 3 4 5

Strongly disagree Disagree Neither Agree Agree Strongly Agree . Nor Disagree

**Scoring instructions**

Factor 1 (Ideal Self) – Take the average score for questions 1, 4, 5, 7, 13, 16, 17, 19 and 21

Factor 2 (Multiple Selves) - Take the average score for questions 12, 14, 15, 18 and 20

Factor 3 (Consistent Self) - Take the average score for questions 2 (reversed), 3, 6, 10,

Factor 4 (Online Presentation Preference) - Take the average score for questions 8 (reversed), 9 and 11

**Citation**

Fullwood, C., James, B., & Chen-Wilson, J. (2016). Self-concept clarity and online self-presentation in adolescents. *CyberPsychology, Behavior* *and Social Networking,* 19(12), 716-720.

**Internal consistency information (Cronbach’s alpha)**

Ideal Self (.862), Multiple Selves (.847), Consistent Self (.621), Online Presentation Preference (.715).