

THE PENNSYLVANIA STATE UNIVERSITY
SCHREYER HONORS COLLEGE

DIVISION OF HUMANITIES, ARTS, AND SOCIAL SCIENCES

Who's Watching? Binge-Watching Behaviors and Media Consumption in The Age of Covid-19

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SPRING 2022

A thesis
submitted in partial fulfillment
of the requirements
for a baccalaureate degree
in Applied Psychology with honors in Applied Psychology

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ABSTRACT

Binge-watching culture has become a well-known practice associated with the increase in viewer engagement with television and streaming platforms (Flayelle, et al., 2019). This method for watching programs possibly rose in popularity following the period of isolation and increased reliance on media experienced by many individuals during the quarantining phases of the Covid-19 pandemic (Bu, et.al., 2020). Thus, this study was designed to explore the question as to which psychological factors motivate people who are high-level binge-watchers. These experiments collected data from two online surveys: one that assessed psychological factors like depression, loneliness, and engagement; and the other that examined the same factors, with the addition of the influence of Covid-19 as a variable. The findings indicate that there was little significance in the effect that the psychological motivators examined had on binge-watching behavior and media consumption. This was important in helping to show that individuals may not be psychologically motivated to binge-watch in the way the study predicted, and, therefore, the influence of high binge-watching levels may have other motivators.

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ACKNOWLEDGMENTS

I am grateful for all the help and support that I received through the process of developing this thesis. Firstly, I would like to acknowledge my thesis advisor Dr. Nathan Greenauer. He invested so much time and support to help me with my research. He helped me with properly running analyses, looked over my drafts, and additionally challenged me to elevate my research to a level that I am truly proud of. I would also like to acknowledge and thank my honors advisor, Dr. Sandy Feinstein. She reviewed and helped me edit all of my drafts from the beginning, and consistently offered advice to help me improve my writing. She was always willing to take the time to work with me and to answer any of my many questions. Lastly, I would like to thank my family, friends, and other Berks faculty and staff who have supported and cheered me on throughout this entire process. I have to acknowledge that my time at Penn State has been filled with so many experiences and lessons that have helped me grow throughout my undergraduate career. I could not have done it without the constant encouragement and support.

Chapter 1

Introduction

Our modern world functions on technological advancements meant to enhance consumer experiences, such as mobile applications dedicated to listening to music, working out, or getting food delivered to your door. There are apps meant to engage people socially, such as Instagram, Snapchat, or Twitter. Included in this realm of online services geared towards being a source of entertainment or some type of convenient assistance tool, there are platforms like streaming services, that typically cater to entertaining people with various television series and movies. It is not surprising that media consumption overall has been gradually growing in recent years since it emerged as a noticeable characteristic of behavior (Ma & Lui, 2019). This increase in media consumption is especially prevalent in the era of the Covid-19 pandemic. Especially in this being a time that people around the world were mandated to social distance, quarantine, and, in many cases, isolate themselves (Bu, et.al., 2020). Under these conditions, mobile applications, streaming services, and social media have become the primary outlet and means of staying connected with others (Ma & Lui, 2019). This newfound emphasis on virtual communication and entertainment could be associated with the development of feelings of media burnout that might be the consequence of this heavy increase in media use.

Under a cloud of a global pandemic, such as Covid-19, little attention has been given to the negative consequences associated with increased media consumption that such an experience may spark. Prior to the huge lifestyle changes that came with the pandemic (i.e. social distancing, remote learning and work, and the overall increased reliance on media to socialize),

the transformation in how people chose to watch television was already evolving beyond its traditional sense. People went from using cable and TV guides to watch their shows, to being able to pay for subscriptions to streaming platforms that would have all of their favorite shows in one place for them to watch whenever they wanted. The ability to have a streaming service that can remember and create categories that accommodate a person's preferences grants consumers access to the content they enjoyed all the time. Furthermore, it has led to the development of what is now a commonly known practice of “binge-watching”. Binge-watching, which is commonly characterized as the watching of multiple episodes of a series in one session, has become the norm for the way that a majority of television viewers choose to enjoy shows (Flayelle, et al., 2019). Indeed, modern television streaming platforms are known for creating “binge-worthy” content for viewers to engage with. The accessibility and ease of this method of entertainment, ranging from individuals being able to watch episodes from various devices like a TV and/or the ability to watch from a phone screen, has made mass media consumption, such as binge-watching a popular trend (Flayelle et al., 2019).

Possible Consequences Of Binge-watching

The possible negative consequences associated with binge-watching have been a prominent research concern. High levels of binge-watching are sometimes characterized as addictive behavior. The primary debate is whether binge-watching behavior leads to the development of problematic viewing patterns, and, if so, at what level does a person’s binge-watching behavior becomes problematic (Flayelle et al., 2020). Flayelle et al. (2020) assessed whether or not various levels of TV viewers (non-binge-watchers, trouble-free binge-watchers,

and problematic binge-watchers) differed in their self-reported binge-watching habits as well as behavior impulsivity measures. Researchers found that unlike in most cases of addictive behavior, for people with high levels of binge-watching, inhibitory control impairment does not play a significant role in distinguishing whether or not binge-watching behaviors are problematic, or unproblematic (Flayelle et al., 2020). Since there is no previous research that can pinpoint what prompts binge-watching, it makes it difficult to determine where the possible cause for problematic binge-watching behavior lies.

There is limited research specifically evaluating whether binge-watching behaviors are higher among those who have traits of negative psychological motivators as opposed to positive motivators, nor has there been a comparison of people's self-reported behaviors to their estimation of the behavior of others. This specific idea of people's judgment of their own behavior, in comparison to how they see other people's behaviors, is based on the psychological principle that people are bad at making estimations of themselves, and, therefore, are equally bad at being able to make accurate estimations of other people's abilities (Dunning, 2004). Previous research has focused on the possible negative consequences that could be a result of excessive binge-watching, and the effect excessive media consumption, like binge-watching, could have on an individual's mental and physical health (Flayelle et al., 2020). In order to explore emotional motivators for binge-watching and excess media consumption further, this study analyzed self-reported motivations for levels of binge-watching behavior and compared those levels among the participants in the study. Participants were asked to take an online survey, where they reported their binge-watching behaviors and answered questions assessing negative emotional motivators like depression and loneliness, and positive motivators like the desire to engage with and be

entertained by the media. The research was broken up into two sections: the pilot study that excluded the Covid-19 influence as a factor, and the subsequent study incorporating Covid-19.

The Relationship between Binge-watching Culture, Media Consumption, Covid-19

Research about the pandemic and its psychological effect on people is still new, so it remains unclear how much the mandate of isolation and increased reliance on technology influenced people's motivations to distract themselves by utilizing media through a variety of platforms, like social media apps and streaming services. An additional question explored regarding Covid-19, binge-watching, and the idea of media consumption being excessively used as a comfort, was whether the excess use and reliance on media created in some people a sense of media burnout and a desire to limit their use of media and technology outside of obligations like work and school (Ma & Liu, 2019).

The term "binge" in any context is most often associated with behaviors involving high levels of devotion and time commitment (Sung et al, 2018). When it comes to devoting a significant amount of time to a practice such as watching television or interacting with media, it would make sense that psychological states, both negative and positive, would have a significant influence on the frequency and length of behavior such as binge-watching. For example, research shows that for people who are deemed low binge-watchers, entertainment is the most significant factor motivating them to binge-watch, while both entertainment and a desire to pass time were predictors for those with high levels of binge-watching (Sung et al., 2018). Additionally, with these notions of passing time while interacting with media and entertainment programs, escape motivation has also been highlighted as a predictor of media consumption similar to binge-

watching (e.g., online games, YouTube viewing; Sung et al., 2018). Emotional states like depression and loneliness are also likely indicators of high levels of binge-watching behaviors. Other indicators like entertainment and engagement serve as different common psychological variables (Sung et al., 2018). Therefore, there is an apparent connection between people's binge-watching frequency and duration and the emotional factors motivating the behavior. A study was done to evaluate the possible nature of this relationship.

Pilot Study

In late 2019, and early 2020, a pilot study was done assessing the motivations for binge-watching behavior, excluding the Covid-19 component. The purpose of the pilot study was to assess which emotional factors motivated people to binge-watch media for longer periods of time. The hypothesis was that loneliness and depression, which were characterized as negative psychological motivators, would be more of an influence seen in people who had higher binge-watching levels. As for the positive psychological motivators like engagement and entertainment, it was hypothesized that those emotional factors would be the main motivators for individuals who reported lower binge-watching levels. Following the self-reported surveys that participants filled out, the study found that the negative psychological motivator of depression did show some significance when it came to participants who had higher binge-watching levels, meaning there was a noticeable relationship in how people who showed characteristics of depression, also tended to display binge-watching levels higher than that of others. The higher binge-watching levels and characteristics of depression were compared to other negative emotional factors like loneliness or positive motivators like engagement and entertainment,

which were motivators that did not show much significance. These results left more to be considered, like what other factors could influence high levels of binge-watching behavior that would be significant enough to increase the amount of time someone spends watching a show. In the second section of this study, additional factors were assessed regarding binge-watching behaviors, and whether new factors being added to an environment could influence a person's binge-watching behavior significantly.

Current Study

In the second experiment, the goal was to examine whether the 2020 stay-at-home order that was issued in states across the country (in which people were told to reside in their homes for months due to the rapid spread of the Covid-19 virus) influenced individuals' interaction with and utilization of media using self-report measures. Participants were evaluated to see if there was an observable increase in how people participated in media consumption and whether it had any relation to their being at home more than usual and the limitations placed on their abilities to engage in daily social interactions with other people outside of their homes. The role that media consumption burnout may have played in the relationship between isolation and reliance on media was also investigated.

The hypothesis predicted that there would be a noticeable difference in how individuals utilized technology prior to the quarantining period of Covid-19 and the time period following the quarantine, where isolation was associated with the stay-at-home order of the pandemic and with people spending longer amounts of time at home. The study predicted that in some circumstances a newfound reliance and ease with technology came from excess media

consumption that in turn served as a tool in relieving feelings of anxiety linked with isolation during a universally traumatic time. But in other circumstances, there was the idea that the increased technology usage might have led to feelings of burnout connected to this excessive use of media. A self-report survey prompted people to describe how the stay-at-home order of the pandemic made them feel, what they believed their relationship with media consumption was like before the mandate, and how it was after the mandate had occurred.

The intended outcome of this study was to contribute to research about the role that media consumption played as a result of the changes sparked by the pandemic and to learn how to better understand behavior related to isolation and its effect on mental illness and disorders. The findings of this study might help researchers and mental health professionals better assess the risks associated with isolation, media consumption, and burnout.

Chapter 2

Methods

Participants

Sixty-five Pennsylvania State University students, from the Berks campus, voluntarily took a survey that was managed and administered through two third-party Penn State software vendors: Qualtrics and SONA. Students in an Introductory PSYCH 100 course and a PSYCH 301W course were given access to the surveys for credit in their courses. Students who chose to participate in the study were prompted by a link that brought them to SONA. They were shown a brief description of what the survey would entail, and upon reviewing the description of the study, along with giving implied consent by clicking an affirmative option to proceed, participants were then asked basic demographic information (e.g., age and gender) (Appendix B). This was the same for both the pilot study and the most recent study with the additional Covid-19 component (Appendix A).

Materials

In the pilot study, prior to the inclusion of the Covid-19 factor, participants were asked questions about their binge-watching levels, meaning the frequency at which participants sat down and watched television shows for hours at a time. Participants' estimations for the frequency that someone who is an average binge-watcher watches, were also examined. These binge-watching frequencies were examined for their relation to psychological factors that were also assessed from responses to a series of three surveys: The Binge-Watching Engagement

Survey (BWESQ), UCLA Loneliness Scale, and The Center for Epidemiologic Studies of Depression: CES-D Scale. In the follow-up study, the survey asked similar questions to the pilot study survey, with the same scales, but with the added component that included questions from the State Anxiety Trait Survey (Kabacoff, 1997) and questions addressing participants' self-reported media consumption and binge-watching habits prior to the start of the pandemic.

Binge-Watching Engagement and Symptoms Questionnaire (Flayelle et al., 2019): The purpose of this survey is to assess individuals' symptoms of engaging in binge-watching behavior. The participants were to read 26 prompts and rate each from 1 to 5 for how much they felt like that action represents their binge-watching habits. '1' represents 'Not at all like me' to 5 represents 'Very much like me. Some explanatory, confirmatory factors, and correlational analyses were done to assess the questionnaires' structural and external validity. This means that the data assessed the independent variables or factors to make sure that a relationship among the variables was present. The results of the scale's validity suggested good psychometric properties.

UCLA Loneliness Scale (Hughes et al., 2004): The purpose of this survey is to measure participants' feelings of loneliness in order to compare those feelings to their level of binge-watching. There was a total of 20 statements. The participants were asked to rate their feelings on a scale from 1-4, ranging from *Never*, *Sometimes*, *Always*, and *Often*, to describe how much their feelings align with each statement. Results from previous studies have indicated that this measure, specifically, Version 3, was highly reliable (Hughes et al., 2004). This reliability was measured for conditions of internal consistency, which had a coefficient α between .89 and .94, and test reliability that was measured over a 1-year period ($r=.73$).

The Center for Epidemiologic Studies of Depression CES-D Scale (Radloff, 1977): The purpose of this survey is to observe characteristics of depression within participants. There are a total of 20 statements. Participants were asked to describe how often they have felt or behaved in a manner described by the statements. They could rate their responses from, *Rarely or None (Less than 1 Day)*, *Some or Little (1-2 Days)*, *Occasionally or Moderate Amount of the Time (3 - 4 Days)*, and *Most or All of the time (5-7 Days)*, for each statement. This assessment has previously shown good reliability and validity across Chinese populations (Radloff, 1977). After completion of the surveys, the participants were taken to the debriefing page.

Analyses

The data were examined to assess the influence of the independent variable of isolation, represented by the stay-at-home order. The goal was to see if isolation affected the dependent variables of media consumption and anxiety levels. Also examined was how media consumption as an independent variable could have further affected the dependent variable of burnout levels. These factors were all identified as the Covid-19 influence variable. The Statistical Package for the Social Sciences (SPSS) was used to run several stepwise regressions on the relationships between these variables of psychological states, binge-watching behavior, and media consumption. Responses to questions from the *State-Trait Anxiety Inventory* scale were also used to measure feelings of anxiety related to isolation. It was anticipated that the data would show significance between the influence of isolation and the amount that people consume media due to spending more time at home and interacting with the media more and people less.

Procedure

This research used a self-report survey method designed to investigate the influence of psychological motivators on binge-watching behavior and the manner in which people compare their own binge-watching habits to their estimations of what they believe the average other person is binge-watching. These estimations include how participants may view other people's binge-watching habits, whether they believed them to be light binge-watchers or heavy binge-watchers. The surveys were expected to take no more than 30 minutes to complete.

There were 3 different surveys: Binge-Watching Engagement Survey (BWESQ), UCLA Loneliness Scale, and The Center for Epidemiologic Studies of Depression: CES-D Scale. Participants were asked to give themselves ratings on scales measuring characteristics they identify with. The ratings were meant to assess the different levels of binge-watching they do, the level of emotions that may have prompted them to binge-watch, and at what level they believe other people binge-watch. The combination of surveys measured the psychological states and motivations associated with each level of binge-watcher and how they estimated the length that others binge-watch.

In addressing the risks of this survey, as is required before performing any research, it was concluded that there was minimal risk of discomfort, and participants were not presented with any hazards that one would not encounter in everyday life. Loss of confidentiality is always a possibility to the extent that Penn State servers and third-party software (i.e., Qualtrics, Sona) are fallible. To minimize the risk, no identifying information was collected with the data. There were no other foreseeable risks associated with the research. There was also no compensation for participation in this study. However, students who participated in this research as part of their

introductory course received course credit as outlined in the PSU Berks Subject Pool agreement.

Specifically, student participants received .5 credits toward their course requirements.

Chapter 3

Results

Pilot Study

Analysis in the pilot study was done using the original variables of depression, loneliness, and engagement, and then in the current study, another analysis was done with the added Covid-19 component. For the pilot study, a linear regression was used to assess how well the predictors of depression, loneliness, and engagement accounted for self-reported frequency and duration of binge-watching behavior. Analyses indicated that the model did not significantly predict the frequency of binge-watching ($p = .170$), nor did it significantly predict the duration of binge-watching ($p = .547$). However, a paired samples t-test indicated that participants did report that in comparison to their estimates of other people's binge-watching behaviors, they believed they binge-watched for shorter durations than other people, $t(35) = 4.55$, $p < .001$, $d = -0.70$, and interestingly that they binge-watched more frequently than others, $t(35) = -4.21$, $p < .001$, $d = 0.76$. The rationale for the second study was to question the impact of emerging variables like Covid-19 on binge-watching behaviors, in order to examine how those other factors could additionally influence people's binge-watching behavior (Appendix A).

Current Study

For the current study, which included the addition of the Covid-19 factors to the depression, loneliness, and engagement variables, a regression was run to see if there was any significance seen in the above predictors. Results from the current study showed that nearly three-quarters (73%) of the sample reported that they binge-watch TV shows. Of this sample, 40% of the participants reported binge-watching daily, with reporting that they did it for 2 or

more hours/day (44.5% reporting 4 or more hours/day). In order to assess self-reported frequency and duration of binge-watching, a step-wise linear regression was conducted using the following as predictors: Engagement (BWESQ), Loneliness (UCLA), Depression (CES-D), burnout, isolation, adherence to lockdown protocols. For frequency, the model was significant $F(1, 36) = 7.86, p = .008, R^2 = .181$ (See Figure 3). However, only BWESQ was a significant predictor ($\beta = .436, p = .008$; all other predictors $p \geq .246$). The model did not significantly predict the duration of binge-watching ($p = .388$). Participants estimated that other people binge-watch significantly more frequently, $t(38) = -4.47, p < .001, d = -0.716$, but for marginally longer durations, $t(38) = -1.64, p = .055, d = -0.262$. Participants estimated that other people experienced significantly more burnout, $t(38) = -4.30, p < .001, d = -0.707$, and isolation, $t(38) = -5.51, p < .001, d = -0.507$ (Appendix A).

Chapter 4

Discussion

The purpose of both of these studies was to examine the influence of psychological factors on binge-watching behavior and in association with Media Consumption. The findings of both the pilot study and Experiment 2 suggest the possibility that with increased amounts of isolation and feelings of loneliness associated with the Covid-19 pandemic, there have been no significance in those factors and their influence on people's binge-watching habits, specifically the habits of high-level binge-watchers. The result did not align with the original hypothesis for both studies, and therefore does not reflect the predictions regarding the relationship between psychological states like depression, loneliness, engagement, Covid-19 factors, and binge-watching behaviors.

Binge-watching behavior and Media Consumption remain growing sources of entertainment for various individuals, but no differences were found in whether psychological states significantly influence the frequency and duration at which people are engaging with these media. The regression analysis indicated that the predictors in the pilot study, those being depression, loneliness, and the additional Covid-related factors from Experiment 2, including isolation, burnout, and lockdown compliance were not deemed significant in predicting participant binge-watching behavior like duration or frequency of binge-watching. However, the engagement predictor of binge-watching did display as a significant predictor, for binge-watching frequency, as those who have a higher level on the Binge-Watching Engagement Survey Questionnaire (BWESQ), were watching more. The analysis of self-vs. other estimates indicated that participants believed that they binge-watch with less frequency and for shorter

durations. Furthermore, participants reported that they believed that others were experiencing greater burnout and isolation related to Covid-19 when compared to themselves.

Limitations

Some possible limitations to this study could be the smaller sample sizes that limit the scope of participant responses. Most of the participants were of college-age, and while that demographic is known to have heavy media use, there are other demographics that could contribute to the results of this research in a way that may have shown varying patterns in media usage due to age, for example. The retrospective nature of the way that the questions were asked to participants could have also influenced their responses. Perhaps in a more longitudinal style study, this experiment could have kept the same participants in each study and analyzed their responses in a pre-post fashion. Future research could explore media consumption levels after more years have passed since the prevalence of Covid-19.

Chapter 5

Conclusion

Psychological states and Covid-19 factors did not have a notable effect on changing the binge-watching behavior or media consumption of the people in this study. The participants in this study did not seem to be specifically affected by outside factors like Covid-19. These results can be used to conclude that as examined through participants' self-reported ratings and responses, participants assumed that others are experiencing negative psychological effects at a level that is higher than themselves. This belief could be to protect their own psychological wellbeing. Future studies may benefit from diving into other forms of media consumption outside of binge-watching behaviors, and additionally, other psychological influences.

Chapter 6

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Appendix A

Figure 1:

Pilot Study: Graph of Participants' Estimation of Binge-Watching Duration Self vs. Others

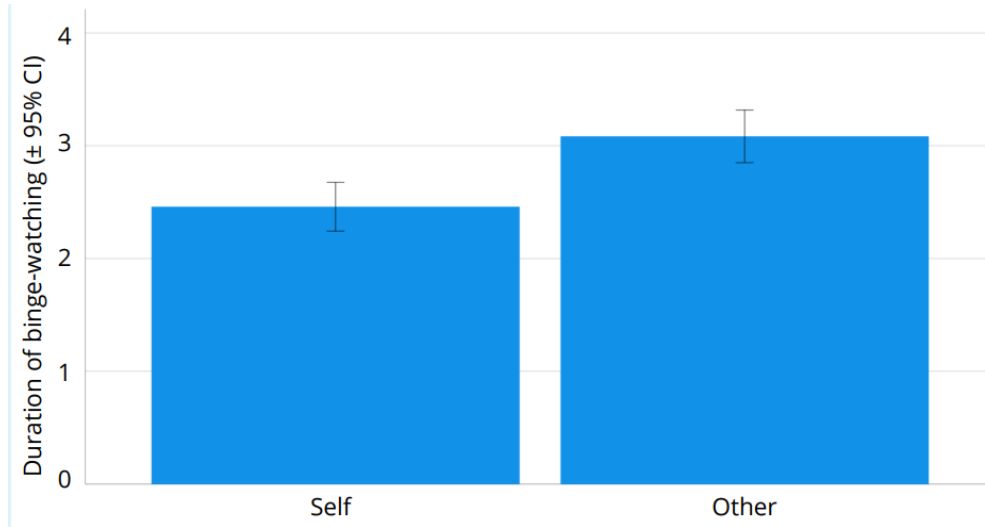


Figure 2:

Pilot Study: Graph of Participants' Estimation of Binge-Watching Frequency Self vs. Others

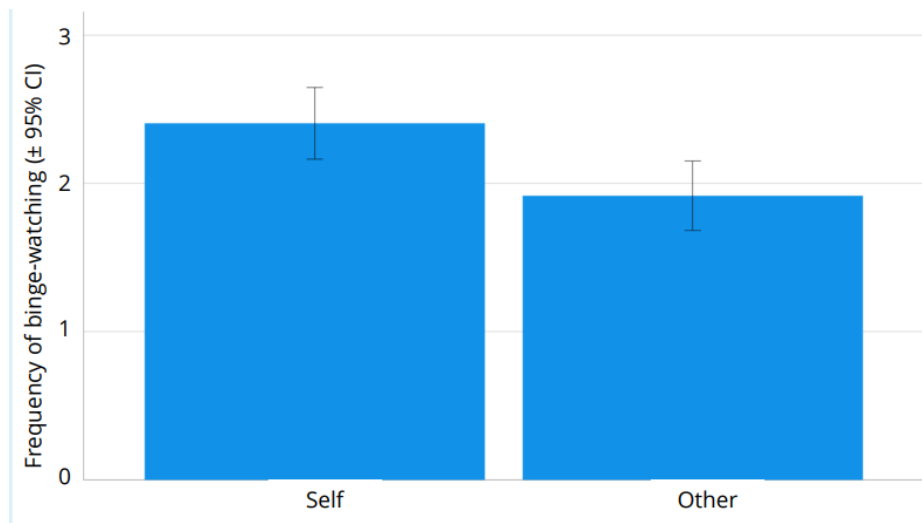
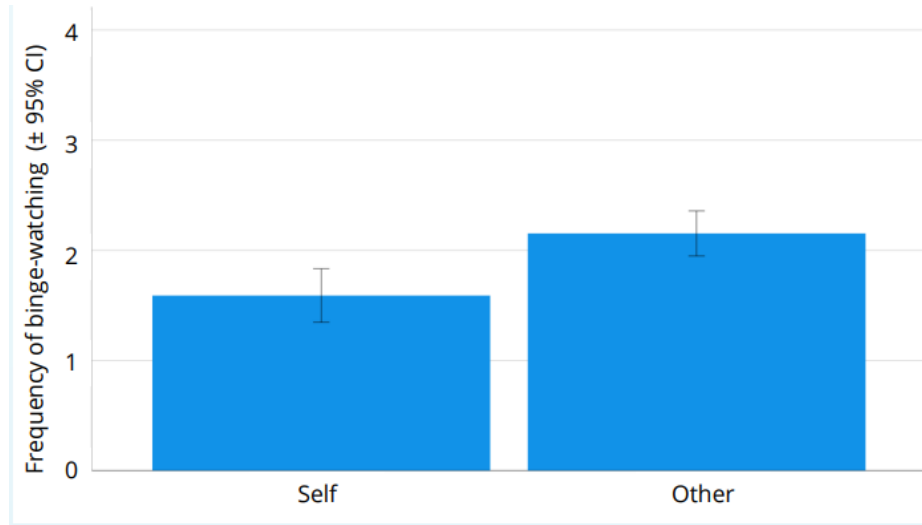


Figure 3:

Current Study: Graph of Participants' Estimation of Binge-Watching Frequency Self vs. Others

**Figure 4:**

Current Study 2: Graph of Participants' Estimation of Binge-Watching Duration Self vs. Others

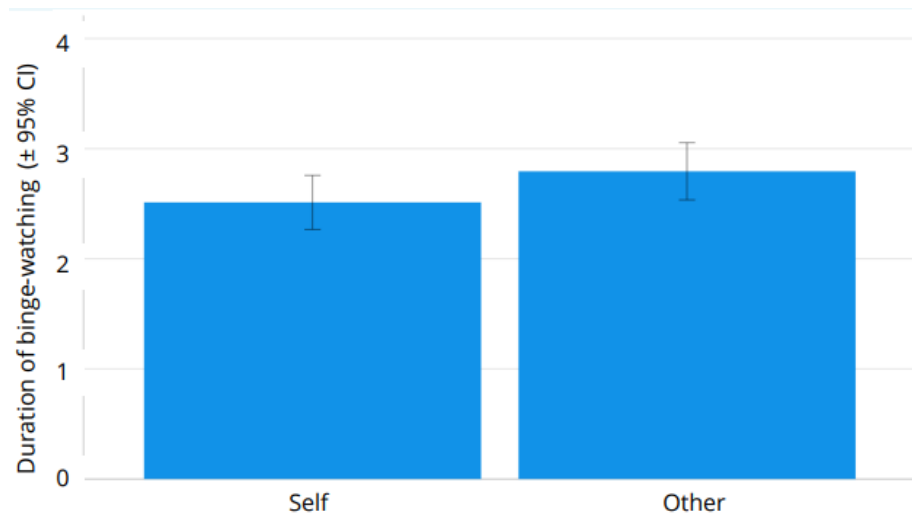
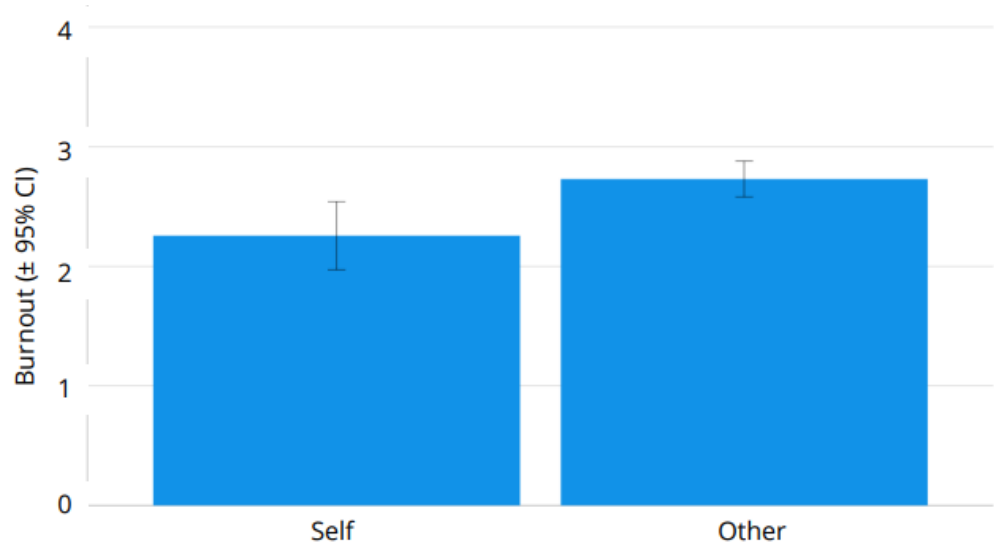
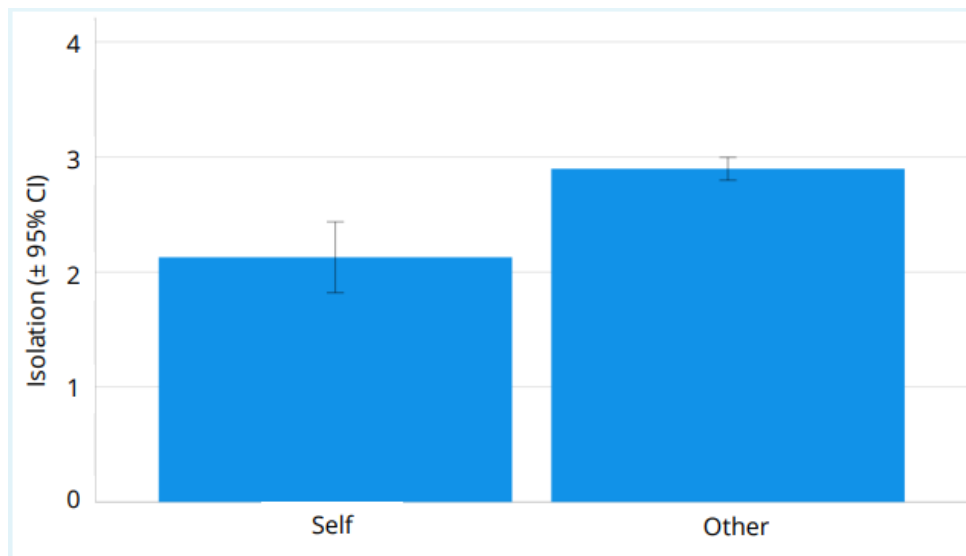


Figure 5:

Current Study: Graph of Participants' Estimation of Burnout Levels

**Figure 6:**

Current Study: Graph of Participants' Estimation of Isolation Levels



Appendix B

Basic Demographic Questions

Age:

Gender:

Background Information to Measure Binge Watching Level

How often do you Binge Watch?

Daily

Weekly

Monthly

How long do you typically watch a show for?

0-1 hrs

2-3 hrs

4-5 hrs

5+ hrs

Binge Watching Questions About General Population

How often do you think the average person binge watches?

Daily

Weekly

Monthly?

For how long do you think the average person typically binge watches?

0-1 hrs

2-3 hrs

4-5 hrs

5+ hrs

Binge Watching Engagement and Symptoms Questionnaire (Flayelle & Canale et.al, 2019)

Instructions: Listed below are a number of statements referencing various binge-watching habits and the mindset you might experience regarding your point of view towards engaging in binge watching. For each statement, select a number from 1 to 5 based on what rating best describes your personal experiences and that number on the line.

Not at all like me
1 2 3 4 5 Very much like me

1. My family and friends consider me a gold mine of information on TV series. _____
2. I often check TV series applications (i.e., IMDb, TVShow Time, TV Series, etc.). _____
3. I'm always looking for new TV series to watch. _____
4. I tend to keep watching a TV series until I really get hooked. _____
5. Watching TV series is one of my favourite hobbies. _____
6. I spend a lot of time watching TV series. _____
7. I spend a lot of time talking to people on the Internet about TV series. _____
8. In my opinion, TV series are a part of my life and they contribute to my welfare. _____
9. When an episode comes to an end, and because I want to know what happens next, I often feel an irresistible tension that makes me push through the next episode. _____
10. I usually spend more time watching TV series than planned. _____
11. I often need to watch the next episode to feel positive emotions again and to relieve/frustration caused by the interruption in the storyline. _____
12. I don't sleep as much as I should because of how much time I spend watching TV series. _____
13. I always need to watch more episodes to feel satisfied. _____
14. I cannot help feeling like watching TV series all the time. _____
15. I get really irritated if I get the next few episodes spoiled by anyone. _____
16. I worry about getting spoiled. _____
17. I tend to use a number of strategies to keep the joy I feel at watching something as intact as possible (for example, I tend to wait until the whole series is out to start watching so I can binge, I tend to plan when and how I'll watch the TV series, I tend to try not to get spoiled, or I tend to wait until later to start watching if necessary, etc.). _____
18. I look forward to the moment I'll be able to see a new episode of my favourite TV series. _____
19. I get really excited when a new episode is released.
20. I keep track of the release date of new episodes so I can remain up-to-date and finish the series (season). _____
21. I am generally quite excited about watching an episode of my favourite TV series. _____
22. I sometimes feel empty or nostalgic when my favourite TV series comes to an end. _____
23. I sometimes get so absorbed in the series that I lose track of time. _____
24. Watching TV series episodes triggers positive emotions (enthusiasm, interest, excitement, inspiration, etc.). _____
25. I tend to watch TV series when I am in a happy mood or feeling positive emotions (when I'm feeling joyful, euphoric, etc.). _____
26. I generally feel intense pleasure upon watching an episode of my favourite TV series. _____
27. Watching TV series is a cause for joy and enthusiasm in my life . _____
28. I tend to watch TV series when I am feeling low or when I am feeling negative emotions (when I'm feeling angry, sad, etc.). _____

References

Flayelle, Maèva & Canale, Natale & Vögele, Claus & Karila, Laurent & Maurage, Pierre & Billieux, Joel. (2019). Assessing binge-watching behaviors: Development and validation of the “Watching TV Series Motives” and “Binge-Watching Engagement and Symptoms” questionnaires. *Computers in Human Behavior*. 90. 26-36. 10.1016/j.chb.2018.08.022.

R-UCLA Loneliness Scale (Hughes et. al, 2004)

Directions: Indicate how often you feel the way described in each of the following statements. Select one number for each.

<i>Statement</i>	<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Often</i>
1..I feel in tune with the people around me. b	1	2	3	4
2. I lack companionship.	1	2	3	4
3. There is no one I can turn to.	1	2	3	4
4. I do not feel alone. b	1	2	3	4
5. I feel part of a group of friends. b	1	2	3	4
6. I have a lot in common with the people around me.	1	2	3	4
7. I am no longer close to anyone.	1	2	3	4
8. My interests and ideas are not shared by those around me.	1	2	3	4
9. I am an outgoing person.	1	2	3	4
10. There are people I feel close to.	1	2	3	4
11. I feel left out.	1	2	3	4
12. My social relationships are superficial.	1	2	3	4
13. No one really knows me well.	1	2	3	4
14. I feel isolated from others.	1	2	3	4
15. I can find companionship when I want it.	1	2	3	4
16. There are people who really understand me.	1	2	3	4
17. I am unhappy being so withdrawn.	1	2	3	4
18. People are around me but not with me.	1	2	3	4

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|-------------------------------------|---|---|---|---|
| 19. There are people I can talk to. | 1 | 2 | 3 | 4 |
| 20. There are people I can turn to. | 1 | 2 | 3 | 4 |

NOTE: For both scales, the score is the sum of all items.

a. [Russell, Peplau, and Cutrona \(1980\)](#).

b. Item should be reversed before scoring.

References

Hughes, M. E., Waite, L. J., Hawkey, L. C., & Cacioppo, J. T. (2004). A Short Scale for Measuring Loneliness in Large Surveys: Results From Two Population-Based Studies. *Research on aging*, 26(6), 655–672. <https://doi.org/10.1177/0164027504268574>

Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology*, 39(3), 472-480. <http://dx.doi.org.ezaccess.libraries.psu.edu/10.1037/0022-3514.39.3.472>

The Center for Epidemiologic Studies of Depression: CES-D Scale (Radloff, 1977)

Instructions: Below there is a list of ways you might have felt or behaved. Please tell me how often you have felt this in the last week.

Rarely or None (Less than 1 Day)

Some or Little (1-2 Days)

Occasionally or Moderate Amount of the Time (3 -4 Days)

Most or All of the time (5-7 Days)

1. I was bothered by things that usually don't bother me.
2. I did not feel like eating; my appetite was poor.
3. I felt that I could not shake off the blues even with help from my family and friends.
4. I felt that I was just as good as other people.
5. I had trouble keeping my mind on what I was doing.
6. I felt depressed.
7. I felt that everything I did was an effort.
8. I felt hopeful for the future.
9. I thought my life had been a failure.
10. I felt fearful.
11. My sleep was restless.
12. I was happy.
13. I taked less than usual.
14. I felt lonely.
15. People were unfriendly.
16. I enjoyed life.
17. I had crying spells.
18. I felt sad.
19. I felt that people disliked me.
20. I could not get "going".

References

Radloff, L. S. (1977). The CES-D Scale: A Self-Report Depression Scale for Research in the General Population. *Applied Psychological Measurement*, 1(3), 385–401.
<https://doi.org/10.1177/014662167700100306>

ACADEMIC VITA

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Honors & Awards:

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Research Experience:

Research Assistant to Dr. Greenauer at The Pennsylvania State University, Berks - *Fall 2020*

HECBC Poster Presentation titled “Are You Still Watching”: A Study Assessing Binge-watching Behavior- *April 2021*

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Work Experience Related to Field:

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Student Library Assistant at The Pennsylvania State University Libraries -Reading, PA OCTOBER 2018 -MAY 2022

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