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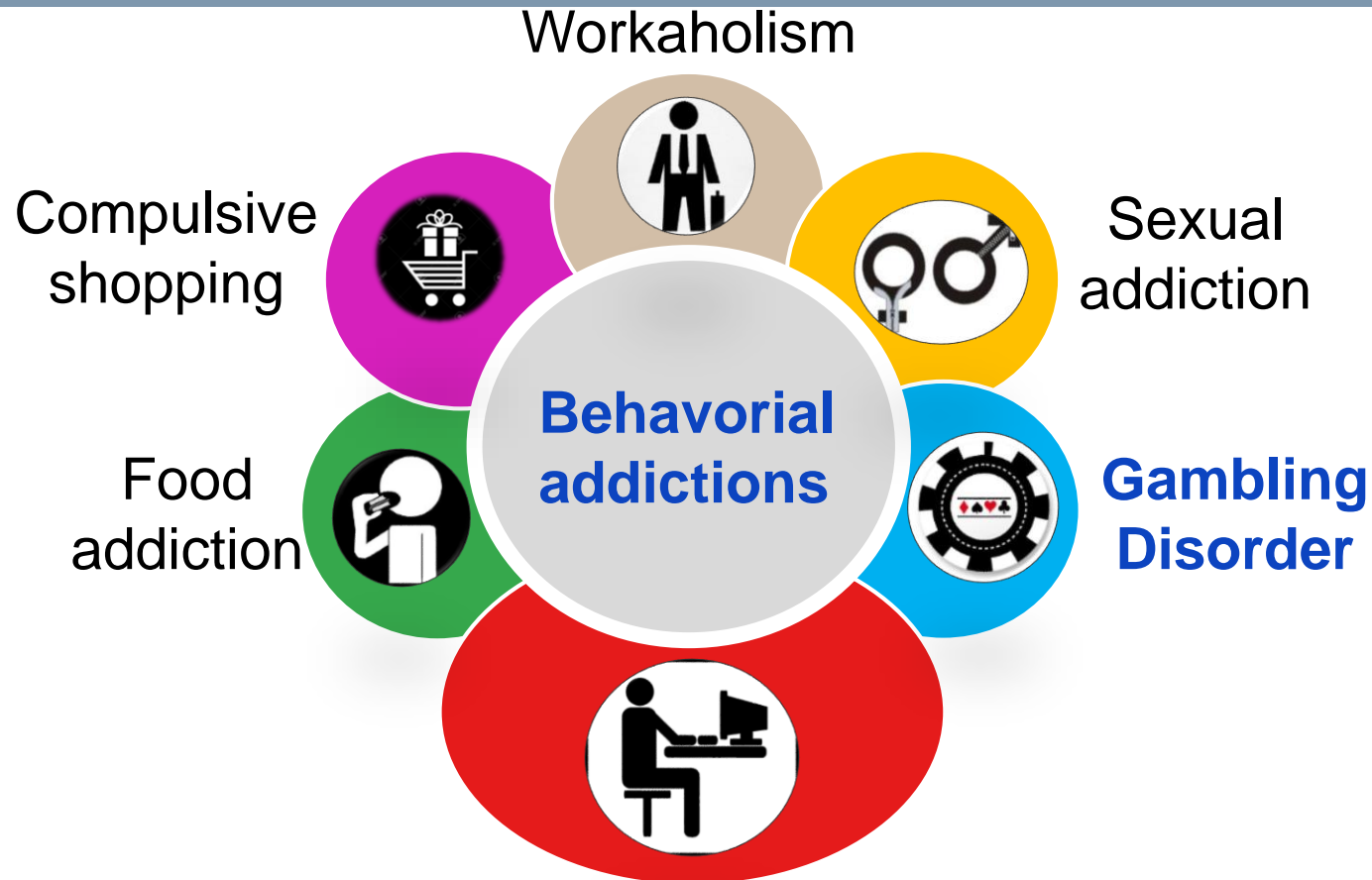
A study of vulnerabilities associated with excessive Internet use in adolescence



Introduction

Behavioral addictions

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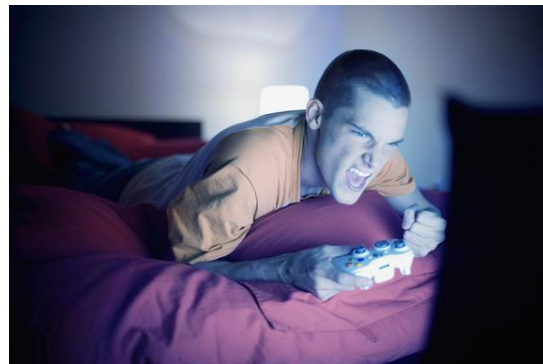


Introduction

Internet excessive use

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- Difficult to define because different media and activities (Lowenstein, 2005)
- Adolescents at risk (Christakis, 2010)
- Psychiatric comorbidities : mood disorders and ADHD (Yoo et al., 2004)
- Personality traits : impulsivity, antagonism, introversion, neuroticism, openness



Introduction

Aim of research

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Understand the risk factors of Internet addiction in adolescence, through:

- 1) Psychiatric comorbidities and personality traits
- 2) Activities practiced on Internet
- 3) Factors associated with excessive Internet use and gambling disorder



Methods

Participants and procedure

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- 602 French teenagers (junior high school students and high school students)
- Mean age 15,12 years (range 12 to 18)
- 45 % males
- Anonymous and self-administered questionnaire

Methods Tools

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Internet

IAT *Internet Addiction test* (Young, 1998)
score 20-49 → moderate use
50-79 → problematic use
> 80 → pathological use

Depressive mood

GHQ-28 *General Health Questionnaire*
*Social dysfunction, severe depression, somatic
symptoms, anxiety and insomnia*
(Goldberg & Hillier, 1979)

ADHD

WURS *Wenders Utah Rating Scale*
(Wenders, 2001)
cutt-off > 46

Methods Tools

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Personality traits

BFI *Big Five Inventory*

(John, 1991 ; Plaisant et al., 2010)

Openness (vs conformism)

Conscientiousness (vs impulsivity)

Extraversion (vs introversion)

Agreeableness (vs antagonism)

Neuroticism (vs emotional stability)

Gambling Disorder

ICJE *Indice Canadien du Jeu Excessif*

(Ferris & Wynne, 2001)

cutt-off > 8

Results

Internet usage level

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Table 1. Internet usage level in our sample (measured by IAT)

<u>Stage 1 :</u> <u>moderate use</u> score 20-49	<u>Stage 2 :</u> <u>problematic use</u> score 50-79	<u>Stage 3 :</u> <u>pathological use</u> score > 80
64,5 % (n =386)	34,5% (n=208)	0,7% (n=4)



Stage 2 and 3 : Internet misuse

Results

Psychiatric comorbidities

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Table II. Correlations between Internet use and psychiatric comorbidities

	IAT
ADHD	.41 ***
Social dysfunction	.15 ***
Severe depression	.27 ***
Somatic symptoms	.19 ***
Anxiety and insomnia	.23 ***
Conscientiousness	- .33 ***
Agreeableness	- .21 ***

* $p < .05$, ** $p < .01$, *** $p < .001$

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Table III. Psychiatric comorbidities according to the type of Internet use (mean and standard deviation)

	Moderate use (n=386)	Internet misuse (n=212)	Value of Student's T test
ADHD	M = 22,6 (± 15,57)	M = 33,83 (± 19,75)	-7,57***
Social dysfunction	M = 7,51 (± 2,95)	M = 8,14 (± 3,57)	-2,30*
Severe depression	M = 4,80 (± 5,72)	M = 6,70 (± 6,10)	-3,73***
Somatic symptoms	M = 4,70 (± 3,99)	M = 5,61 (± 4,59)	2,48*
Anxiety and insomnia	M = 4,69 (± 4,91)	M = 6,22 (± 5,43)	-3,45***

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Results

Activities on Internet

→ 3 favorite activities are common to 90% of participants

Table IV. Percentages of subjects in all teenagers (90%) and average weekly time spent on Internet

<u>Activities</u>	<u>%</u>	<u>Average weekly time (h)</u>
Social networks	55	7.9
Music and video	21	7.3
Video games	14	9

Table V. Percentages of subjects and average weekly time spent at the activities and type of Internet use

<u>Activities</u>	<u>Moderate use</u>		<u>Internet misuse</u>	
	<u>%</u>	<u>Average weekly time (h)</u>	<u>%</u>	<u>Average weekly time (h)</u>
Social networks	62	6.5	61	10.2
Music and video	17	5.8	27	11.3
Video games	21	5.2	12	12.3

Results

Excessive Internet use vs gambling disorder

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2 % of pathological gamblers (score ICJE ≥ 8)

Table VI. Correlations between gambling disorder (measured by ICJE) and psychiatric comorbidities

	ICJE
Depressive mood (four subscales)	From .10 to .16 *
ADHD	.18 *
Agreeableness	- .14 ***

* $p < 0,05$, ** $p < 0,01$, *** $p < 0,001$

Results

Differences by gender

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- **Internet misuse (problematic/pathological use):** boys > girls
- **Main activity :** social networks for girls, play online for boys
- **ADHD :** boys > girls
- **Depressive mood :** girls > boys

- **Internet use :**
 - ↓ Agreeableness for boys and girls
 - ↑ Neuroticism for boys
 - ↑ Extraversion for girls

Discussion


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- Positives correlations between psychiatric comorbidities and level of Internet use. More associated with excessive Internet use than gambling disorder
- Personality traits : impulsivity and antagonism
- More practiced online activities (time spent) : social networks (girls) and online video games (boys)

Conclusion

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- Predisposition for adolescents to develop excessive Internet use (Durak & Senol-Durak, 2014)
- Limitations : self-administered questionnaires → social desirability?

 Need to conduct further studies to confirm that excessive Internet use could be considered as a separate clinical entity among addictive disorders

THANK FOR YOUR ATTENTION



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**is the hardest
button to click.**