Which health-related problems are associated with problematic video-gaming or social media use in adolescents? A large-scale cross-sectional study

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## Sample

"The remaining 21,053 students represented 72% of the total number of second and fourth graders living within the region; they were representative regarding age, while educational level was a little higher than the student population." (Mérelle et al., 2017, p. 13)

## Implications For Parents About

Other

## Other Parent Implication

parental risk perception; parental risk awarness

## Implications For Educators About

Other

## Implications For Policy Makers About

Other

## Other PolicyMaker Implication

Promote physical activity and sporrt activities

# Abstract

Objective: Problematic video-gaming or social media use may seriously affect adolescents’ health status. However, it is not very well known which health-related problems are most strongly related to these issues. To inform the development of prevention and intervention strategies, this study aims to gain a better understanding of the healthrelated problems and demographical factors associated with problematic video-gaming or social media use in early adolescence.
Method: A cross-sectional analysis was performed on data collected by two Municipal Health Services in the Netherlands in 2013-2014. In this survey among youth, 21,053 students from secondary schools (mean age 14.4 years) completed a web-based questionnaire. Multivariate analyses were carried out to assess the strength of the associations between mental health problems, life-events, lifestyle and substance use as independent variables, and problematic video-gaming and problematic social media use as dependent variables.
Results: Of the participating students, 5.7% reported problematic video-gaming and 9.1% problematic social media use. Problematic video-gaming was most strongly associated with conduct problems, suicidal thoughts (all medium effect sizes, OR ≥2, p