Problematic Internet use and problematic alcohol use from the cognitive–behavioral model: A longitudinal study among adolescents

# Details

## Year

2015

## DOI

10.1016/j.addbeh.2014.09.009

## Issued

2015

## Language

English

## Volume

40

## Start Page

## End Page

## Authors

Gámez-Guadix M.;Calvete E.;Orue I.;Las Hayas C.

## Type

Journal article

## Journal

Addictive Behaviors

## Publisher

Elsevier BV

## Topics

Risks and harms

## Sample

801 Spanish adolescents (mean age = 14.92, SD = 1.01)

## Implications For Parents About

Parenting guidance / support

## Implications For Educators About

School networking

## Implications For Policy Makers About

Stepping up awareness and empowerment

## Implications For Stakeholders About

Healthcare

# Abstract

Problematic Internet use (PIU) and problematic alcohol use are two pervasive problems during adolescence that
share similar characteristics and predictors. The first objective of this study was to analyze the temporal and
reciprocal relationships among the main components of PIU from the cognitive–behavioral model (preference
for online social interaction, mood regulation through the Internet, deficient self-regulation, and negative
consequences). The second objective was to examine the temporal and reciprocal relationships between PIU
components and problematic alcohol use. We also examined whether these relationships differ between males
and females. The sample comprised 801 Spanish adolescents (mean age = 14.92, SD = 1.01) who completed
the measures both at Time 1 (T1) and Time 2 (T2) six months apart. We used structural equation modeling to
analyze the relationship among the variables. Results showed that deficient self-regulation at T1 predicted an
increase in preference for online interactions, mood regulation, and negative consequences of the Internet at
T2. In turn, the emergence of negative consequences of PIU at T1 predicted a rise in problematic alcohol use at
T2. Longitudinal relationships between different components of PIU and between the components of PIU and
problematic alcohol use were invariant across genders. Deficient self-regulation, consisting of diminished selfcontrol
over cognition and behaviors related to the Internet, plays a central role in the maintenance of PIU,
increasing the preference for online interactions, mood regulation, and negative consequences from Internet
use over time. In turn, adolescents who present negative consequences of PIU are vulnerable targets for
problematic alcohol use.

# Outcome

This article analyses the relationship between problematic Internet use (PIU) and problematic alcohol use, focusing on the temporal and reciprocal relationships among the main components of PIU from the cognitive–behavioral model. The autors also examined whether these relationships differ between males and females.