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Bergen social media addiction scale questionnaire pdf

Current Psychology (2020)Cite this article 1835 Accesses 2 Citations 1 Altmetric Metric Research conducted on social networking sites (SNSs) addiction is largely focused on Facebook as a prototype example of SNS. However, the evolution of SNSs has generated conceptual and methodological disputes in terms of exploring SNS dependency. In order to provide more clarity in this area this study aims to examine the validity of Bergen's design of the Social Media Addiction Scale (BSMAS) compared to Bergen's Facebook Addiction Scale (BFAS) among the 1,099 young subjects (146 Facebook only users and 953 who had a Facebook account and at least one additional SNS). In addition, the study was aimed at studying the unique contribution of SNS addiction to stress and overall well-being over personality characteristics and Facebook addiction in particular. Participants completed a survey evaluating SNS dependence, Facebook dependence, demographics, big five personality traits, perceived stress and general subjective well-being. BSMAS was acceptable to fit into the data and demonstrated good reliability. The results showed that BSMAS scores were closely related to BFAS and that the link between the two measures was stronger in the facebook user group only than in the multi-site social networking group. In addition, SNS addiction has been positively associated with perceived stress and is negatively associated with subjective well-being following the control of Facebook addiction and other study variables. The theoretical and methodological consequences of the results are discussed. Social networking sites (SNSs) are virtual communities where users can create separate public profiles, interact with real friends, and meet other people on the basis of common interests (Kuss and Griffiths 2011, p. 3529). Social networking is now one of the most popular forms of communication and entertainment among Internet users (GlobalWebIndex 2018). It is estimated that in 2021 there will be about 3 billion START users worldwide (Statista 2019). However, there is a growing body of scientific evidence that overuse of social networking sites can lead to symptoms traditionally associated with substance addiction (Andreassen 2015; Grant et al. 2010; Griffiths et al. 2014; He et al. 2017). SNS Addiction as an example of behavioral addiction is some scientists are seen as behavioral dependence, going out of bounds, theoretical work and research on internet addiction (Andreassen et al. 2016; Cous and Griffiths 2011; Montag et al. 2014; Mueller et al. 2016; van Rooij et al. 2017; Young 2009). She was identified as overly concerned with SNSs, driven by a strong to log in or use SNSs, and devote so much time and effort to SNSs that he other social activities, research/work, interpersonal relationships and/or psychological health and well-being (Andreassen and Pallesen 2014, p. 4054). According to the Addiction Components Model (Griffiths 2005), symptoms of SNS addiction include salience, mood change, tolerance, divorce, relapse, and conflict. Previous empirical evidence suggests that SNS addiction can be a serious mental health problem with negative consequences for the psychosocial functioning of the patient and next of kin (see Andreassen 2015). Despite the increase in the number of studies on the use and abuse of SNA, the status of dependence on SNA has yet to be formally recognized. Conceptual and Methodological Perspectives for SNS Addictionin the fourth quarter of 2018, Facebook participated with an average of 1.52 billion active users per day (Facebook 2019). As one of the largest social networks, Facebook has become almost synonymous with social networking (Griffiths 2012). Research conducted on SNS addiction has so far focused mainly on Facebook addiction as Facebook was one of the first SNS established and has since been seen as a prototype example of SNS (see Marino et al. 2018a; Ryan et al. 2014). However, with the variety of apps and services that SNSs users have at their disposal today, social media has become eclectic (Kuss and Griffiths 2017). Internet users can decide to maintain accounts on a wide variety of platforms (e.g. Instagram, Snapchat, Twitter, Pinterest). In 2016, the average Internet user had accounts on almost eight different social sites (GlobalWebIndex 2017). Among those who have an account on Facebook only, SNS Addiction and Facebook Addiction should be seen as the equivalent. On the other hand, SNS addiction and Facebook addiction do not necessarily reflect the same phenomenon among multi-family social networks. Accordingly, dependence on SNS and dependence on Facebook should be seen as similar, but separate entities among multisite social networks (Kuss and Griffiths 2017). Based on the theory of SNS dependency and empirical conclusions, the dynamic evolution of social networking sites has generated controversy from both conceptual and methodological points of view (see Andreassen and Pallesen 2013; Griffiths 2012). According to the theory of use and satisfaction, the use of specific media is aimed at specific purposes and may be associated with different forms of satisfaction, as well as with the different needs underlying this use (Katz et al. 1973). From this point of view, it is important to take into account the results of research on specific sites in order to understand the development of SNS dependency (Ryan et al. 2014). In accordance with the research is currently focused on addiction to specific platforms, such as Instagram (Kiracabun and Griffiths 2018), Twitter (Ndasauka et al. 2016) and Snapchat (Punyanunt-Carter et al. 2017). On the contrary, some continue to suggest that SNS addiction should be framed as behavior separate from a specific SNS platform and that additions to specific sites are just examples of SNS addiction (Griffiths et al. 2014; Cous and Griffiths 2017). According to the latter approach, dependence on SNS is seen as a common phenomenon (e.g. Tang and Koh 2017; Wang et al. 2018). According to this understanding, disorders related to Facebook's addiction (associated, for example, with higher stress and lower well-being) should also be present in SNS addiction in general. Another theoretical point of view is which aspects of a particular site (such as Facebook) or SNS in general are actually addictive and cause mental problems (Andreassen and Pallesen 2013, 2014). Bergen Social Media Addiction Scale and Bergen Facebook Addiction ScaleAlong with a discussion about the nature of the SNS addiction phenomenon, research efforts have been made to develop weights to measure dependence on specific sites (e.g. Facebook invasion questionnaire; Elfinston and Knoller 2011); Facebook Addiction Issue; Wolniczak et al. 2013), as well as SNS Addiction in general (e.g. Addictive Trends to SNSs; Wu et al. 2013). The scale of dependency on the social networking site; Turel and Serenko 2012). Bergen Facebook Addiction Scale (BFAS; Andreassen et al. 2012) was built on the basis of general theory of dependence and measures facebook dependence according to the six main symptoms of addiction (i.e. salience, conflict, mood change, withdrawal, tolerance and relapse; Griffiths 2005). BFAS has been adapted in several languages and has generally demonstrated good psychometric properties (e.g. Atroszko et al. 2018; Phanasathit et al. 2015; Wang et al. 2016). However, the limitation of the scale is what evaluates dependence on one particular platform (i.e. Facebook) only. In order to overcome this limitation, Bergen's Social Media Addiction Scale (BSMAS; Andreassen et al. 2016) was developed and is a modified version of BFAS, replacing Facebook with social networking sites, the latter defined as Facebook, Twitter, Instagram and the like in the instructions. While the names of Bergen's social media addiction scale and Bergen's social network addiction scale are used interchangeably in literature (Andreassen et al. 2017; Andreassen et al. 2017), we use in the following social networks as social networks and social networks, reflecting similar, but at the same time different phenomena (see Kussen and Griffiths 2017). The psychometric strength of BSMAS has been studied in Italian (Monacis et al. 2017), Hungarian (Benyai et al. 2017), Persian (Lin et al. 2017) and Chinese (Le et al. 2020; Chen et al. 2020) samples where he showed good properties. Previous studies have used different methods to study this scale, scale, there is currently no study that has investigated the psychometric properties of BSMAS compared to BFAS. Moreover, there is currently no empirical study that has investigated the relationship between a specific and common SNS dependency scale. SNS Addiction, Personality and WellbeingThe oratorical models of problematic Internet use and SNS addiction highlighted the prominence of predisposing factors (Andreassen 2015; Atroszko et al. 2018; Brand et al. 2014; Kaplan 2010; Davis 2001; Pelling and White 2009). Research conducted on SNS addiction in this area highlighted the role of certain personality traits predicting both the use and abuse of SNS (Andreassen et al. 2013). With reference to the big five (Extraversion - outgoing, talkative; Pleasantness - b- responsive and warm; Integrity - organized and operational, neuroticism - nervous and capricious; Openness/Intelligence - to be creative and intellectually oriented) personality model (Wiggins 1996) the general dependence of SNS and Facebook addiction has been fairly consistently associated with neuroticism (De Cock et al. 2014; Marino et al. 2018a) and negatively relate to conscientiousness (Baachnio et al. 2017; De Cock et al. 2014; Marino et al. 2018a). Moreover, the meta-analysis showed a weak negative link between extraversion, pleasantness and openness to experience and dependence on Facebook (Marino et al. 2018a). In terms of mental health, both Facebook addiction and more general dependence on SNS have been associated with low well-being and psychological distress (Atroszko et al. 2018; Hou et al. 2017; Marino et al. 2018b; Pontes 2017). Hormes et al. (2014) reported that facebook addiction is associated with a lack of emotional regulation and susceptibility to both substance dependence and non-addiction. WeChat's addictive benefits have been found to be negatively related to the physical, mental and social health of users that go beyond personality traits and demographic variables (Xue et al. 2018). Previous studies also show that both typical and excessive SNS users experience reduced perceived stress and improved well-being after abstinence of SNS within a few days. In addition, the positive effects were more significant in the excessive group of SNS users than among typical SNS users (Tromholt 2016; Turel et al. 2018). These findings suggest that both general and specific SNS-addictions appear to have parallel relationships with well-being and mental health. However, in the context of the ever-changing nature of START, it is essential to examine the relative contribution of these phenomena in terms of the well-being and mental health of various START users. Considering that SNS addiction as a general form of addiction can be cumulative properties from various SNSs it should also worsen the well-being above and outside of addiction (for example, e.g. specific sites). The purpose of this study, in light of the aforementioned theoretical and methodological discussion of SNS dependence, the purpose of this study was to investigate the reliability and reliability of BSMAS among social media users. Among facebook and multi-site social networks, SNS addiction and facebook addiction do not necessarily reflect the same phenomenon. This study was aimed accordingly at comparing the power of the relationship between Facebook addiction and SNS addiction among Facebook users and multi-site social networks, respectively. Previously, no study has investigated the psychometric properties of BSMAS compared to BFAS. Thus, this study is the first to compare the psychometric properties of BSMAS compared to BFAS in a sample of different SNSs users. Accordingly, this study is the first where specific and common SNS dependence scales are compared. Previous empirical results show that SNS addiction is associated with specific risk factors of the individual and the deterioration of well-being and mental health. Accordingly, the purpose of this study was to examine the relationship between SNS addiction, personality traits, perceived stress and general subjective well-being. Last but not least, SNS addiction as a general form may reflect addictive behavior towards multiple SNSs and is therefore expected to worsen well-being and increase stress above and beyond addiction (e.g. Facebook) specific sites. Consequently, the study was aimed at identifying the unique contribution of SNS addiction to stress and well-being outside of Facebook's personality characteristics and addiction among multi-site social networks. Hypothesis1Nable from previous studies and theoretical frameworks, it has been suggested that (i) Bergen's social media addiction scale has good validity and reliability, and one factor solution in the Polish sample (H1); (ii) BSMAS and BFAS scores will be highly correlated, although the link between scores will be stronger in the Facebook-only user group than in the multi-site social networking group (H2); (iii) Emotional stability and conscientiousness are back linked to dependence on SNA (H3); (iv) dependence on SNA is positively associated with stress and is associated with well-being (H4); (v) The relationship between Facebook dependence and variable criteria (gender, age, personality, stress and well-being) is the same as the relationship between dependence on SNS and variable criteria in the multi-social networking group (H5); (vi) SNS dependency explains significant differences in stress and well-being over age, gender, personality traits and facebook dependency among multi-site social networks (H6). Initially, the sample consisted of 1,183 respondents. Before analysis was checked and data from three participants who do not have accounts on any social networking sites were excluded. Due to the lack of data on the relevant variables, 81 participants were excluded from the analysis. Thus, the final sample consisted of 1,099 participants. The sample was divided into two groups, dependence on the number of social media accounts. Figure 1 shows the distribution of the number of social media accounts. There were 146 (13.3%) of the subjects who had only facebook accounts (Facebook only users) and 953 (86.7%) there were Facebook accounts and at least one more SNS (multi-site social networks). Multi-site social networks of individuals reported using an average of 3.51 different SNS (SD No. 1.30). In addition to Facebook, 738 (77.4%) of them Instagram account and 697 (73.1%) had a Snapchat account. The sample was varied in terms of sociodemographic features (see table 1). Fig. 1Pronotation of the number of social media accountsTable 1 Descriptive statistics of sociodemographic features in the sample of Social Networks Addiction Bergen Social Media Addiction Scale (BSMAS) is a modified version of the Bergen scale of dependency Facebook (Andreassen et al. 2012). The modification involves replacing the word Facebook with social networking sites, the latter is defined as Facebook, Twitter, Instagram and the like in the instructions for participants (Andreassen et al. 2016). A Polish version of the scale was introduced. Answers are provided on a 5-point Likert scale, ranging from very rarely (1) to very often (5). BSMAS has shown good reliability and reliability in previous studies (Andreassen et al. 2016; Andreassen et al. 2017; Benyai et al. 2017; Lin et al. 2017; Monacis et al. 2017). The scale showed a non-measure in two Chinese cultural areas (Leung et al. 2020) as well as the time of invariance (Chen et al. 2020). In this study, Kronbach's alpha reliability ratio was 0.77. The app contains a complete list of items in the Polish and English versions of the scale, respectively. Facebook Addiction Bergen Facebook Addiction Scale (BFAS; Andreassen et al. 2012) includes six elements that are based on the dependency component model (Griffiths 2005). Answers are provided on a 5-point Likert scale, ranging from very rarely (1) to very often (5). The Polish version of BFAS has shown good reliability and reliability in previous studies (Atroszko et al. 2018; Chazryniska and Gede 2014). The scale also showed good psychometric properties when adapting to other languages (Phanasathit et al. 2015; Pontes et al. 2016; Silva et al. 2018; Wang et al. 2015). In this study, the BFAS alpha reliability ratio was 0.81. Personality Polish version (Atroszko 2015) of ten items inventory (TIPI; Gosling et al. 2003) was used to evaluate five personality model factors: extraversion, pleasantness, conscientiousness, emotional stability and openness to experience. Respondents responded on a 7-point scale, ranging from dissent strongly (1) to decisive alignment (7). TIPF has shown good reliability and reliability in previous studies (Atroszko 2015; Atroszko et al. 2016a, 2016b; Eroshko et al. 2018). In this study, Spearman-Brown's reliability rate was 0.74 for extraversion, 0.72 for good faith, 0.62 for emotional stability and 0.35 for openness, respectively. TIPF demonstrates good reliability, still biased reliability estimates using internal consistency measures, which are expected due to a small number (only two) elements in the measurement (Gosling et al. 2003). Therefore, less biased reliability indicators should be used, such as the reliability of test retesting, which for the original scale provides acceptable correlations between re-measurements at 6-week intervals (ranging from 0.62 for openness to 0.77 for extraversion (Gosling et al. 2003). Stress perceived stress was measured by the Polish short version of the perceived stress scale (PSS-4; Cohen et al. 1983). It consists of four elements with a 5-point Likert response format, ranging from never (1) to very often (5). The scale has shown good reliability and reliability in previous studies (Atroszko 2015; Atroszko et al. 2015; Eroshko et al. 2018). The Kronbach alpha reliability ratio in this study was 0.75. The subjective well-being of the Polish version of the Ultra-Short Protocol for Measuring Subjective Well-being (USP-SWB) was used to assess overall subjective well-being. It consists of six items based on WHOQOL-BREF (Skevington et al. 2004). The scale covers three (of the four) main areas that differed from WHOQOL: physical (general health, sleep quality), psychological (life satisfaction, meaning of life) and social (personal satisfaction, satisfaction with support received from friends). Answers are provided on a 9 scale, ranging from (1) not at all to (9) the extreme amount in the case of items relating to life satisfaction and meaning in life. Alternatives to response on other items range from (1) very dissatisfied (9) to very satisfied. The scale has shown good reliability and reliability in previous studies (Atroszko et al. 2019). As this is a fairly new measure and since the documents describing its psychometric properties have not yet been published, we have decided to report the results of its structure through a valid analysis of factors: a model with three first-order factors (physical, psychological and social) and one factor in the second (general subjective well-being) showed good form with data: $\chi^2(6) = 4.68, \chi^2/df = 0.78, TLI = 1.001, RMSEA = 0.000, 90\% - 0.000-0.034$. In this study, Kronbach's overall subjective well-being alpha reliability ratio was 0.75. ProcedureData were collected using a pen and pencil and an online questionnaire. Students at Polish universities: Gdansk University, Polish Naval Academy and Gdansk University of Technology were invited to participate anonymously in lectures or classes. The estimated response rate was above 95%. The online survey was conducted using a questionnaire posted on Facebook. Respondents were asked to click on the link to access the survey. The speed of responses to online surveys cannot be determined (Fan and Yan 2010). Before they started responding, participants received detailed information about the study. Data collection took place from November 2017 to March 2018. The final sample included 57.1% of participants recruited using paper and pencil surveys and 42.9% using an online survey. Participation was completely anonymous and no monetary or other material rewards were offered. A statistical analysis of the analysis factor (CFA) was conducted to assess the validity of the BSMAS design, where a one-factor solution of 6 points was tested. In order to investigate the validity of BSMAS and BFAS and investigate if SNS addiction and Facebook addiction really reflect the same phenomenon, a model with two hidden variables (SNS Addiction and Facebook Addiction) were investigated. Standardized factor loads on goods were: .48, .72, .71, .49, .80, .59, respectively. To indicate the differences between facebook users and multi-social networks, the model was also explored in two samples. The weighted least squares (WLSMV) was used. The following measures were used to measure the model's compliance: χ^2 divided by degrees of freedom (χ^2/df), comparative compliance index (CFI), Tucker-Lewis Index (TLI) and Root Average Square Approximation Error (RMSEA). Cutout results for these indices in terms of acceptable fit: $\chi^2/df \leq 3, CFI \geq 0.95, TLI \geq 0.95, RMSEA \leq 0.06$ to 0.8 (Hu and Bentler 1999; Schreiber et al. 2006). The Mplus 6.11 (Mouton and Muton 1998-2010) was used to perform the CFA. Standard deviations, percentages and correlation ratios were calculated for the entire sample. In the multi-site social networking group, correlations between SNS addiction and variable criteria were compared with the correlation between facebook addiction and the same variables. Comparing correlations, it was possible to find out whether the BSMAS and BFAS criteria differed. Two hierarchical regression analyses were conducted for a group of multi-social networks where stress and subjective well-being consisted of dependent variables. An overview of the independent variables presented in the next steps can be found in the table The proposed model has helped to test whether SNS dependence, regardless of other variables, is a source of reduced well-being and increased stress. Preliminary analyses were carried out for all linear regression analyses in order not to disturb assumptions about normality, linearity, multicollinearity and homo-crossness. To compare the hidden correlation ratios between Facebook's addiction and SNS addiction between Facebook user-only groups and the multi-site social networking z test for independent groups was used. In addition, the z test was used for dependent groups to compare correlation ratios between Facebook dependence and criteria variables and correlations between SNS dependence and the same criteria of variables in the multisite social networking group. All tests were two-tailed and alpha level was set at .05.Ethical was conducted in accordance with the Helsinki Declaration. All the data collected were anonymous and participants were informed of all the relevant details about the study and their role in it, including that they could leave at any time. The achievement of formal and written informed consent was not considered necessary, as voluntary filling of the questionnaires was considered to be consent, the study was anonymous and since no medical information was collected. The SNS dependency model showed the following suitable indices: $\chi^2(9) = 251.64, \chi^2/df = 27.96, CFI = 0.924, TLI = .874, RMSEA = 0.157, 90\% CI - Standardized factor loads of goods were: .66, .84, .66, .50, .73, .60, respectively. Due to the lack of an acceptable model, the remnants of the first and second non-points were allowed for correlation based on modification indices, as were previous studies concerning BFAS (Atroszko et al. 2018; Chazryniska and Gede 2014) and BSMAS (Monacis et al. 2017). In addition, the remnants of the fourth and sixth points were correlated on the basis of modification indices. The modified model had an acceptable fit: $\chi^2(7) = 47.57, \chi^2/df = 6.80, CFI = 0.987, TLI = 0.973, RMSEA = 0.073, 90\% CI - Standardized factor loads on goods were: .48, .72, .71, .49, .80, .59, respectively. To indicate the differences between facebook users and multi-social networks, the model was also explored in two samples. 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The SNS dependency model showed the following suitable indices: $\chi^2(9) = 251.64, \chi^2/df = 27.96, CFI = 0.924, TLI = .874, RMSEA = 0.157, 90\% CI - Standardized factor loads of goods were: .66, .84, .66, .50, .73, .60, respectively. Due to the lack of an acceptable model, the remnants of the first and second non-points were allowed for correlation based on modification indices, as were previous studies concerning BFAS (Atroszko et al. 2018; Chazryniska and Gede 2014) and BSMAS (Monacis et al. 2017). In addition, the remnants of the fourth and sixth points were correlated on the basis of modification indices. The modified model had an acceptable fit: $\chi^2(7) = 47.57, \chi^2/df = 6.80, CFI = 0.987, TLI = 0.973, RMSEA = 0.073, 90\% CI - Standardized factor loads on goods were: .48, .72, .71, .49, .80, .59, respectively. To indicate the differences between facebook users and multi-social networks, the model was also explored in two samples. 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Researcher Google Volnichak, I., Caceres-Delagila, D.A., Palma-Ardiles, G., Arroyo, K.J., Soles-Visher, R., Paredes-Yauri, S., et al (2013). The link between Facebook addiction and poor sleep quality: a study in a sample of students in Peru. PLoS one. PubMed Central article by Google Wu Scholar, A. M., Cheung, V.I., Ku, L., and Hung, E. P. (2013). Psychological risk factors network sites among Chinese smartphone users. In the journal Behavioral Addictions. PubMed Central article Google Scholar Xie, Y., Dong, Y., Luo, M., Mo, D., Dong, W., Chang, Z., Liang, H. (2018). Study of the effects of SNS mobile dependence on human health self-assessment. Internet research. Google Scientist Young, K. (2009). Online Addiction: Diagnosis and Treatment Review. In the journal Modern Psychotherapy. Links Google Scholar Download Informed Consent was obtained from all individual participants included in the study. All the data collected were anonymous and participants were informed of all the relevant details about the study and their role in it, including that they could leave at any time. The achievement of formal and written informed consent was not considered necessary, as voluntary filing of the questionnaires was considered as a provision of consent and no medical information was collected. Ethical approval Of all human-involved studies complied with the ethical standards of the institutional and/or national research committee (The Ethics Committee of the Research Projects Institute of Psychology of the University of Gdansk; reference number: 15/2019) and the Helsinki Declaration of 1964 and its later amendments or comparable ethical standards. Disclosure of potential conflicts of interest The authors state that they have no conflict of interest. Bergen Social Media Addiction Scale Instruction: Below you'll find some questions about your attitude and use of social networking (Facebook, Twitter, Instagram and the like). Choose an answer for each question that best describes you. How often during the last year you ... 'Instrukcja: lower znajduje sia kilk pyta' dotycz'cych bear, forged i odczu' dotycz'cych portali spo'czno'ciowych (Facebook, Twitter, Instagram itp.). Prosimy, aby dla catego power de significance (for), yak cz'sto w ci'gu ostatniego roku... Item addition component Wording BSMAS1 Salience spent a lot of time thinking about social networking or the planned use of social media? (mishlya) (a) o portalach spo'czno'ciowych lub planowa'e (a) ich u'ywanie? BSMAS2 Tolerance felt the desire to use social networking sites more and more? (odczuwa'e) (a) rosn' sie potrzebe korzystania z portali spo'czno'ciowych? BSMAS3 Mood modifications used social networking sites to forget about personal problems? Portals spo'eczno'ciowych, zebi zadomniech o problemach osobistych? BSMAS4 Relapse tried to reduce the use of social networking sites without success? (Prebosition) BSMAS5 Withdrawals become restless or concerned if you were banned from using social media? (by) niespokojny (a) lub zmartwiony (a), je'li nie mog'e (a) u'ywa' portali spo'czno'ciowych? BSMAS6 Conflict used social networking sites so much that it had a negative impact on your work/research? Portals spo'eczno'ciowych tak duzo, ze miano to negatywny wp'yw na twoj' nauke/prace? Includes a Polish translation of the Bergen Scale of Addiction on social media. Score: Add item scores for the overall score. Score. bergen social media addiction scale questionnaire pdf. bergen social media addiction scale (bsmas) questionnaire

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