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New assessment of problematic use of social networks

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Background: Problematic use of Social Networking Sites (SNS) is an online behaviour that requires accurate and appropriate measurement. Several scales have been developed to measure addiction to using SNS. However, the present paper includes a component of utmost interest that has not been previously measured: social and physical comparison in SNS. This study aims to carry out a comprehensive assessment of problematic SNS use, taking into account not only addictive use, but also comparative use of SNS. Method: Two scales of problematic SNS use were developed with two different samples, (i) a sample of 500 women, where an Exploratory Factor Analysis (EFA) was performed to develop the appearance concern questionnaire (CONAPP), and (ii) another sample of 1,003 participants where an EFA and a Confirmatory Factor Analysis (CFA) were performed to develop the Problematic Use of Social Networks (UPS) questionnaire. Results: Both questionnaires have adequate psychometric properties. The CONAPP questionnaire was found to be unidimensional, and the UPS questionnaire bidimensional (comprising the factor "addictive consequences" and a second factor "negative social comparison"). Conclusions: Two questionnaires have been developed for a comprehensive assessment of problematic SNS use. These results have implications for the improvement of the assessment of problematic SNS use and possible prevention plans.

Keywords: problematic social network use, social networking, assessment