

Assessment of Problematic Social Networking Sites Use Among Youth and Adolescents

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Oral presentation

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Abstract

Introduction: The negative consequences of the misuse of Social Networking Sites (SNS), particularly problematic use, are a growing concern for parents of children and adolescents. The first questionnaire designed to assess not only addictive but also comparative SNS use, known as the Problematic SNS Use Questionnaire (UPS), has been validated exclusively in adult populations.

Objective: The objective of this study was to adapt and validate the UPS questionnaire in a sample of children and adolescents.

Method: The sample consisted of 443 participants (53.4% female) with a mean age of 15.04 years ($SD = 1.34$) and an age range of 12 to 18 years. Participants completed an online survey that included sociodemographic questions, SNS usage frequency, the Problematic SNS Use Questionnaire (UPS), the Social and Emotional Competence Questionnaire (SEC-Q), and the Big Five Inventory-2 (BFI-2). The psychometric properties of the UPS were assessed, including internal consistency, reliability, and validity evidence concerning internal structure and relationships with other variables.

Results: Confirmatory factor analysis supported the two-dimensional structure of the original version, showing a good model fit with adequate reliability for both subscales and appropriate validity evidence concerning its relationship with other variables.

Conclusions: The UPS version for children and adolescents has demonstrated adequate psychometric properties, making it a suitable tool for the general Spanish child and adolescent population. The findings are discussed in the context of preventing problematic SNS use, emphasizing the importance of early detection and intervention strategies.

Keywords

SNS; Adolescents; Children; Psychometrics; Validation

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