

A DESCRIPTIVE STUDY ON THE SOCIAL NETWORKING SITE TIME USE OF ADOLESCENTS WITH MOOD DISORDERS SEEN AT THE CHILD & ADOLESCENT PSYCHIATRY OUT PATIENT DEPARTMENT OF THE PHILIPPINE CHILDREN'S MEDICAL CENTER



Ellaine R. Romano, MD; Joy P. Malinit, MD
Philippine Children's Medical Center, Child Neurosciences Division, Section of Child Psychiatry

BACKGROUND OF THE STUDY

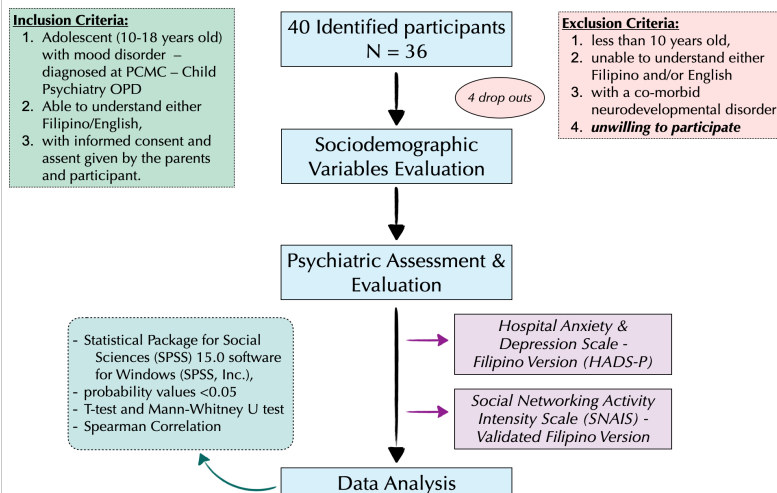
Social networking sites (SNS) is dominated by adolescents and has an impact in their social connection, psychosocial development and mental well-being. Concerns about its impact has been a focus of researches, noting both positive and negative effects across all aspects of a development, particularly on mental health but limited data is available locally.

OBJECTIVES:

Describe the social networking time use of adolescents with mood disorders seen at PCMC Child Psychiatry OPD using a validated Filipino version of the Social Networking Activity Intensity Scale (SNAIS) questionnaire.

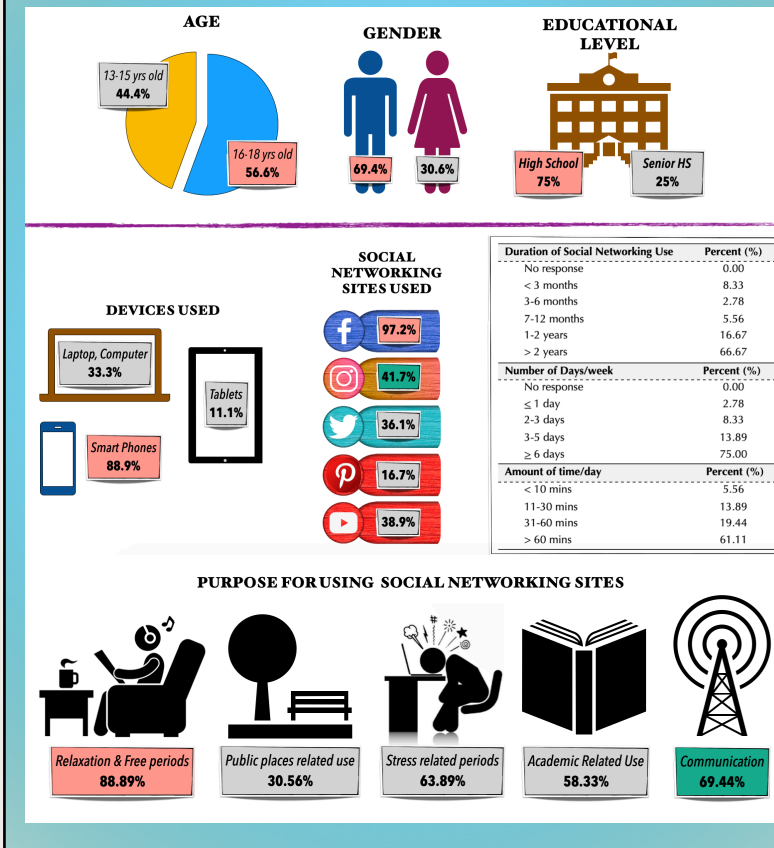
METHODS:

Descriptive – Cross Sectional Observational study design.



RESULTS:

I. Sociodemographic Profile



- No significant correlation** between *SNAIS* scores and anxiety scores and *SNAIS* scores and depression scores.

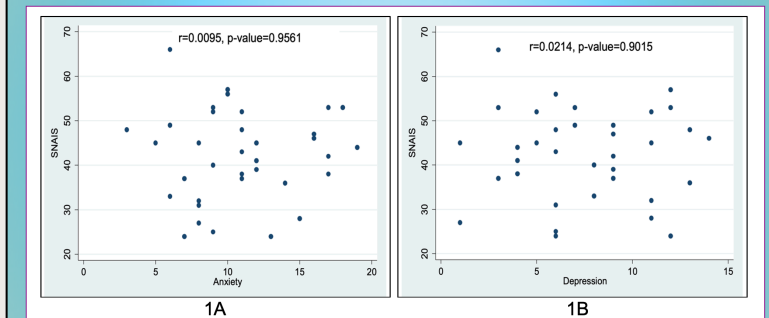


Figure 1. Correlation between (1A) SNAIS scores and Anxiety scores; and (1B) SNAIS scores and Depression scores

CONCLUSION:

- Social Networking use & intensity in adolescents are **NOT SUBSTANTIALLY LINKED** to levels of anxiety & depression.
- Rather, more time spent on social media, increases likelihood of mental health problems.

RECOMMENDATIONS:

- Larger sample size to establish correlation and generalizability.
- New activities & functions of SNS, various social networking platforms & content should be considered.

KEYWORDS: Adolescents, anxiety, depression, Social Media, Social Networking site, SNAIS, HADS