ISRCTN11269382 https://doi.org/10.1186/ISRCTN11269382

Is there a relationship between (problematic) social media use and depressive symptoms in patients with a psychiatric disorder?

Submission date
02/06/2021

Recruitment status
No longer recruiting

Registration date
14/06/2021

Overall study status
Completed

Last Edited
14/06/2021

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
There has been a lot of research on the relationship between social media use and depressive symptoms in healthy people, but the results are ambiguous and nothing is yet known about social media use by patients with a psychiatric disorder. Maybe it is not how much social media we use, but the problematic way some of us use social media (i.e. social media addiction) that is the key to understand the relationship between social media and depressive symptoms. The aim of this study is to investigate the association between (problematic) social media use and depressive symptoms in adult patients with a psychiatric disorder.

Who can participate
Patients aged 18-65 years with at least one psychiatric diagnosis at the mental health institution GGZ Delfland.

What does the study involve?
The study involves filling out three questionnaires about depressive symptoms, social media use and problematic social media use once only.

What are the possible benefits and risks of participating?
Participants probably won't experience personal benefits, except from contributing to the knowledge about social media use and depressive symptomatology. There are no risks associated with participating in this study.

Where is the study run from?
GGZ Delfland (Netherlands)

When is the study starting and how long is it expected to run for?
January 2019 to December 2022

Who is funding the study?
GGZ Delfland (Netherlands)

Who is the main contact?
Carola van Es - Westdijk
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Contact information

Type(s)
Public

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
MEC-2021-0286

Study information

Scientific Title
Social media use, problematic social media use and depressive symptoms among mental health patients

Acronym
PSMUDEP

Study objectives
1. What is the association between (problematic) social media use and depressive symptoms in adult patients with a psychiatric disorder?
2. Is there an association between problematic social media use (PSMU), the amount of social media use (SMU) and the self-perceived influence of social media use on mood?
3. Is there an association between problematic social media use, the amount of social media use and the self-perceived ability of patients to limit social media use?

Hypothesis 1: Higher PSMU and SMU are associated with more depressive symptoms.
Hypothesis 2: Patients with higher PSMU and passive SMU frequency experience a more negative influence of SMU on their mood.
Hypothesis 3: The perceived ability to limit SMU can be predicted by PSMU, SMU time, passive SMU frequency, active SMU frequency, depressive symptoms, the perceived influence of SMU on mood and the willingness to limit SMU.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 22/04/2021, the Medical Ethical Research Committee (METC) Erasmus Medical Center (Medisch Ethische Toetsings Commissie Erasmus MC, Postbus 2040, 3000 CA Rotterdam, Kamer Ae-337, Netherlands; +31 (0)10 7033625; metc@erasmusmc.nl), ref: MEC-2021-0286

Study design
Single-centre observational cross-sectional study

Primary study design
Observational

Study type(s)
Other

Health condition(s) or problem(s) studied
Depressive symptoms among patients in mental health care in relation to (problematic) social media use

Interventions
Participants fill out three questionnaires, translated in Dutch, in the assessment phase: the Inventory of Depressive Symptomatology (IDS-SR), the Bergen Social Media Addiction Scale (BSMAS) and the Social Media Use Inventory (SMUI). Results will be presented on a quantitative, descriptive and statistical level using multiple regression analysis in SPSS.

Intervention Type
Other

Primary outcome(s)
1. Depression severity measured once using a questionnaire (self-report, Inventory of Depressive Symptoms – Self Report, IDS-SR) at the assessment phase
2. Problematic social media use measured once using a questionnaire (self report, Bergen Social Media Addiction Scale, BSMAS) at the assessment phase.
3. Social media use measured once by a questionnaire (self-report Social Media Use Inventory, SMUI) at the assessment phase

Key secondary outcome(s))
1. Self-perceived influence of social media use on mood measured once by a questionnaire (self-report Social Media Use Inventory, SMUI) at the assessment phase.
2. Self-perceived ability to limit social media use measured once by a questionnaire (self-report Social Media Use Inventory, SMUI) at the assessment phase

Completion date
31/12/2022

Eligibility

Key inclusion criteria
1. Age between 18-65 years
2. At least one psychiatric diagnosis according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
3. Written informed consent
4. Ability to read and understand written Dutch language

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Upper age limit
65 years

Sex
All

Key exclusion criteria
No psychiatric disorder is diagnosed in the intake process

Date of first enrolment
15/06/2021

Date of final enrolment
31/12/2022

Locations

Countries of recruitment
Netherlands

Study participating centre
GGZ Delfland
Sint Jorisweg 2
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Sponsor information

Organisation
GGZ Delfland

ROR
https://ror.org/04c0z9s56

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
GGZ Delfland

Results and Publications

Individual participant data (IPD) sharing plan
Participants fill out an informed consent before participating in the trial and they have the possibility to withdraw at any time during the study. After filling out the questionnaires, the data will be obtained from the patient's file and anonymized via a participant number in a distinct data file. The anonymous data will then be stored on a participant level in an SPSS data file on a secured location. 2 years after finishing the study, the anonymous SPSS data file can be requested by sending an email to Carola van Es - Westdijk (c.vanes@ggz-delfland.nl).

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet			14/06/2021	No	Yes
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes