

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

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 14/06/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 14/06/2021	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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  
c.vanes@ggz-delfland.nl

## Contact information

### Type(s)

Public

### Contact name

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## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

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

## Secondary study design

Cross sectional study

## Study setting(s)

Hospital

## Study type(s)

Other

## Participant information sheet

See additional files

**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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

01/01/2019

**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

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

65 Years

**Sex**

Both

**Target number of participants**

200

**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

**Sponsor details**

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**Sponsor type**

Hospital/treatment centre

**Website**

<https://www.ggz-delfland.nl/home.html>

**ROR**

<https://ror.org/04c0z9s56>

## Funder(s)

**Funder type**

Hospital/treatment centre

**Funder Name**

GGZ Delfland

## Results and Publications

**Publication and dissemination plan**

Planned publication in a high-impact peer-reviewed journal. No study protocol will be available for publication.

**Intention to publish date**

01/01/2023

**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](mailto: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?
<a href="#">Participant information sheet</a>			14/06/2021	No	Yes