

# Mindful Continuing Education

## How Gaming and Social Media Use Impacts Adolescent Functioning

**1. In a study that investigated the impact of engaged and disordered use of games and social media on the psychosocial well-being and school performances of adolescents, results indicated that the symptoms of disordered use of games and social media had a negative effect on adolescent's life satisfaction, and the symptoms of disordered gaming showed a negative impact on adolescents':**

- A. Family relationships
- B. Perceived social competence
- C. Sense of security and self-esteem
- D. Sleep and eating patterns

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### Introduction

**2. While internet gaming disorder (IGD) has been included in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and gaming disorder has recently received an official status as a mental health condition in The International Classification of Disease, Eleventh Revision (ICD-11), addictive-like social media use, referred to as social media disorder (SMD) does not currently have a status in DSM-5 or ICD-11.**

- A. True
- B. False

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### Conceptualization of IGD and SMD

**3. Which of the following are NOT included in the nine DSM-5 criteria for Internet gaming disorder (IGD)?**

- A. Loss of control, preoccupation, and problems
- B. Tolerance, withdrawal symptoms, and coping/escapism
- C. Deception, displacement, and conflict
- D. Inappropriate compensatory behavior and lack of recognition of the disorder's seriousness

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### Results

**4. When analyzing and comparing study findings, descriptive statistics for boys and girls suggest that girls reported fewer game hours and IGD symptoms compared to boys, and they:**

- A. Use social media significantly more frequently than boys
- B. Report greater SMD symptoms
- C. Experience a higher perceived social competence
- D. Acknowledge greater life satisfaction

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## **Discussion**

**5. Results of the current longitudinal study suggest each of the following EXCEPT:**

- A. Engaged and disordered gaming and social media use tends to impact adolescent girls more negatively than adolescent boys
- B. In general, heavy gaming and social media use do not appear to have negative effects on the psychosocial well-being of adolescents
- C. Some positive effects are found, suggesting that frequent engagement in either gaming or social media use can be helpful in developing and maintaining social relations and friendships
- D. Symptoms of disordered gaming (IGD) having small to moderate negative effects on life satisfaction and perceived social competence and symptoms of disordered social media use (SMD) having strong negative effects on life satisfaction

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**6. Study findings confirmed that the frequency of gaming was most responsible for negative outcomes among adolescents.**

- A. True
- B. False

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**7. With regard to school performances, findings suggest that heavy social media use:**

- A. Interferes with healthy peer relationships among classmates
- B. Has a small negative effect on adolescents' GPA
- C. Is associated with missing class and failing to complete homework assignments
- D. Negatively impacts academic confidence

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**8. Overall, study findings support the idea that the symptoms of disordered use of games and social media, as measured by the IGD and SMD scales, should be regarded as:**

- A. Developmental threats for young people
- B. Hindrances to social-emotional competence
- C. Contributors to negative behavioral manifestations
- D. Implicatory indicators of adverse preoccupation

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