

**Annotated Bibliography**

Student Name

Institution

Course

Instructor

Date

### **Annotated Bibliography**

Chen, I. H., Pakpour, A. H., Leung, H., Potenza, M. N., Su, J. A., Lin, C. Y., & Griffiths, M. D. (2020). Comparing generalized and specific problematic smartphone/internet use: Longitudinal relationships between smartphone application-based addiction and social media addiction and psychological distress. *Journal of behavioral addictions*, 9(2), 410-419. <https://akjournals.com/view/journals/2006/9/2/article-p410.xml>

#### **Summary**

Chen et al. (2020) explore the relationships between generalized and specific problematic smartphone/internet use and psychological distress among university students in Hong Kong. It differentiates between generalized problematic use (involving a broad range of activities) and specific use (like social media addiction). Using latent growth modeling (LGM), the study tracks how these behaviors impact students' psychological distress over nine months. Results show both generalized and specific problematic use are linked to increased distress, with generalized use having a greater impact. This emphasizes the need to address both forms of addictive behavior, especially among high-risk groups like university students, to prevent long-term psychological harm.

#### **Evaluation**

The study is methodologically sound, using LGM to examine the temporal relationships between smartphone/internet addiction and psychological distress. Its longitudinal design is a key strength, offering insights into how changes in problematic use correlate with mental health. The study's cultural context in Hong Kong broadens the findings' relevance in East Asian settings. However, the study's focus on university students limits generalizability, and

while it distinguishes between generalized and specific use, it does not fully explore how different social media platforms may impact distress.

### **Reflection**

This article deepens an understanding of how both types of digital addiction contribute to mental health issues in young adults. It highlights the importance of addressing both the range of activities and specific platforms in digital addiction interventions, particularly for students and young adults.

Word count: 233 words

D'Arienzo, M. C., Boursier, V., & Griffiths, M. D. (2019). Addiction to social media and attachment styles: a systematic literature review. *International Journal of mental health and addiction*, 17, 1094-1118.  
<https://link.springer.com/article/10.1007/S11469-019-00082-5>

### **Summary**

D'Arienzo et al. (2019) examine the link between attachment styles and social media addiction, synthesizing 32 studies from 2000 to 2018. It finds a significant positive association between insecure attachment (anxious and avoidant) and problematic social media use. Individuals with insecure attachment often use social media to substitute missing emotional support. The article discusses the gratification model, identifying insecure attachment as a risk factor for addiction. Attachment styles affect emotional regulation, influencing dependency on social media as a coping mechanism. The literature review also covers the attachment theory framework, from Bowlby's work to recent research on its correlation with addictive behaviors. Limitations include the variability in study methodologies and the need for more robust

longitudinal studies. Future research should address interventions for attachment-related issues in social media addiction.

### **Evaluation**

The article is reliable, systematically reviewing existing peer-reviewed research and basing findings on established psychological theories. It links attachment theory with social media addiction, offering insights for therapeutic strategies. However, the study's limitations include variability in sample sizes, methodologies, and measures across the reviewed studies. Its strength lies in its theoretical contribution, suggesting attachment theory is key in understanding addictive behaviors.

### **Reflection**

This article deepens my understanding of how insecure attachment contributes to social media addiction. It highlights the emotional vulnerabilities driving online connections when offline needs aren't met. These insights are valuable for mental health professionals and social media platforms addressing addiction.

Word count: 235 words

## References

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