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FACTORS AFFECTING NEGATIVE EMOTIONS OF DEPRESSION, ANXIETY AND STRESS IN ONLINE SOCIAL NETWORKING SERVICES

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Introduction: Internet addiction(IA) has been proposed to separate into three subtypes, gaming, sexual preoccupation and email/text messaging and since use for social networking has increased significantly it may represent a fourth subtype in this model.

Objectives: To examine the effect of more than two hours/day use of the social networking with facebook application, in relation to negative emotions of depression, anxiety and stress.

Aims: To estimate the possibility of this use in leading to negative emotions.

Methods: 257 adults(17-68 years old, Mean age=33.1±10.1; 76(29.6%) males and 181(70.4%) females) took part in the study. An online form of Depression Anxiety Stress Scale (DASS) was used for measuring negative emotions as well as sociodemographic characteristics. Statistical analysis was performed with SPSS 21.

Results: Statistical significant differences were found between males($x=14.8\pm8.4$) and females($x=18.5\pm9.9$) in stress(t=2.886 p=0.004). Multivariate analysis revealed that age(beta=.143) and social activity(beta=.123), explained 18% of the variance in depression(adjusted R²=.188-p=0.028). In stress and anxiety, social activity(beta=.177 and .130) and education(beta=-.170 and -.216), explained 23% of the variance (adjusted R²=.231-p=0.004) and (adjusted R²=.239-p=0.037) respectively.

Odds ratio of depression for those who used the Internet for more than two hours/day was: OR=1.0254(95 % CI:0.5682-1.8504 p = 0.9337), for stress OR=0.7826(95 % CI:0.4352-p= 0.4130) 1.4074 and for anxiety OR=1.1140(95 % CI: 0.6200- 2.0018 p=0.7180).

Conclusions: Results suggested that social networking users who are initially free of mental health problems but use the Internet pathologically do not develop negative emotions as a consequence especially when they have social activities as a protective factor.