

# THE INTERNET AND THE MOBILE PHONE PROBLEM USE SCALES FOR ADOLESCENTS

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## SUMMARY

In 2010 the *American Psychiatric Association* debated the inclusion of Internet addiction of the fifth diagnostic and statistical manual of mental disorders (DSM-5) and researchers started to claim the inclusion of mobile phone addiction as well. At present, Internet Use Disorder has been introduced in the in the appendix of the DSM-5; however, there are hardly any validated scales that measure these psychological constructs in adolescents, the population at highest risk of these addictive behaviors. The present study has two aims: first, to design and validate a new scale to determine the problem of online games and/or social networks among adolescents; second, to adapt to adolescents the scale most used internationally, the Mobile Phone Problem Use Scale (MPPUS). In the case of the Internet entertainment problem use scale for adolescents (PIEUSA), 909 adolescents between 11 and 18 years of age ( $M = 14.55$ ,  $SD = 1.816$ ) were selected, the gender was balanced (53.5% boys and 46.5% girls); for the MPPUS-A (A = adolescents), 829 adolescents aged between 11 and 18 years ( $M = 14.57$ ,  $SD = 1.779$ ) were males predominated (67.7% boys and 32.2% girls). The PIEUSA results showed high reliability (Cronbach's alphas of 0.92) and acceptable validity; with respect to its factor structure the scale was one-dimensional accounting for 31.28% of the total variance. The prevalence of problem Internet adolescent users was estimated to be 5% in Spain (obtained using the 95<sup>th</sup> percentile). The MPPUSA results showed also high reliability (Cronbach's alphas of 0.97) and acceptable validity, with one-dimensionality, which explains 61.02% of the variance. The prevalence of mobile phone problem users was estimated to be 19.7% in Spain (through 95<sup>th</sup> percentile too). In conclusion, it has been created and adapted two scales to measure the dysfunctional behaviours which form part of two current cyber addictions studied in adolescence, covering a gap in the scientific literature of these behavioural addictions.