



Comparison of Some Psychological Traits among Adolescents in Context of Internet Addiction

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ABSTRACT

The present study was carried out on 100 adolescents of urban Patna (based on purposive sampling) to compare internet addicted and Internet non addicted groups in terms of psychological traits namely quality of life, resilience, mental health and psychological well-being. It was hypothesized that internet addicted and internet non addicted group of adolescents will differ significantly from one another in terms of (i) quality of life, (ii) resilience, (iii) mental health and (iv) psychological well-being. For the purpose, Internet Addiction scale by Damandeep Kaur Gulati, Jose J. Kurisunkal and Mamta Bakliwal, Quality of Life Scale by WHOQOL-BREF, Mental Health Battery by Singh and Sengupta and Psychological Well-being Scale By Sisodia and Choudhary were administered to measure Internet addiction/non-addiction, quality of life, resilience, mental health and psychological well-being respectively. Obtained data were compared using t-value which were reported to be significant. Thus, hypotheses were retained. It was found that Internet addiction interferes with quality of life, resilience, mental health and psychological well-being respectively. Thus, it was concluded that Internet addiction interferes with the growth of psychological power in terms of quality-of-life, resilience, mental health and psychological well-being respectively.

KEY WORDS

Quality of Life, Resilience, Mental Health, Psychological Well-Being and Internet Addiction

INTRODUCTION

Adolescence is a crucial transitional phase of human development marked by rapid biological maturation, cognitive expansion, emotional fluctuation, and increasing social responsibilities. Generally spanning the age range of 10 to 19 years, adolescence represents a sensitive developmental window during which individuals form their identity, values, coping styles, and patterns of behavior that often extend into adulthood. Psychological traits such as quality of life, resilience, mental health, and psychological well-being play a decisive role in determining how effectively adolescents adjust to academic demands, peer relationships, family expectations, and societal pressures. In recent decades, however, the emergence and rapid expansion of the internet and digital technologies have profoundly reshaped adolescents' lifestyles, social interactions, and psychological functioning.

The internet has become an indispensable component of modern life, offering adolescents unprecedented access to information, communication, entertainment, and educational resources. While moderate and purposeful internet use can enhance learning, creativity, and social connectedness, excessive and uncontrolled use has given rise to a growing behavioral concern known as internet addiction. Internet addiction is generally understood as a pattern of excessive, compulsive, and poorly controlled internet use that leads to significant impairment in psychological functioning, social relationships, academic performance, and overall well-being. Adolescents, due to their developmental characteristics such as heightened curiosity, emotional sensitivity, and incomplete self-regulation, are particularly vulnerable to problematic internet use.

In contemporary society, adolescents increasingly rely on smartphones, social networking sites, online gaming platforms, and streaming services as primary means of recreation and social interaction. Prolonged exposure to digital environments often replaces face-to-face communication, physical activity, and restorative leisure, thereby influencing multiple psychological domains. Research indicates that excessive internet use is frequently associated with sleep disturbances, emotional dysregulation, reduced academic engagement, social withdrawal, anxiety, and depressive symptoms. These consequences suggest that internet addiction may significantly affect adolescents' quality of life, weaken their resilience, impair mental health, and undermine psychological well-being.

Quality of life is a multidimensional construct encompassing individuals' subjective evaluation of their physical health, psychological state, social relationships, and environmental conditions. For adolescents, quality of life reflects satisfaction with family life, peer acceptance, school experiences, emotional balance, and perceived future prospects. Internet addiction may compromise quality of life by disrupting daily routines, reducing real-world social interactions, and fostering emotional dissatisfaction. Adolescents who spend excessive time online often report diminished life satisfaction, reduced academic motivation, and strained family relationships, all of which contribute to a poorer perceived quality of life.

Resilience, another vital psychological trait, refers to the ability to adapt positively and recover from stress, adversity, or challenging life events. During adolescence, resilience enables individuals to manage academic pressure, peer conflicts, identity confusion, and emotional upheavals. Healthy resilience is nurtured through supportive relationships, problem-solving skills, emotional regulation, and adaptive coping strategies. However, internet addiction may erode resilience by encouraging avoidance-based coping, emotional dependency on virtual validation, and reduced tolerance for frustration. Adolescents with low resilience may turn to excessive internet use as a maladaptive coping mechanism, creating a cyclical relationship between poor resilience and problematic digital behavior.

Mental health is a broad concept that includes emotional stability, absence of psychological disorders, effective stress management, and the capacity to function productively in daily life. Adolescence is a critical period for mental health, as many psychological difficulties such as anxiety, depression, and behavioral problems first emerge during this stage. Excessive internet use has been linked with heightened emotional distress,

irritability, loneliness, attention problems, and mood disturbances. Online environments, particularly social media, may expose adolescents to cyberbullying, unrealistic social comparisons, and constant performance pressure, thereby increasing vulnerability to mental health problems.

Closely related yet conceptually distinct is psychological well-being, which emphasizes positive functioning rather than merely the absence of distress. Psychological well-being includes dimensions such as self-acceptance, autonomy, positive relations with others, purpose in life, environmental mastery, and personal growth. Adolescents with high psychological well-being tend to exhibit optimism, emotional balance, meaningful goal orientation, and healthy interpersonal relationships. Internet addiction may negatively affect psychological well-being by fostering dependency, reducing self-control, diminishing real-world competence, and weakening a sense of purpose beyond virtual achievements.

The interaction between internet addiction and these psychological traits is complex and multidirectional. On one hand, excessive internet use may deteriorate adolescents' mental health, resilience, quality of life, and psychological well-being. On the other hand, adolescents who already experience low well-being, poor resilience, or emotional difficulties may be more prone to developing addictive patterns of internet use. This reciprocal relationship underscores the importance of comparative and contextual studies that examine how varying levels of internet addiction influence core psychological traits among adolescents.

In the Indian socio-cultural context, the issue of internet addiction among adolescents is particularly significant due to rapid digitalization, increased smartphone penetration, online education, and changing family dynamics. Adolescents today navigate a dual reality balancing traditional social expectations with a highly immersive digital world. Academic competition, parental pressure, limited recreational infrastructure, and post-pandemic reliance on online platforms further intensify adolescents' screen exposure. Consequently, understanding how internet addiction relates to adolescents' quality of life, resilience, mental health, and psychological well-being is essential for educators, parents, mental health professionals, and policymakers.

A comparative study of adolescents with varying levels of internet addiction provides valuable insights into differential psychological functioning. Such comparisons help identify vulnerable groups, clarify psychological risk and protective factors, and inform targeted intervention strategies. By examining multiple psychological traits simultaneously, the present topic adopts a holistic perspective, recognizing that adolescents' mental health and well-being are shaped by an interconnected system of emotional, cognitive, and behavioral processes.

In conclusion, adolescence is a formative stage in which psychological traits such as quality of life, resilience, mental health, and psychological well-being play a foundational role in shaping future adjustment and life outcomes. The rising prevalence of internet addiction poses a significant challenge to healthy adolescent development. Exploring the comparative impact of internet addiction on these psychological traits is not only academically relevant but also socially imperative. Such an inquiry contributes to a deeper understanding of adolescents' psychological functioning in the digital age and highlights the need for balanced internet use, resilience-building interventions, and mental health promotion programs to ensure the overall well-being of future generations.

Review of Literature

Bagatarhan¹ (2025) investigated the mediating role of resilience in the relationship between psychosocial factors and internet addiction among adolescents. The findings revealed that resilience was negatively associated with internet addiction and fully mediated the effects of self-efficacy, happiness, and social support. Adolescents with higher resilience were less likely to develop addictive internet behaviors. The study emphasized resilience as a central psychological mechanism influencing adolescents' digital habits. The author suggested that resilience enhancement can serve as a preventive approach to promote psychological well-being and healthy internet use.

Chemnad² et al. (2023) investigated environmental contributors to internet addiction among adolescents. Their findings revealed that family dynamics, parental supervision, and school climate significantly influenced adolescents' internet use patterns. Adolescents from less supportive family environments showed higher addiction levels and poorer psychological adjustment. The study emphasized that excessive internet use often emerges as a maladaptive coping strategy in response to stress, loneliness, or academic pressure. The authors highlighted that internet addiction adversely affects mental health and overall functioning. This study supports the ecological perspective of adolescent psychological development.

ElAsam³ et al. (2019) examined problematic internet use and mental health among British adolescents. The study reported that adolescents with higher levels of internet addiction experienced more depressive symptoms, anxiety, emotional instability, and social difficulties. Excessive internet use was linked to reduced offline peer interaction and emotional withdrawal. The authors concluded that problematic internet use compromises adolescents' mental health by reinforcing avoidance behaviors and emotional dependency on online platforms. The study emphasizes the importance of early identification of internet addiction to prevent long-term psychological consequences during adolescence.

Jaishy⁴ et al. (2022) conducted a community-based study examining internet addiction and psychological health among adolescents and youth. The results showed that higher internet addiction scores were significantly associated with poorer mental health, including emotional distress, social dysfunction, and reduced well-being. Adolescents with severe addiction exhibited difficulty in concentration, mood regulation, and interpersonal adjustment. The authors emphasized that uncontrolled internet use negatively impacts psychological functioning and daily life. The study supports the inclusion of mental health screening in adolescent internet addiction prevention programs.

Junior⁵ et al. (2024) examined the relationship between internet addiction, quality of life, and sleep problems among adolescents using structural equation modeling. The findings indicated that higher internet addiction predicted lower quality of life both directly and indirectly through increased sleep disturbances. Adolescents who spent excessive time online experienced daytime sleepiness, fatigue, and reduced emotional functioning, which negatively affected their daily life satisfaction. The study suggests that sleep disruption acts as a mediating mechanism linking internet addiction to poor well-being. The authors recommended regulating screen time to promote healthier adolescent development.

Kaess⁶ et al. (2014) conducted a large-scale European study on pathological internet use among adolescents. The findings revealed that adolescents with pathological internet use exhibited significantly higher levels of emotional problems, conduct difficulties, hyperactivity, and suicidal ideation. The study established a strong association between internet addiction and severe mental health risks. The authors suggested that excessive internet use may intensify pre-existing psychological vulnerabilities during adolescence. This research highlights internet addiction as not merely a behavioral issue but a serious mental health concern requiring clinical attention.

Latifian⁷ et al. (2024) examined the predictive role of internet addiction and academic resilience on mental health among high school students. The results showed that internet addiction negatively predicted mental health, while resilience positively predicted psychological adjustment. Adolescents with higher resilience reported fewer emotional problems even when exposed to high internet use. The authors concluded that resilience acts as a psychological resource that protects adolescents from the harmful mental health effects of excessive internet engagement. The study highlights the importance of strengthening resilience in school-based mental health programs.

Masaeli⁸ and Farhadi (2022) reviewed empirical studies exploring the relationship between problematic internet use and quality of life. Their review concluded that adolescents with higher internet addiction scores consistently exhibited lower quality of life across physical, psychological, and social domains. The authors noted that excessive screen time replaces healthy lifestyle behaviors such as physical activity and

face-to-face interaction. They further argued that adolescents often use the internet as an emotional escape, which temporarily reduces distress but ultimately lowers life satisfaction. The study underscores the importance of assessing quality of life in adolescent internet addiction interventions.

Noroozi⁹ et al. (2021) conducted a systematic review and meta-analysis to examine the association between internet addiction and quality of life among adolescents and young adults. The findings revealed a consistent negative relationship between excessive internet use and overall quality of life. Adolescents with higher levels of internet addiction reported poorer psychological health, reduced social functioning, and lower satisfaction with daily life. The authors emphasized that problematic internet use interferes with sleep patterns, academic performance, and interpersonal relationships, which cumulatively deteriorate perceived life quality. The study highlights quality of life as a crucial outcome variable in internet addiction research.

Romer¹⁰ et al. (2013) explored the longitudinal relationship between excessive internet use and depressive symptoms among adolescents. Their findings suggested that prolonged internet use predicted increased depressive symptoms over time. Adolescents who relied heavily on online activities for emotional regulation showed reduced engagement in real-life social and recreational activities. The authors argued that excessive digital engagement may weaken adolescents' coping resources, leading to emotional distress. The study provides evidence for a temporal link between internet overuse and declining mental health in adolescence.

Sharma and Sharma¹¹ (2018) examined internet addiction and psychological well-being among Indian adolescents and young adults. The results revealed a significant negative correlation between internet addiction and psychological well-being. Adolescents with higher addiction levels reported lower self-acceptance, reduced autonomy, impaired interpersonal relations, and diminished purpose in life. The authors emphasized that excessive internet use undermines positive psychological functioning rather than merely increasing distress. The study highlights psychological well-being as a vital outcome variable when assessing the impact of internet addiction in the Indian context.

Singh¹² et al. (2022) studied problematic internet use among Indian adolescents during the COVID-19 pandemic. The findings indicated a sharp rise in internet addiction, particularly among adolescents using the internet for emotional escape and stress relief. Maladaptive coping strategies significantly predicted higher addiction levels and poorer mental health. Adolescents reported increased anxiety, loneliness, and reduced well-being. The authors concluded that internet addiction functioned as a maladaptive coping mechanism during psychological distress. The study highlights the pandemic's role in intensifying digital dependency among adolescents.

Wisniewski¹³ et al. (2015) investigated the protective role of resilience in adolescents exposed to online risks and excessive internet use. The findings indicated that higher resilience significantly reduced the negative psychological effects of internet addiction. Adolescents with strong coping skills, emotional regulation, and social support demonstrated better mental health despite high internet exposure. The study emphasized resilience as a buffering factor that mitigates emotional distress and maladaptive outcomes. The authors recommended resilience-building interventions as an effective strategy for preventing problematic internet use among adolescents.

Zhang¹⁴ et al. (2025) examined parental mediation, parent-child relationship, and internet addiction among adolescents. The study found that while parental monitoring reduced internet addiction, overly controlling mediation weakened parent-child relationships, indirectly increasing addiction risk. Poor family relationships were associated with lower psychological well-being and higher emotional distress. The authors emphasized the importance of balanced parental involvement in adolescents' digital lives. The study highlights family context as a crucial factor influencing adolescents' internet use patterns and psychological adjustment.

Objectives

- I. It intends to compare internet addicted and internet non addicted groups of adolescents in terms of their quality-of-life.
- II. It intends to compare internet addicted and internet non addicted groups of groups of adolescents in terms of their resilience.
- III. It intends to compare internet addicted and internet non addicted groups of adolescents in terms of their Mental health.
- IV. It intends to compare internet addicted and internet non addicted groups of adolescents in terms of their psychological well-being

Hypotheses

- I. There will be significant difference in quality-of-life between internet addicted and internet non addicted groups of adolescents.
- II. There will be significant difference in resilience between internet addicted and internet non addicted groups of adolescents.
- III. There will be significant difference in mental health between internet addicted and internet non addicted groups of adolescents.
- IV. There will be significant difference in psychological well-being between internet addicted and internet non addicted groups of adolescents.

Method of Study

Sample Used

The sample comprised of 50 internet addicted adolescents and 50 internet non-addicted adolescents. They were selected from among adolescent population of Urban Patna using purposive sampling. Other than the conditions of research required for the present study, the sample was matched in other respect so far as possible.

Research Design Used

The present study comprised of psychological traits (Quality of Life, Resilience, Mental Health & Psychological Well-being) as dependent variable for internet addiction / internet non-addiction as independent variable. Each group of independent variable to be compared in terms of dependent variables comprised of independent subject therefore between group design was preferred.

Tools Used

1. **Personal Data Sheet:** A personal data sheet was used to seek the background information about internet addicted and non-addicted groups of adolescent respondents.
2. **Internet Addiction Scale:** Internet Addiction Scale by Damandeep Kaur Gulati, Jose J. Kurisunkal and Mamta Bakliwal was used to measure internet addiction / internet non-addiction among adolescent respondents.
3. **Quality of Life Scale (BREF):** Quality of Life Scale (*BREF*) by World Health Organization was used to measure quality of life among adolescent respondents.
4. **Resilience Scale:** Resilience Scale by Vijya Laxmi and Shruti Narayan was used to measure resilience among adolescent respondents.
5. **Mental Health Battery:** Mental Health Battery by Prof. Arun Kr. Singh and Alpna Sen Gupta was used to measure mental health of adolescent respondents.
6. **Psychological Well-Being Scale:** Psychological Well-being Scale by Sisodia, Devendra and Chaudhary Puja was used to measure psychological well-being among adolescent respondents.

Procedure

The study was conducted on a sample of 100 adolescents selected from urban areas of Patna using purposive sampling technique. Initially, the Internet Addiction Scale was administered to identify internet addicted and internet non-addicted adolescents. On the basis of obtained scores, two groups comprising 50 internet addicted and 50 internet non-addicted adolescents were formed. Thereafter, the selected respondents were administered the Personal Data Sheet followed by standardized scales measuring quality of life, resilience, mental health, and psychological well-being. Proper instructions were given and confidentiality was assured. The collected data were scored according to manuals and statistically analyzed using *t*-test.

Results and Interpretation

Table 01: Mean, SD and *t*-value between Internet addicted and Internet non addicted group of adolescents in terms of quality-of-life measure

Variable	Group	N	Mean	SD	t-value (df = 98)	P
Respondents	Internet Addicted	50	67.14	7.29	12.56	<.01
	Internet Non-addicted	50	85.60	7.46		

Table-01 presents the mean scores, standard deviations, and *t*-value comparing internet addicted and internet non-addicted adolescents on the measure of quality of life. The results show that internet addicted adolescents obtained a lower mean score ($M = 67.14$, $SD = 7.29$) compared to their internet non-addicted counterparts, who scored significantly higher ($M = 85.60$, $SD = 7.46$). The obtained *t*-value of 12.56 at $df = 98$ is statistically significant at the 0.01 level, indicating a highly significant difference between the two groups.

This finding suggests that excessive internet use adversely affects adolescents’ perceived quality of life. Internet addicted adolescents may experience poorer emotional satisfaction, reduced social interaction, academic difficulties, and impaired daily functioning, which collectively lower their life quality. In contrast, internet non-addicted adolescents appear to maintain healthier routines, better interpersonal relationships, and more balanced lifestyles, resulting in a higher quality of life.

Table 02: Mean, SD and *t*-value between Internet addicted and Internet non addicted group of adolescents in terms of resilience measure

Variable	Group	N	Mean	SD	t-value (df = 98)	P
Respondents	Internet Addicted	50	129.47	7.82	12.20	<.01
	Internet Non-addicted	50	148.47	7.91		

Table-02 reveals the comparison between internet addicted and non-addicted adolescents with respect to resilience. The mean resilience score of internet addicted adolescents was 129.47 ($SD = 7.82$), whereas internet non-addicted adolescents scored significantly higher with a mean of 148.47 ($SD = 7.91$). The obtained *t*-value of 12.20 at $df = 98$ is significant at the 0.01 level, indicating a statistically significant difference between the two groups.

These results clearly demonstrate that internet non-addicted adolescents possess greater resilience compared to their addicted peers. Higher resilience reflects better coping abilities, emotional regulation, adaptability, and stress tolerance. Internet addicted adolescents, on the other hand, may rely on digital engagement as an avoidant coping mechanism, which weakens their capacity to manage real-life stressors effectively. Thus, excessive internet use appears to undermine adolescents’ resilience.

Table 03: Mean, SD and t-value between Internet addicted and Internet non addicted group of adolescents in terms of mental health measure

Variable	Group	N	Mean	SD	t-value (df = 98)	P
Respondents	Internet Addicted	50	69.85	7.41	9.02	<.01
	Internet Non-addicted	50	83.74	7.96		

Table–03 shows the mean differences between internet addicted and non-addicted adolescents on the mental health measure. The findings indicate that internet addicted adolescents obtained a lower mean score (M = 69.85, SD = 7.41) compared to internet non-addicted adolescents, who recorded a higher mean score (M = 83.74, SD = 7.96). The calculated *t*-value of 9.02 at df = 98 is statistically significant at the 0.01 level.

This result signifies that internet addiction is associated with poorer mental health among adolescents. Internet addicted adolescents may experience higher levels of emotional distress, anxiety, irritability, depressive tendencies, and reduced psychological stability. Conversely, adolescents who are not addicted to the internet demonstrate better emotional balance, psychological adjustment, and mental well-being. The findings confirm that uncontrolled internet use negatively impacts adolescents’ mental health.

Table 04: Mean, SD and t-value between Internet addicted and Internet non addicted group of adolescents in terms of psychological well-being measure

Variable	Group	N	Mean	SD	t-value (df = 98)	P
Respondents	Internet Addicted	50	171.39	7.35	8.27	<.01
	Internet Non-addicted	50	183.80	7.62		

Table–04 presents the comparison between internet addicted and non-addicted adolescents in terms of psychological well-being. The mean score of internet addicted adolescents was 171.39 (SD = 7.35), while internet non-addicted adolescents obtained a higher mean score of 183.80 (SD = 7.62). The obtained *t*-value of 8.27 at df = 98 is statistically significant at the 0.01 level, indicating a meaningful difference between the two groups.

This finding suggests that internet non-addicted adolescents experience higher psychological well-being, including better self-acceptance, positive interpersonal relationships, purpose in life, and personal growth. In contrast, excessive internet use appears to reduce adolescents’ autonomy, environmental mastery, and overall positive functioning. Internet addiction thus hampers not only mental health but also the broader aspects of psychological well-being.

CONCLUSIONS

1. Internet addicted and internet non-addicted groups of adolescents differ significantly in quality of life. Internet non-addicted groups of show better physical, psychological, social, environmental satisfaction and dimensions of quality of life . Excessive internet use disrupts daily routines, social interaction, and emotional balance, thereby reducing overall quality of life among addicted adolescents.
2. Internet non-addicted adolescents possess significantly higher resilience than internet addicted adolescents. Controlled internet use supports adaptive coping, emotional regulation, and stress tolerance, whereas excessive internet engagement weakens resilience by encouraging avoidance coping and reducing adolescents’ capacity to manage real-life challenges effectively.
3. Internet non-addicted adolescents demonstrate significantly better mental health than internet addicted adolescents. Internet addiction is associated with increased emotional distress, anxiety, and psychological

instability. Limited and balanced internet use contributes to emotional balance and psychological adjustment among adolescents.

4. Internet non-addicted adolescents show significantly higher psychological well-being than their addicted counterparts. Excessive internet use negatively affects self-acceptance, autonomy, interpersonal relations, and purpose in life. Balanced digital engagement promotes positive psychological functioning and overall well-being among adolescents.

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