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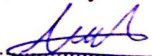
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Thank you.



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Abstract

There may be a relation between internet addiction and some personality traits such as narcissism or big five personality traits. Therefore, the study aims to investigate the potential relationship between levels of the internet usage and personality traits such as narcissism and big five personality traits over-time. The longitudinal study demonstrates the relationship between personality and the internet addiction over-time via some personality traits. The online questionnaire was conducted from seventy-four participants in Swansea University. The questionnaire includes the Narcissistic Personality Inventory, Big Five, Internet addiction (IAT) and Problematic Internet Use (PIUQ) scales. The correlation showed that there is a significant relation between narcissism baseline and follow-up scores. There is a significant correlation between the narcissism baseline and follow-up scores with some big five traits such as agreeableness, extraversion, openness and conscientiousness. The internet addiction baseline is positively correlated with the PIUQ baseline/follow-up and agreeableness follow-up. The PIUQ follow-up is positively correlated with openness and agreeableness baseline scores. The internet addiction does not predict the narcissism overall score. However, some narcissism traits are correlated with the internet addiction and the weekly average internet use days/ hours. Therefore, future research should investigate the relation between internet addiction and some specific narcissism traits. Also, other subjects like potential relationship of specific forms of internet use and other personality factors require further investigation.

Introduction

Internet is a very recent phenomenon in history of science. Even though it is one of the most researched subjects lately, the knowledge about internet is still very limited compared to its wide spread use and newly acquired central role in our daily lives. It is a fact that internet presents a wide array of possibilities in terms of all basic and complex human activities, from shopping for groceries, to dating, researching and working from a home-office.

Unfortunately, it carries the danger for one to substitute real life with it as well. Therefore, it makes sense to ask the question if certain personality types or people with certain personality traits are more prone, more vulnerable to have their lives effected this way or perhaps even become addicted to the internet.

The increased internet usage may be related to both internet addiction and negative personality types. Eşkisu, Hoşoğlu and Rasmussen (2017) showed that the relationship between big five personality traits, narcissism and internet addiction. There is an association between spending time on the internet and narcissism. (Ryan & Xenos, 2011; Twenge, Konrath, Foster, Campbell, & Bushman, 2008). Many researchers are concerned about a possibly causal relationship between increase in the narcissism tendency and time spent on the internet.

Non-Pathological Narcissism and Internet Addiction

Literature review shows that narcissism seen in general population is described as non- pathological narcissism. The sub-clinical narcissism is a personality trait which progresses in different degrees in healthy individuals. (Emmons, 1987; Rhodewalt & Morf, 1995). This research aims to study non-clinical population and therefore to describe the relation between the non-pathological narcissism and internet usage.

Non-pathological narcissism relates to vanity, superiority, entitlement and being in the centre of attention. (Miller & Campbell, 2012). In addition, narcissism is a personality trait related to grandiosity and overly positive self-view. (Buss & Chiodo, 1991). This kind of narcissism relates to high-self-esteem. (Kauten & Barry, 2014). Per Psychoanalysts view narcissists needs to seek attention and confirmation from others. (Kohut, 1971).

Studies showed that narcissists are using self-enhancement and self-protection strategies to satisfy their self-view. (Hepper, Gramzow, & Sedikides, 2010; Raskin, & Terry, 1988). Therefore, non-pathological narcissist might find a good place on the internet to enhance their self-esteem hence the ability to decide and control their appearance on the internet. Leung (2013) and Sheldon (2015) described narcissistic personalities as people who like to be praised and believe that they are unique and special. Per social perspective, narcissism is not a pathological problem and it is a positive psychological well-being and high self-esteem. (Sedikides, Rudich, Gregg, Kumashiro, & Rusbult, 2004). However, in some narcissistic personalities, the person may response aggressively and externalizing to some situations. (Bushman & Baumeister, 1998). Freud's (1931) description that the narcissistic personality is a dominant personality and that they see themselves as a leader and others as followers to be impressed, supports this view as well. (as cited in Bernarte, Festijo, Layaban, & Ortiz, 2015).

Researchers categorize non-pathological narcissism in different sub-categories but they agree on the content that there are seven different narcissism traits, authority, self-sufficiency, superiority, exhibitionism, exploitativeness, vanity and entitlement. Ackerman et al. (2011) categorized non-pathological narcissism as leadership/authority, entitlement/exploitative and grandiose/exhibitionism. These predicted self-promoting behaviours such as posting status updates and photos of one's self on Facebook.

Moreover, entitlement/exploitative type predicted anti-social behaviours such as aggression for negative comments. Carpenter (2012) explained two types seen in narcissism as grandiose/exhibitionism and entitlement/exploitative. Panek, Nardis, & Konrath (2003) described the different narcissistic traits between posting on Twitter and Facebook. For example, posting on the Twitter related to superiority component of narcissism and posting on the Facebook related to exhibitionism in college student. Also, the narcissism relates to grandiosity and vulnerability. (Pincus et al., 2009). Individuals with grandiose narcissism influence another persons goals and want to get help for enhancing their self- image and superiority and they can use other people to reach their goals. In addition, the self-esteem of individuals in vulnerable narcissism depends on others approval and they are afraid to be rejected by others also they need to detach from others due to ego threats they present. (Besser & Priel, 2010; Lukowitsky & Pincus, 2013).

Therefore, internet usage especially social network websites (SNSs) provide a secure area for non-pathological grandiose and vulnerable narcissists, through which they can get positive feedback. Recent studies suggested that there is a connection between SNSs usage and narcissism (Twenge & Campbell, 2009) hence SNSs provide room for self-promotion and access to many users worldwide. (Bergman, Fearington, Davenport & Bergman, 2011; Buffardi & Campbell, 2008). Excessive SNSs usage increases narcissism and the risk of internet addiction. Millennials narcissism level is increasing with the usage of SNSs. (Bergman et al., 2011). Millennials, which means generation Y, born between 1980 and 2000, use SNSs to show what they are doing to others and to attract attention as well.

Poon and Leung (2011) reported the high SNSs usage among young adults increased the narcissistic tendency. Therefore, the increasing access to the social media may also increase narcissism tendency in society. This may cause an excessive amount of internet usage and the risk of internet addiction. This study will use this perspective to look at the relationship between narcissism and internet usage.

Individuals with higher narcissism use SNSs more regularly than other users. Ong et al. (2011) showed that individuals who have strong narcissistic tendencies reported a greater number of friends, wall-post and photos more than others. Moreover, they share more self-promotional content on Facebook. (Mehdizadeh, 2010). Narcissists are more active on posting attractive photos for self-presentation. (Eşkisu, Hoşoğlu, & Rasmussen, 2017). For example, Naaman, Boase and Lai (2010) analyse showed that %80 of social media communication is self-related. SNSs provide a self-presentation area and it is easier to control verbal and pictorial self-presentation than face-to-face communication. (Kramer & Winter, 2008).

Bergman et al. (2011) showed that there is a connection between narcissism and desire to get attention and being popular in SNSs. SNSs provide followers and the ability to choose among followers for narcissists. Therefore, narcissists communicate with their friends on SNSs in a way that they can keep the attention on themselves, such as sharing location or posting selfies. They want to use their online profile for self-presentation and they do not prefer to post something about other people. They are in control of what people get to see and this gives them the power to portray themselves the way they want to be seen.

Buffardi and Campbell (2008) found that narcissists want to use attractive self-image to satisfy their own grandiose self-views. For instance, they found that the narcissist person interacts with others more in SNSs and posts more self-promoting content. Moreover, they demonstrated that narcissist individuals used SNSs more for social activity.

This explains how the online communication platforms provide a good opportunity for narcissists to get attention. In this way, narcissist individuals can enhance their grandiosity. (Buss & Chiodo, 1991). Therefore, narcissistic people may spend more hours or days on the internet for self-promotion. Campbell (1999) showed that narcissist can use social relationships to enhance their self-esteem. In addition, they may use these relationships to get approval for their beauty and success, where SNSs provide a controlled environment for them. Therefore, they prefer to post or share selectively attractive and positive pictures or achievements. Another reason for these persons to use SNSs is to access a broader audience to get to opportunity to show off to more people.

There is a positive relationship between narcissism and the number of friends on SNSs. Moreover, it has been showed that there is an association between narcissism and updating activities on Facebook. (Bergman et al., 2011; Carpenter, 2012; Ong et al., 2011). Facebook activities such as posting photos, status updates and receiving positive feedback provide an opportunity for narcissists. This way they enjoy feeling superior and being popular. For example, these studies showed that higher narcissism scores were associated with the time spent on Facebook, the number of Facebook friends, frequency of the Facebook use and updating frequency. (Buffardi & Campbell, 2008; Malik & Khan, 2015; Mehdizadeh, 2010, Alloway, Runac, Qureshi, & Kemp, 2014; Lee, Ahn, & Kim, 2014; Ryan & Xenos, 2011). Findings were consistent with attention seeking as well. In this way, the narcissist can positively reinforce their superiority and they can get attention. (Buss & Chiodo, 1991).

Furthermore, people who have higher narcissism scores shared more private information on Facebook. (Smith, Mendez, & Whitez, 2014). Also, they are more exhibitionistic and they have more attention-seeking posts on Facebook. (Carpenter, 2012). For instance, they posted more self-referential statements or updates and location check-ins. (DeWall, Buffardi, Bonser, & Campbell, 2011; Wang & Stefanone, 2013).

Moreover, there is a positive association between narcissism and updating about diet/exercise. This shows that narcissists can get attention with updating about their diet and exercise. (Vazire, Naumann, Rentfrow, & Gosling, 2008). These studies show that there is a connection between narcissism and social media usage. This study will use this perspective to investigate the relationship between narcissism, big five personality traits and internet addiction.

Big Five Personality Factor and Internet Addiction

The Big Five model is useful to understand the relationship between personality and behaviour. In this model, there are five traits of personality called OCEAN, Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. (Digman, 1997). Literature review shows that there is a link between big five, narcissism and internet addiction. (Kayış et al., 2016). Kramer and Winter (2008) compared the offline personality and online personality in German SNSs usage and discovered connections between personality traits and how people present themselves on the internet. Their research revealed that extrovert people present themselves more online. In addition, they also found that introvert people communicate online as well though they present themselves differently. They found that profile images of extrovert people are less restrained and less conservative. Furthermore, introvert people have more reserved profiles and less self-presentation than extravert people. (Marcus, Machilek, & Schütz, 2006). These studies show that different types of personalities behave differently on the internet and this study will analyse what kind of personality traits are related to internet usage.

Ryan and Xenos (2011) showed that Facebook users tend to be more extravert and narcissistic. Also, they are less conscientious and socially lonely. Studies showed that extraverts are using social media more than introverts (Correa, Hinsley, & De Zuniga, 2010; Kim, Sin, & Tsai, 2014; Ryan & Xenos, 2011) and they have more friends on Facebook (Amichai-Hamburger & Vinitzky, 2010; Zywicki & Danowski, 2008) and belong to more Facebook groups (Ross et al., 2009) than introverts. Per Ong et al. (2011) findings showed that the extraversion may be a predictor of narcissism on SNSs related to ratings of own Facebook profile picture, number of Facebook friends, number of Facebook photos and frequency of Facebook status updates.

Moore & McElroy (2012) demonstrated the positive association between the number of Facebook friends and extraversion. The characteristics of extraversion such as being outgoing, talkative and social may be the reason causing better interaction with other people on the Facebook. For example, Lee et al. (2004) found that there is a positive association between being extraverted and self-presentation on Facebook walls. They update and post more things than introverts. Moreover, they like other people's photos and posts more than introverts. (Amichai-Hamburger & Vinitzky, 2010; Moore & McElroy, 2012; Kuo & Thang, 2014; Ryan & Xenos, 2011). Furthermore, extraverts have more friends and joined more Facebook groups than introverts. They share and update their social activities. Also, they communicate with others more than introverts. (Marshall, Lefringhausen, & Ferenczi, 2015). On the other hand, some studies could not find a relationship between extraverts and communicative features of SNS. (Goby, 2006; Hughes, Rowe, Batey, & Lee, 2012). However, Goby (2006) showed that extraverts communicate also more than introverts in offline settings as well. These findings suggested an association between extraversion and narcissism on the social network websites and this study will demonstrate the relationship between these traits and internet addiction.

Per Big Five factor model, narcissists show low agreeableness and lack of empathy. (Miller & Campbell, 2008). Another research shows that people who have higher level of narcissism received less response such as comments or likes from their Facebook friends. The reason may be lack of mutual reciprocity. (Orr et al., 2009).

There is a positive relationship between social interaction and agreeableness on Facebook. Also, low agreeableness scores are related to high narcissism scores on Facebook. Extraverts are more active posting status update, comment and adding new friends. Neurotics are more active on self-expression. Agreeable people make more comments on others profiles. People who have high scores on openness are more active on online games on SNSs. (Eşkisü, Hoşoğlu, & Rasmussen, 2017). There is a significant negative correlation between narcissism and agreeableness. (Vernon, Villani, Vickers, & Harris, 2008). Pervin, Cervone and John (2004) showed that people in higher agreeableness have more truthfully and friendly relationship with others. Also, they prefer communication face to face instead of the online communities and they are less thinking that it is necessary to have a relationship in online communities. (Swickert, Hittner, Harris, Herring, 2002).

Landers and Lounsbury (2006) showed that the relation between the agreeableness and internet usage. They found higher levels of internet usage relate to less agreeable internet users. Openness to new experience, conscientiousness, agreeableness and extraversion are negatively correlated with the internet addiction but neuroticism is positively correlated with internet addiction. (Tsai et al., 2009).

Individuals who have high neuroticism use internet to reduce loneliness and increase the sense of belongingness. (Amichai-Hamburger, Wainapel, & Fox, 2002; Amichai-Hamburger & Ben-Artzi, 2003). Conscientiousness is negatively related to SNSs usage. Moreover, low conscientiousness is related to high internet usage. (Wilson, Fornasier, & White, 2010). These researches found the association between big five personality factors, narcissism and internet usage in a one-time measurement. This study aims to demonstrate these relationships in the longitudinal design.

Factors of the Internet usage

People use the internet for different reasons such as gaming, gambling, blogging, shopping, social network, news, and information etc. Per Uses and Gratifications theory, there are many social and psychological factors and motives behind the media use and its effect. (Katz, Blumler, & Gurevitch, 1994). There is not just a single factor, it also depends on individual differences and social context. Researchers found age is a factor in media usage. (Lucas & Sherry, 2004). Researchers showed that internet usage and SNS behaviour may relate to demographic characteristics of the individual (Zhao, Grasmuck, & Martin, 2008; Nadkarni & Hofmann, 2012; Qian & Scott, 2007), the Five Factor Model (Correa, Hinsley, & Zuniga, 2010; Ross et al., 2009), and self-esteem (Steinfeld, Ellison, & Lampe, 2008). Self-affirmation is another factor. (Toma & Hancock, 2013). This is especially important for narcissists hence their inability to regulate their own self-esteem. Therefore, narcissists expect to get likes or comments to their posts on SNSs. (Morf & Rhodewalt, 2001). Gara (2013) reported that 62% of American adults felt better when they read positive comments on their social network profile. Morf and Rhodewalt (2001) described narcissism as the grandiosity of self-presentation, motivated by self-esteem. Therefore, that may be the reason why some people are approaching SNSs more than others.

Gender is another factor in the connection between narcissism and internet usage. In non-pathological narcissism, men have more narcissistic tendency than women in grandiose narcissism but there is no gender difference evidence in vulnerable narcissism. (Grijalva et al., 2015). Though, they found gender differences on SNS use. Males have more friends and they are more active in online games than females. However, females are more active on posting self-photos and updating their status. (Eşkisü, Hoşođlu, & Rasmussen, 2017).

There is a correlation between communicative features of SNS and extraversion. (Correa, Hinsley, & De Zúñiga, 2010; Ryan & Xenos, 2011). Extraverts join more groups, (Ross et al., 2009) use messaging on SNS and have more SNS friends. (Amichai-Hamburger & Vinitzky, 2010). Another motivation for narcissists to use SNSs is to be cool and popular. Nadkarni and Hofmann (2012) found that the most important thing is coolness and popularity for Instagram users. Being able to get a social support from others through their comments or likes can influence one's self-esteem and self-worth. It means they are popular and cool so it affects their self-esteem and self-worth. (Baumeister & Leary, 1995). For example, Instagram is a popular social media, where someone can follow celebrities with using "trending tags" which means a hashtag on the website which gives you to opportunity to find most popular topics or the person on that online platform. This as well is a very useful area for narcissists since they can easily access self-promotion and gain popularity. The main aim is gaining many likes or comments from their peers. The number of likes and followers represent the popularity and coolness. The most important thing for them is feeling seen and valued. (Greenwood, 2013).

Literature review showed that there was a positive relationship between Instagram use and narcissism in terms of being cool and surveillance. Narcissists want to get attention using Instagram to look like cool. Therefore, they post their attractive pictures and in this way, they make their life appear more in social media.

Sheldon (2015) analysed narcissism in student's comments and likes to their friends Facebook photos. He found that the person who got more likes, can become more popular in peer group. The literature review showed that the internet usage may be influenced by age, gender and personality. This study will analyse the relationship between the reasons of the internet usage, personality and internet addiction via different groups such as social relationship (e.g. social network, blogging, content sharing etc.), relationship (e.g. online dating, sexual and chat rooms) and knowledge (e.g. news, information and research) to expand the factors of the internet usage in the current literature review.

Internet addiction

The Internet provides a space for narcissists to achieve their grandiose and superiority. In online communication, narcissists can escape criticism and disapproval and they can control whatever they want to see. Therefore, narcissists are prone to internet addiction hence the internet provides controlled space for them. For instances, Kittinger, Correia and Irons (2012) analyzed the internet addiction in Facebook users. Participant answered the Internet Addiction Test (IAT, Young, 1998) and they were asked about their Facebook usage time in days and hours and their number of friends. They found that 31% of the participant showed pathological internet use. However, DSM does not include internet addiction yet. Though, professionals investigated that there is a potential to be addicted to internet. (Holden, 2010).

Researchers found that individuals who spend a lot of time on the internet may have sleep problems and poor academic performance than non-users. (Andreassen, Torsheim, Brunborg, & Pallesen, 2012). Moreover, Niemz, Griffiths and Banyard (2005) demonstrated that pathological internet use can cause academic, social and personal problems. In addition, it may decrease self-esteem also the person may become socially disinhibited than non-pathological internet users.

Osborne et al. (2016) analysed the internet addiction in experimental perspective. In this study, they asked the participant to name a colour after every 15-minute period of internet use in total of four hours. They found that participant tended to remember the colour of the websites they visited. This result was similar with the findings of substance use. Therefore, these findings are similar with drug withdrawal. Online activities may affect school activities, sleep and cause one to have less offline activities. (Espinoza & Juvonen, 2011). Moreover, Caplan (2007) found that there is a link between internet addiction and depression, loneliness and social anxiety. In addition, Sheldon (2008) showed that depression and loneliness were consequences of the internet addiction. However, Kittinger, Correia, & Irons (2012) found that only a few college students reported depression and loneliness associated with online presence.

The literature review showed cross sectional and one time-point results between personality and internet addiction. This research aims to explore the relationship between internet addiction and personality over-time. Therefore, the hypothesis of the study is that there is a positive correlation between personality and internet addiction. This study will investigate longitudinal data considering how narcissism scores change depending on the baseline and follow-up internet use. Our research question is determining the relation between big five personality factors, narcissism, average internet use, the reason of the internet usage and internet addiction overtime. We will look at the association between personality and internet use at baseline and follow-up and investigate the strength of the relationships between internet usage at time one and personality at time 2, and vice versa.

Method

Participants

To address the research question, we decided to conduct quantitative research design. Data were collected from seventy-four participants, 55 female students and 19 male students ($M=1.74$, $S. D= 0.43$) at Swansea University. The study conducted from participants ranged in age from 18-34. ($M=23.09$, $S. D= 3.42$).

Procedure

The experiment is with-in subject and longitudinal design. Participants answered an online survey which consisted 162 items, and they were received course credit for their participation. The participant joined the study at Swansea University psychology subject pool system and via email. The online survey was send to individuals via email who had agreed to participate in the study and were to be completed. Participants completed the questionnaire online and send it back via email.

Participants received a debriefing form explaining the study and thanking for their participation. Participants completed the same survey after one month in follow-up measurement. Demographic questions included information's about gender, age and education level. The variables are narcissism, big five personality factors, internet addiction, the average internet use and reasons of the internet use.

Materials

Narcissism Personality Inventory (NPI)

Narcissism was assessed using the Narcissism Personality Inventory. It was a 223-item inventory originally developed by Raskin and Hall (1979) to measure the extent of a narcissistic personality. However, we used reduced inventory which is 40 paired statements. Raskin and Terry (1988) proposed that narcissism included seven dimensions: authority, self-sufficiency, superiority, exhibitionism, exploitative, vanity, and entitlement.

Respondents were asked to select the statement that best matched their own feelings and beliefs. Items included: “Modesty doesn’t become me” versus “I am essentially a modest person” and “I can usually talk my way out of anything” versus “I try to accept the consequences of my behaviour.” Narcissistic responses were summed (ranging from 0 to 40), with higher scores indicating a more narcissistic personality. The current study baseline Cronbach alpha is ($\alpha=.79$) and follow-up is ($\alpha=.80$).

Big Five Inventory (BFI)

The second scale is Big Five scale 44-item inventory that measures an individual on the personality. (Goldberg, 1993). Each of the factors is divided into personality facets such as extraversion, agreeableness, open to experience, conscientiousness and neuroticism. In this study, we used the version from John & Srivastava (1999). The items are such as “Is talkative” and “Tends to find fault with others”. They were assessed by five points Likert scale. The current study baseline Cronbach alpha is ($\alpha=.64$) and follow-up is ($\alpha=.66$).

Internet Usage

The research searched the participant average internet use over the last few months, the reasons for the internet use and which specific websites are they visiting. Items are “What is your average number of hours/days of internet use per week? and What is your average number of hours/days of internet use for personal/work or study?” and “For what reasons are you using the internet?” such as social networking (e.g. Facebook, Twitter, Snapchat), shopping/banking websites, gambling (including lottery sites), gaming, news, information, research, content sharing, blogging, chat rooms, dating and sexual. Moreover, we asked an open-ended question such as “Which specific websites do you visit the most?”.

Internet addiction

The Internet Addiction Test (IAT) measures internet use in terms of mild, moderate and high risk of addiction in a 20-item questionnaire based upon the following Five-Point Likert scale. (Young, 1998). Items are “How often do you find that you stay online longer than you intended?” and “How often do you neglect household chores to spend more time online?”. The current study baseline Cronbach alpha is ($\alpha=.86$) and follow-up ($\alpha=.88$). The other internet addiction scale is Problematic Internet Use Questionnaire (PIUQ) which was first published in 2006. (Kelly & Gruber, 2010; Demetrovics, Szeredi, & Rózsa, 2008). Items are “How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?” and “How often do you neglect household chores to spend more time online?”. The current study baseline Cronbach alpha is ($\alpha=.86$) and follow-up is ($\alpha=.90$).

Results

Data show the descriptive statistics of the participants in Table 1. Data represent the descriptive statistics of the questionnaires such as Narcissism, Big Five Personality Factors, Internet addiction, PIUQ, the reasons of the internet usage and average hours or days of internet usage and for personal or work between Table 2 and Table 7.

Table 1.
Mean and Standard deviations on the Personality and Internet addiction

	<i>n</i>	<i>M</i>	<i>SD</i>
Gender	74	1.74	0.43
Male	19		
Female	55		
Age	74	23.09	3.42

Education	74	1.60	0.51
Bachelor	30		
Master Degree	43		
PHD	1		

Note. M=Mean. SD= Standard Deviation

Table 2.
Mean and Standard deviations on the Narcissism Inventory baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Narcissism baseline	74	13.17	6.08
Narcissism follow-up	74	12.52	6.11

Note. M=Mean. SD= Standard Deviation

Comparisons between mean scores of the current study and scale norms of the Narcissism Inventory, Internet Addiction and PIUQ showed that this sample does not represent the risk group for internet addiction and narcissism. The average narcissism is 15.3 in the general population. (Raskin & Terry, 1988). In this study, the narcissism baseline and follow-up mean numbers are less than the average narcissism scale norm.

Table 3.
Mean and Standard deviations on the Internet addiction Inventory and PIUQ baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Internet addiction baseline	74	31.82	12.46
Internet addiction follow-up	74	30.94	12.84
PIUQ baseline	74	23.20	10.85
PIUQ follow-up	74	30.94	12.84

Note. M=Mean. SD= Standard Deviation

Per Internet addiction scale norm, the normal average internet addiction mean number is between 20-49 in the general population. (Young, 1988). In this study, participants did not represent internet addiction in baseline and follow-up mean numbers. The PIUQ moderate risk group mean score is between 40-69 in the general population. (Demetrovics, Szeredi, & Rózsa, 2008). In this study, PIUQ baseline and follow-up mean numbers are less than moderate risk group.

Table 4.

Mean and Standard deviations on the Big Five Inventory baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Big Five Extraversion baseline	74	27	3.03
Big Five Extraversion follow-up	74	27	3.03
Big Five Agreeableness baseline	74	28.35	3.69
Big Five Agreeableness follow-up	74	29.51	3.32
Big Five Conscientiousness baseline	74	31.98	2.85
Big Five Conscientiousness follow-up	74	31.93	2.95
Big Five Neuroticism baseline	74	25.90	3.51
Big Five Neuroticism follow-up	74	25.59	3.09
Big Five Openness baseline	74	35.67	4.59
Big Five Openness follow-up	74	32.60	4.09

Note. *M*=Mean. *SD*= Standard Deviation

Table 5.
Mean and Standard deviations on the Reasons of the Internet Usage baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Reasons internet use social relationship baseline	74	3.56	1.29
Reasons internet use social relationship follow-up	74	3.67	1.12
Reasons internet use knowledge baseline	74	2.68	0.66
Reasons internet use knowledge follow-up	74	2.59	0.61
Reasons internet use relationship baseline	74	0.31	0.63
Reasons internet use relationship follow-up	74	0.31	0.63

Note. *M*=Mean. *SD*= Standard Deviation

The percentage of participants answers for reasons of the internet usage are 98% in social network baseline and 100% in follow-up, 81% in online-shopping baseline and 78 % in follow-up, 2% in gambling baseline and follow-up, in 16% sexual baseline and follow-up, 9% in dating content baseline and 8% follow-up, 10% in traditional blogging baseline and 9% follow-up, 6% in chat rooms baseline and 5% follow-up, 56% in content sharing baseline and 37% follow-up, 81% in news baseline and 80% follow-up, 93% in information baseline and 92% follow-up, 94% in research baseline and follow-up, 85% in entertainment baseline and follow-up and 8% in gaming baseline and follow-up.

Table 6.
Mean and Standard deviations on the Average hours/days' internet use baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Average hours internet use baseline	74	6.37	2.89
Average hours internet use follow-up	74	7.84	2.69
Average days internet use baseline	74	10.82	2.24
Average days internet use follow-up	74	10.79	2.42

Note. M=Mean. SD= Standard Deviation

Table 7.
Mean and Standard deviations on the Average hours/days for personal/work /study internet use baseline and follow-up

	<i>n</i>	<i>M</i>	<i>SD</i>
Average hours personal internet use baseline	74	3.16	1.90
Average hours work/study internet use baseline	74	3.21	2.08
Average days personal internet use baseline	74	5.87	1.16
Average days' work/study internet use baseline	74	4.94	1.43
Average hours personal internet use follow-up	74	2.90	1.94
Average hours work/study internet use follow-up	74	4.91	1.60
Average days personal internet use follow-up	74	5.87	1.15

Average days' work/study internet use follow-up	74	4.91	1.60
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Note. M=Mean. SD= Standard Deviation

A bivariate correlation conducted to evaluate the relationship between personality and internet addiction over time. The study analysed the correlation between the narcissism, big five personality factors, the internet addiction, reasons of the internet use and average internet use baseline and follow-up scores. In addition, the study investigated time lag correlations between the baseline the average internet use, reasons of the internet use and internet addiction baseline scores and narcissism follow-up scores.

Narcissism overall baseline correlations

There is a significant strong and positive correlation between the narcissism baseline and follow-up scores $r(73) = .821, p < .01$. There is not a statistical significant correlation between the narcissism and internet addiction baseline and follow-up scores. The effect of narcissism overall score does not influence the internet addiction in baseline or follow-up overall scores. The internet use and addiction in baseline scores do not predict the narcissism follow-up score. However, there is a weak and positive correlation between the narcissism baseline and the average days/hours of work/study internet use $r(73) = .246, p < .05$ follow-up.

There is a significant and positive correlation between the narcissism baseline score and openness follow-up $r(73) = .263, p < .05$. Moreover, the extraversion baseline $r(73) = .300, p < .05$ and follow-up scores $r(73) = .300, p < .05$ are positively correlated with the narcissism baseline. Also, the agreeableness baseline score positively correlated with the narcissism baseline $r(73) = .565, p < .01$.

Narcissism overall follow-up correlations

The narcissism follow-up score positively correlated with the conscientiousness follow-up score $r(73) = .324, p < .05$, openness follow-up score $r(73) = .344, p < .01$, agreeableness baseline score $r(73) = .475, p < .01$ and follow-up score $r(73) = .280, p < .05$. There is a positive correlation between the narcissism follow-up and the extraversion baseline/follow-up scores $r(73) = .401, p < .01$.

Narcissism traits baseline and follow-up correlations

There is no correlation between the average days/hours of personal internet use and narcissism overall score baseline and follow-up. There is a positive and weak correlation between the average hours of internet use baseline score and narcissism exploitative baseline score $r(73) = .248, p < .05$. In addition, there is a positive and weak correlation between the narcissism entitlement baseline score and average hours of internet use follow-up score $r(72) = .251, p < .05$. The average hours of internet use baseline score positively correlated with the narcissism entitlement baseline score $r(73) = .294, p < .05$. There is a significant correlation between the narcissism entitlement baseline score and the average hours of personal internet use baseline score $r(73) = .351, p < .05$.

There is a negative correlation between the narcissism self-sufficiency follow-up score and internet addiction follow-up score $r(73) = -.241, p < .05$. There is a significant correlation between the narcissism superiority baseline score and the average days/hours of internet use for work or study usage follow-up score $r(73) = .285, p < .05$.

The narcissism self-sufficiency baseline score is correlated with the PIUQ follow-up score $r(73) = -.261, p < .05$ and the internet addiction follow-up score $r(73) = -.272, p < .05$. The narcissism exhibitionism baseline score is correlated to the internet addiction baseline score $r(73) = -.258, p < .05$. There is a correlation between the superiority baseline score and the average days for work/study internet usage score $r(73) = .285, p < .05$.

Internet addiction and PIUQ baseline correlations

The internet addiction baseline score correlated with the PIUQ baseline $r(73) = .874$, $p < .01$ and follow-up $r(73) = .769$, $p < .01$ scores. Also, there is a correlation between PIUQ baseline score and agreeableness follow-up score $r(73) = .330$, $p < .05$. Moreover, there is a weak and positive correlation between the agreeableness follow-up score and internet addiction baseline score $r(73) = .265$, $p < .05$. There is a moderate correlation between the average hours of personal internet use baseline score $r(73) = .310$, $p < .01$ and follow-up score $r(73) = .438$, $p < .01$ and the internet addiction baseline score. There is a significant and negative correlation between the internet addiction baseline score and the average hours of work /study internet use baseline score $r(73) = -.241$, $p < .05$. The PIUQ baseline scores are correlated with the average days/hours of internet use baseline score $r(73) = -.292$, $p < .05$ and the average days/hours of work/study internet use follow-up score $r(73) = -.307$, $p < .05$.

Also, the PIUQ baseline score is correlated with the average hours of personal internet use baseline score $r(73) = .305$, $p < .05$ and follow-up score $r(73) = .305$, $p < .05$ also it correlated with the average days of internet use baseline score $r(73) = -.256$, $p < .05$. The PIUQ baseline is significantly correlated with the average hours of personal internet use baseline score $r(73) = .261$, $p < .05$.

Internet addiction and PIUQ follow-up correlations

The internet addiction follow-up score correlated with the PIUQ baseline score $r(73) = .704$, $p < .01$ and follow-up score $r(73) = .838$, $p < .01$. Moreover, there is a significant correlation between the internet addiction follow-up score and the average hours of personal internet use baseline score $r(73) = .252$, $p < .05$ and follow-up score $r(73) = .494$, $p < .01$. Furthermore, there is a negative correlation between the internet addiction follow-up score and the average hours of work/study internet use baseline score $r(73) = -.231$, $p < .05$.

There is a moderate correlation between the average hours of internet use follow-up score and the internet addiction follow-up $r(73) = .301, p < .01$. There is a significant correlation between the PIUQ follow-up and the average hours of personal internet use follow-up score $r(73) = .348, p < .01$. Also, there is a positive correlation between the PIUQ follow-up score and the openness baseline score $r(73) = .244, p < .05$ and the average hours of internet use baseline score $r(73) = -.238, p < .05$ and the average days of work/study internet use baseline score $r(73) = -.289, p < .05$. There is a positive correlation between the PIUQ follow-up score and the agreeableness baseline score $r(73) = .299, p < .05$.

Average hours of Internet use baseline and follow-up correlations

The average hours of internet use baseline score correlated with the average days of internet use baseline score $r(73) = .318, p < .01$ and follow-up $r(73) = .345, p < .01$. The average hours of internet use follow-up score correlated with the average hours of internet use baseline score $r(73) = .443, p < .01$ and the average days of internet use baseline $r(73) = .248, p < .01$. Big Five Factors presented significant correlation with the average internet use. For example, there is a significant and negative correlation between openness baseline and the average hours of work/study internet usage baseline score $r(73) = -.281, p < .05$. The agreeableness follow-up significantly correlated to the average hours of internet use for personal follow-up score $r(73) = .376, p < .05$ and the average hours of internet use follow-up score $r(73) = .267, p < .05$.

Average days of internet use baseline and follow-up correlations

The average days of internet use baseline and follow-up scores $r(73) = .395, p < .05$ are correlated with the average hours of work/study internet use baseline score $r(73) = .271, p < .05$ and follow-up score $r(73) = .279, p < .05$, the average days of work/study internet use baseline score $r(73) = .891, p < .05$ and follow-up score $r(73) = .403, p < .05$, the average days of personal internet use baseline score $r(73) = .831, p < .05$ and follow-up score $r(73) = .266,$

$p < .05$. The average days of personal internet use follow-up is correlated with the average days of internet usage follow-up $r(73) = .829, p < .05$. The neuroticism follow-up score significantly correlated to the average days of personal internet use follow-up $r(73) = .242, p < .05$.

The reasons of the internet usage baseline and follow-up correlations

The reasons of the internet usage were collected under three groups. The first group is social relationship which includes gaming, gambling, entertainment, social network websites, banking /shopping, traditional blogging and content sharing. The second group is knowledge which includes research, information, and news. The third group is relationship which includes dating content, chat rooms and sexual. The study investigated the correlation between the reasons of the internet use, average hours/days of internet use and average hours/days of internet use for personal or work/study, internet addiction, big five and narcissism baseline and follow-up scores.

The social relationship follow-up score is correlated the average hours of personal internet use baseline score $r(73) = .267, p < .05$ and follow-up score $r(73) = .299, p < .05$. The reasons of the internet use for relationship follow-up significantly correlated with the average hours of personal internet use baseline score $r(73) = .232, p < .05$ and the average hours of personal internet use follow-up score $r(73) = .298, p < .05$. There is a negative and weak correlation between the social relationship follow-up score and the narcissism vanity follow-up score $r(73) = -.267, p < .05$.

Discussion

The literature review demonstrated that there is a relationship between personality and internet addiction. Our research questions are “What is the relation between personality and internet addiction overtime?” and “What is the relation between the average internet use, reasons of the internet use and personality overtime?”

In this study, we analysed the relation between the narcissism, big five personality factors, average hours/days of internet use and it specific reasons such as personal/work/study and internet addiction. There is a strong correlation between the narcissism baseline and follow-up scores. It means that if the participant had a high or low narcissism tendency in the baseline, it did not change during the observed time.

The internet addiction baseline and follow-up scores did not associate with the overall narcissism baseline and follow-up scores. These results may support the view that there is a relationship between narcissism and internet addiction via some specific narcissistic traits instead of the overall narcissism score. (Odaci & Celik, 2003). The analysis showed a weak and negative correlation between the internet addiction follow-up score and narcissism self-sufficiency baseline and follow-up scores. In addition, there is a weak and negative correlation between the narcissism self-sufficiency baseline score and PIUQ follow-up score. It means that less self-sufficiency may be associated with high score of internet addiction. The literature review reveals an association between low self-esteem, self-sufficiency and internet addiction as well. (Armstrong, Phillips, & Saling, 2000; Ghassemzadeh, Shahraray, & Moradi, 2008). Therefore, people may feel less self-sufficient when they have low self-esteem, which may lead them to prefer to spend more time online instead offline which may increase their self-esteem to create a grandiose self- image on the Internet.

Moreover, there is a weak and negative correlation between the narcissism exhibitionism baseline score and the internet addiction baseline score, though literature review shows the opposite results. The reason for this may be that the participants of this study were more close to vulnerability-sensitivity type of narcissism whereas exhibitionism is associated with grandiosity type of narcissism. (Wink, 1991).

The study replicated some connections between narcissism, big five personality traits and the internet addiction. The literature review showed the strong correlation between narcissism, extraversion and internet addiction. Kuss, Griffiths, & Binder (2003) showed that there is a relation between big five personality traits and internet addiction. High narcissistic, extrovert, introvert and neurotic types of personalities showed high risk to have internet addiction. A significant correlation was found between high extroversion and low conscientiousness and internet addiction. (Kuss & Griffiths, 2011). In addition, they discussed that the reason for this could be the need of extrovert people to socialize more than others. (Griffiths, 2010). However, this study could not find significant result between extraversion and internet addiction. On the other hand, in this study a strong and positive correlation was found between the narcissism baseline and follow-up scores and the extraversion personality factor.

There is a positive correlation between the agreeableness baseline and follow-up scores with the narcissism baseline and follow-up scores. The literature review shows that there is a negative correlation between agreeableness and narcissism. For example, Kuss and Griffiths (2011) showed that narcissist individuals showed low agreeableness. The reason for this could be the self-report measurement method. Participants may have refrained from representing themselves as a negative person in our study. Furthermore, the literature review showed that narcissists show high conscientiousness and openness to experience. (Kubarycha, Deary, & Austin, 2004). The study replicated these results.

There is a strong and positive correlation between openness baseline/follow-up score, conscientiousness follow-up score and the narcissism baseline/follow-up scores. The relation between big five and internet addiction was also replicated in some findings in the literature review. Some researchers did not show the relationship between openness to new experiences and internet addiction. (Randler, Horzum, & Vollmer, 2014; Servidio, 2014). On the other hand, some of them found a positive correlation (Kuss, van Rooij, Shorter, Griffiths, & van de Mheen, 2013; Rahmani & Lavasani, 2011; Tuten & Bosnjak, 2001) or a negative correlation. (Tsai et al., 2009; McElroy, Hendrickson, Townsend, & DeMarie, 2007). In this study, there is a negative correlation between openness baseline score and PIUQ follow-up score. It means that if people are more open to new experiences, they spend less time on the internet.

In this study, there is a positive correlation between agreeableness and internet addiction. However, other studies in the literature reveal a negative relationship between agreeableness and internet addiction. (Anderson, 2008; Randler et al., 2014; Servidio, 2014, Landers & Lounsbury, 2006). In this study, the agreeableness baseline score is positively correlated with the PIUQ follow-up. In addition, the agreeableness follow-up score is positively correlated with the internet addiction baseline and follow-up. This means that the agreeableness changed during the time following the changes of the internet addiction.

Moreover, the significant correlation between the internet addiction and PIUQ baseline and follow-up scores and the average hours for personal internet use baseline and follow-up scores suggest that the level of personal internet use may predict the internet addiction. It means that the increased hours on the internet for personal use baseline increased the internet addiction follow-up score. The analysis demonstrated the significant correlation between the PIUQ baseline and follow-up scores and the average days/hours of internet use baseline scores.

There is a negative correlation between the average days or hours of internet use for work /study and the internet addiction follow-up and PIUQ follow-up. It may mean that when people use the internet more for work or study, they may be less addicted to the Internet.

There is a positive correlation between the narcissism baseline score and the average days/hours of internet use for work/study follow-up score. The follow-up measurement was conducted during the exam period so this maybe hence the use of internet more for their work or study during the measured timeframe by the participants.

There is a correlation between the average days and hours of internet use. It suggests that when people use internet for more hours it will increase the average day internet use as well. The amount of internet use for social relationship follow-up and baseline scores are correlated with the average hours of personal internet use baseline and follow-up. Therefore, we can claim that people spent more hours on the internet for personal and social needs such as playing games, gambling, social network websites, shopping/banking, entertainment and content sharing. Furthermore, there are correlations between the use of internet for relationship such as sexual, dating and chat rooms and the average hours of personal internet use baseline and follow-up scores.

The average hours of the personal internet use baseline score predicted the internet use for relationship follow-up score. This shows that when people used the internet for personal needs, they spent their time on the relationship context too. There is a negative correlation between using the internet for social relationship follow-up score and the narcissism vanity follow-up score. In the context of the social relationship, participants may have not preferred to show their excessive pride of themselves due to possibly being afraid of negative feedbacks. There is another negative correlation between self-sufficiency follow-up score and internet use for relationship such as sexual and dating content. This might be showing that people aren't interested in a relationship with someone else if they have high self-sufficiency.

In addition, there is a connection between the average hours of internet use and entitlement. The entitlement baseline score predicts the average hours of internet use follow-up score. The correlation between the entitlement and the average hours of internet use for personal needs shows that changes on the average internet use for personal needs may affect changes on the entitlement trait. The correlation between the average hours of internet use baseline score and exploitative baseline score shows that changes on the average hours of internet use may affect changes on the exploitative trait.

There is a negative correlation between the openness baseline score and the average hours of internet use for work/study baseline score. It may show that when people use internet more for work/study they prefer to focus just on their works and they are not open to new experiences. There is a positive correlation between the big five neuroticism follow-up score and the average days of internet use for personal follow-up score. Changes on the average day internet use change the level of neuroticism. Literature reviews show that high neuroticism relates to spending more time on the internet. Ross et al. (2009) and Wang, Jackson, Zhang and Su (2012) showed that high neuroticism relates to self-presentation online but this presentation does not represent real self. Therefore, people with high neuroticism prefer to represent themselves as their ideal self. These people are not comfortable in the crowd and they prefer to spend their time in the online communities because they may feel anxious and fear meeting new people. (Tsao, 2013).

The implications of this study stand from its longitudinal design. In this way, the study minimized the individual variability and confounding factors therefore the study demonstrated more precise findings than cross-sectional design. (Cook & Ware, 1983).

In the literature review, researchers are critical of internet addiction scale (IAT) hence its creation dates back to 1998 which suggests that it is outdated. (Griffiths, 2016; Widyanto, & Griffiths, 2006). However, the PIUQ and IAT predicted the same results in this study. Therefore, future studies can still use this scale.

Limitations and direction for future research

There are many potential factors which limited our findings. First, the study was conducted on self-report data. It causes dishonesty, response bias and wrong understanding of the question. (Austin, Gibson, Deary, McGregor, & Dent, 1998). Therefore, future studies can use an indirect measure of narcissism and internet use. Projective tests can be used for a measure of narcissism. Excessive internet use scale can be used to measure internet use because it includes direct and indirect measure. (Mythily, Qiu, & Winslow, 2008; Xu et al., 2012)

The study included Swansea University undergraduate, master and PhD students so it does not cover a sample of varies education levels. Therefore, future studies should address the effect of the internet use and personality considering possible effects of different levels of education. The study did not demonstrate the nationality in demographic questions. Therefore, future studies should try to get cultural diversity. Moreover, future studies need to increase participant numbers which increases in the external validity.

We used Big Five-Factor model and narcissism however we did not investigate other types of personalities such as anxious, shy or locus of control. (Scealy, Phillips, & Stevenson, 2002). Therefore, future studies should look at the relationship between other types of personalities and internet addiction.

We used IAT and PIUQ scales however literature review shows that IAT does not include DSM-V criteria for internet and gaming disorders. Moreover, the internet addiction scale (IAT) does not establish all hypothetical aspects and it is not a systematic psychometric test. (Widyanto & McMurrin, 2004; Kuss, Griffiths, Karila, & Billieux, 2014). Therefore, future studies should use different internet addiction scales. (Bergmark, Bergmark, A., & Findahl, 2011).

We created our own questions for the reason of the internet use and average internet use. Therefore, the reliability and validity of these questions are not demonstrated. Practice effects of the baseline measurement may influence the participants' answers in the follow-up measurement. The period between two measurements was one month. Therefore, participants may still remember their answers. The correlation does not provide causation so the future studies may analyse internet use and personality in a different design.

Moreover, Davenport, Bergman, Bergman, J. Z. and Fearington (2014) explained that narcissist individuals spend their time on the Internet as active users to get more attention and enhance their egos. Therefore, future research may identify the time spent for different activities on the internet especially on SNSs separately such as posting photos and status update.

Conclusion

The increase of average internet use is associated with increase in some negative personality traits and high risk of the internet addiction. Increases of the time spent on the social network websites increase the attention seekers in the society. The analysis did not support research hypothesis however it found a significant relationship between some personality traits, the average internet use, reasons for the internet use and internet addiction. Therefore, these relations should be considered more in future studies.

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Appendix



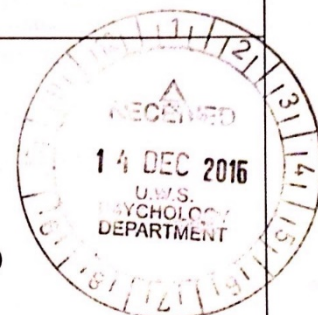
DEPARTMENT OF PSYCHOLOGY

2016-2017

APPLICATION FOR RISK ASSESSMENT AND ETHICAL APPROVAL

PLEASE COMPLETE THE FORM USING TYPESCRIPT
(handwritten applications will not be considered)

Name of Supervisor (Staff Member)	Phil Reed
Supervisor university email	p.reed@swansea.ac.uk
Name(s) and Number(s) of All Students Involved	Nazli isik bircek 889246
Title of Proposed Research	Narcissism and Social Media
Type of Research (please tick all that apply)	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> MSc - Abnormal and Clinical Psychology <input type="checkbox"/> MSc - Research Methods in Psychology <input type="checkbox"/> MSc - Cognitive Neuroscience <input type="checkbox"/> PhD <input type="checkbox"/> Staff For MSc students: This ethics application is for: (please tick) <input type="checkbox"/> Empirical Project 1 <input type="checkbox"/> Empirical Project 2 <input type="checkbox"/> Empirical Project 3 <input checked="" type="checkbox"/> 60 credit project
Level of risk (see decision tree)	<input type="checkbox"/> This research is a negligible risk project <input checked="" type="checkbox"/> This research is a low risk project <input type="checkbox"/> This research is NOT a low risk project



1. Briefly (max 200 words) describe the research you wish to undertake: Include study rationale, main theoretical constructs, and hypotheses. Please use non-technical language wherever possible.

The research aims to explore the relationship between social network websites and narcissism personality disorder. Literature reviews show that the social media usage is associated with a narcissistic tendency. Research has shown self-promotion related with narcissistic behaviour in social network websites. Social websites users may be more likely to have a higher level of narcissism. It means that people changes their status and post their pictures of themselves as glorifying themselves. Our research question is what is the relationship of narcissism to social network sites' usage overtime? We will look at the association between narcissism and social network websites usage at two times and investigate the strength of the relationships between social media usage at time one and personality at time 2, and vice versa.



2. Briefly describe the research design : what variables you plan to manipulate or measure.
In this study, we will use Narcissistic Personality Inventory, Big Five Inventory and Internet addiction Inventory. The design will be a repeated measures design. All participants will complete all questionnaires in the survey. Data will be conducted by online survey. Our sample includes Swansea University student the age between 18-30. We will compare the social media users in two different times on their scores of the Narcissism, Big five scale and Internet addiction.

3. Briefly describe the methods you will use in this research. Describe all measures to be employed (e.g., names of questionnaires, interview questions and schedule, reaction times tasks, accuracy, skin conductance responses, etc). Also describe the procedure (i.e., what will happen to participants).
Participants will answer 40 items on the Narcissistic personality inventory-NPI-40- (Raskin & Hall, 1979), 44 items from the Big Five inventory (John & Srivastava, 1999), and 20 items on the Internet Addiction Questionnaire (Young, 1998). These will be presented through an online survey. Participants will take consent form and debriefing form in the online survey. They will answer demographic questionnaires.

4. Location of the proposed research (i.e., Departmental labs, schools, etc)
All data will be collected through an online questionnaire format.

5. Describe the participants : give the age range, gender, inclusion and exclusion criteria, and any particular characteristics pertinent to the research project.
Please consider the following aspects when planning your research: <ul style="list-style-type: none"> - An a-priori estimation of the participant sample size you aim to have in this research (based on power analyses); - A stop rule for when – and why – you plan to stop data collection, drawing upon your power analysis (e.g., when you reach a pre-established number of participants); - A rule or set of rules for why you would omit participant data from main analyses (e.g., they misunderstood the instructions; they completed your study exceptionally fast – meaning they were 'statistical outliers'; they skipped <i>crucial</i> questions – i.e., those that are inevitable to answering your research question; they failed one or multiple manipulation checks etc).

Correlation sample size calculation showed that the study should have a minimum of 85 individuals. Participants will be between ages 18-30 and must be university students; these will include both undergraduate and post-graduate. Participants will be asked about their demographics at the start of the online questionnaire. This will include age, sex, location, university, course, college of study etc. Individuals that do not fulfill the age criteria will be excluded. In addition, they will also be excluded if they do not use the internet. Participants can withdraw from the study at any time.

6. How will the participants be selected and recruited?
<input checked="" type="checkbox"/> Subject pool.
<input checked="" type="checkbox"/> General public

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Other. Please give details.

7. Will the study be advertised outside the Department's Electronic Subject Pool system (e.g. via a poster or email notice)?

Yes	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

If yes, please provide the wording of the advertisement here (or attach a copy of the intended advertisement to this Ethics Form) (post email)
 I am doing MSc Abnormal and Clinical psychology project. Please follow this link and complete the online survey..... You will be given an information sheet at the beginning and fully debriefed post-completion. In this study, we will give questionnaire and you will answer personal questions may be you can find it upsetting to answer. You can withdraw the study anytime.

8. What procedures (e.g., interviews, computer-based learning tasks, etc.) will be carried out on the participants?

The procedures will involve online questionnaire.

9. What potential risks to the participants do you foresee and how do you propose to ameliorate/deal with potential risks? For instance, provide contact details of Wellbeing@CampusLife, Student Counseling services and relevant community support organizations, etc.

The participants will be provided with contact information for the researchers at the debrief stage. They will also be provided with contact information for services if they are affected by any of the questions in the survey.
 Samaritans helpline (confidential support for people experiencing feelings of distress or despair).
 Phone: 08457 909090
 Wellbeing services at Swansea University:
<http://www.swansea.ac.uk/wellbeing/mentalhealthadviceandsupport/>
 and disability services: <http://www.swansea.gov.uk/disability>

10. What potential risks to the interests of the researchers do you foresee and how will you ameliorate/deal with potential risks?

None

11. How will you brief and debrief participants? (Please attach copy of debrief information to be given to participants)

Participants will be given a brief information sheet at the beginning of the survey, explaining what the research will involve and how to continue. They will be reminded of their right to withdraw from the study at any point, and that results will remain to anybody outside the study. In this study no names will be recorded. The only information that is recorded are participant email addresses and these will be secure and they will find in computer.

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Participants will be fully debriefed post-completion. The debrief will be in the end of the survey:
 Thank you for your participation in the survey. The research aims to explore the relationships
 between personality disorders and social network websites in a university population.

If you feel affected by any of the questions, please feel free to contact me yourself on
889246@swansea.ac.uk.

Below is contact information for additional services that will be able to answer any specific
 questions. Wellbeing services at Swansea University:

<http://www.swansea.ac.uk/wellbeing/mentalhealthadviceandsupport/> and disability services:

<http://www.swansea.gov.uk/disability>.

Samaritans helpline (confidential support for people experiencing feelings of distress or despair).

Phone: 08457 909090

12. Will informed consent be sought from participants?	Yes (Please attach a copy of the consent form)	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>

If no, please explain below:

13. If there are doubts about participants' abilities to give informed consent, what steps have you taken to ensure that they are willing to participate?

The participants will be university students, so they have abilities to give informed consent.

14. If participants are under 18 years of age, please describe how you will seek informed consent. If the proposed research is to be conducted in a school, please describe how you will seek general consent from the relevant authorities and attach a copy of any written consent.

All participants are university students (and thus at least 18 years of age).

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The consent will be recorded by online response


16. Will participants be informed of the right to withdraw without penalty?	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
If no, please detail the reasons for this:		

17. How do you propose to ensure participants' confidentiality and anonymity?
No names will be recorded. The only information that is recorded are participant email addresses and these will be secure and they will find in computer.

18. Please describe which of the following will be involved in your arrangements for storing data:
<input type="checkbox"/> Manual files (e.g. paper documents or X-rays) <input type="checkbox"/> Home or other personal computer <input type="checkbox"/> University computer <input type="checkbox"/> Private company or work-based computer <input checked="" type="checkbox"/> Laptop computer <input type="checkbox"/> Other (please define)
<u>Please explain, for each of the above, the arrangements you will make for the security of the data (please note that any data stored on computer must have password protection as a minimum requirement):</u>

19. Will payments or subject pool credits be made to participants?	Yes	<input type="checkbox"/>
	No	<input checked="" type="checkbox"/>
If yes, please specify quantities involved (e.g., £5 or 1 hour credits):		

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Swansea University
Prifysgol Abertawe

Applicant's signature: _____ Date: _____

Applicant's signature: [Signature] Date: 12/11/16

Applicant's signature: _____ Date: _____

Applicant's signature: _____ Date: _____

Applicant's signature: _____ Date: _____

Applicant's signature: _____ Date: _____

Supervisor's signature: P. Red Date: 13/12/16

**PLEASE SUBMIT ALL APPLICATIONS FOR ETHICAL APPROVAL VIA JACKIE SCHOLZ, ROOM 801
RESEARCH MAY ONLY COMMENCE ONCE ETHICAL APPROVAL HAS BEEN OBTAINED**



**CHECKLIST OF ATTACHMENTS:
PLEASE REMEMBER TO ATTACH COPIES OF EACH OF THE FOLLOWING (WHERE RELEVANT)**

INCOMPLETE APPLICATIONS WILL NOT BE CONSIDERED

- Copy of Participant Information Sheet
- Copy of Consent Form
- Copy of Participant debrief
- Copy of any questionnaires and/or interview schedules to be employed
- Copy of written consent from local authorities (e.g., schools)
- If your proposed research is with 'vulnerable' groups (e.g., children, people with developmental disorder), please attach a copy of your clearance letter from the Criminal Records Bureau (if UK) or equivalent non-UK clearance.

As a member of the Departmental Ethics Committee, I have scrutinized this application. In my opinion some elements are under-developed and require attention. The application is therefore returned to you as the student's supervisor.

Please tick if appropriate

Departmental Ethics Committee Use Only

Members of the Departmental Ethics Committee have considered the ethical issues raised by this project, and have the following comments:

Approved

Please ensure that you take account of these comments and prepare a revised submission that should be either shown to your supervisor (if you are an undergraduate or postgraduate student) or resubmitted (if you are a member of staff) to the Departmental Ethics Committee.

Signed on behalf of Departmental Ethics Committee:

小堀 修

Date: 19 Dec 2016

Were there any significant safety issues that needed resolving?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

If YES: College Safety Officer Approval (Mark Hughes):

_____ Date: _____

**NOTE TO LEVEL 3 UNDERGRADUATE PROJECT STUDENTS, MSc and PhD STUDENTS:
PLEASE INCLUDE A SIGNED COPY OF YOUR ETHICS APPLICATION FORM, ALL SUPPORTING DOCUMENTS AND CONFIRMATION LETTER OF APPROVAL, AS AN APPENDIX IN YOUR FINAL YEAR PROJECT OR THESIS.**

Debrief

Thank you for your participation in the survey.

The research aimed to explore the relationship between personality and social network websites in a university population. In this way we will find the potentially negative effects of social network websites.

If you feel affected by any of the questions, please feel free to contact me yourself on 889246@swansea.ac.uk

Below is contact information for additional services that will be able to answer any specific questions.

Wellbeing services at Swansea University:

<http://www.swansea.ac.uk/wellbeing/mentalhealthadviceandsupport/> and

disability services: <http://www.swansea.gov.uk/disability>

Samaritans helpline (confidential support for people experiencing feelings of distress or despair). Phone: 08457 909090

The following research is part of my MSc Abnormal and Clinical Psychology degree at Swansea University. I am conducting this research under the supervision of Professor Phil Reed.

In this study, we will look the relationship between personality and social network websites. We will investigate the effects of the social network website usage on personality.

You will be asked a series of questions which related with personality disorder and social network websites. It is possible that some individuals may find certain questions particularly personal or upsetting in nature. You are reminded of your right to withdraw from the study at any point in the following survey, without penalty.

All the data obtained will be confidential to the study. We need to repeat this questionnaire at your convenience. You should write your email address. This information will be kept confidential and not shared with anyone.

Many thanks for your participation,
NAZLI ISIK BIRCEK (889246@swansea.ac.uk)

Background Information

DIRECTIONS: Please answer each question as accurately as possible by circling the correct answer or filling in the space provided.

Name: _____

Surname: _____

Date: _____

Email: _____

Phone number: _____

1. What is your age? _____

2. What is your gender?
Female / Male

3. Degree program: ___ Bachelors ___ Master's ___ PhD

Thank you for completing this personal profile. Please respond to survey as well.

This inventory consists of several pairs of statements with which you may or may not identify.

Consider this example:

A. I like having authority over people

B. I don't mind following orders

Which of these two statements is closer to your own feelings about yourself? If you identify more with "likening to have authority over people" than with "not minding following orders", then you would choose option A.

You may identify with both A and B. In this case, you should choose the statement which seems closer to yourself. Or, if you do not identify with either statement, select the one which is least objectionable or remote. In other words, read each pair of statements and then choose the one that is closer to your own feelings. Indicate your answer by writing the letter (A or B) in the space provided to the right of each item. Please do not skip any items.

1. A. I have a natural talent for influencing people.
B. I am not good at influencing people.

Ans

wer _____

2. A. Modesty doesn't become me.
B. I am essentially a modest person.

Ans

wer _____

3. A. I would do almost anything on a dare.
B. I tend to be a fairly cautious person.

Ans

wer _____

4. A. When people compliment me I sometimes get embarrassed.
B. I know that I am good because everybody keeps telling me so.

Ans

wer _____

5. A. The thought of ruling the world frightens the hell out of me.
B. If I ruled the world it would be a better place.

Ans

wer _____

6. A. I can usually talk my way out of anything.
B. I try to accept the consequences of my behavior.

Ans

wer _____

7. A. I prefer to blend in with the crowd.
B. I like to be the center of attention.

Ans

wer _____

8. A. I will be a success.
B. I am not too concerned about success.

Ans

wer _____

9. A. I am no better or worse than most people.
B. I think I am a special person.

Ans

wer _____

10. A. I am not sure if I would make a good leader.
B. I see myself as a good leader.

Answ

er _____

11. A. I am assertive.
B. I wish I were more assertive.

Answ

er _____

12. A. I like to have authority over other people.

B. I don't mind following orders.

Answ

er _____

13. A. I find it easy to manipulate people.

B. I don't like it when I find myself manipulating people.

Answ

er _____

14. A. I insist upon getting the respect that is due me.

B. I usually get the respect that I deserve.

Answ

er _____

15. A. I don't particularly like to show off my body.

B. I like to show off my body.

Answ

er _____

16. A. I can read people like a book.

B. People are sometimes hard to understand.

Answ

er _____

17. A. If I feel competent I am willing to take responsibility for making decisions.

B. I like to take responsibility for making decisions.

Answ

er _____

18. A. I just want to be reasonably happy.

B. I want to amount to something in the eyes of the world.

Answ

er _____

19. A. My body is nothing special.

B. I like to look at my body.

Answ

er _____

20. A. I try not to be a show off.

B. I will usually show off if I get the chance.

Answ

er _____

21. A. I always know what I am doing.

B. Sometimes I am not sure of what I am doing.

Answ

er _____

22. A. I sometimes depend on people to get things done.

B. I rarely depend on anyone else to get things done.

Answ

er _____

23. A. Sometimes I tell good stories.

B. Everybody likes to hear my stories.

Answ

er _____

24. A. I expect a great deal from other people.

B. I like to do things for other people.

Answ

er _____

25. A. I will never be satisfied until I get all that I deserve.

B. I take my satisfactions as they come.

Answ

er _____

26. A. Compliments embarrass me.

B. I like to be complimented.

er _____

Answ

27. A. I have a strong will to power.

B. Power for its own sake doesn't interest me.

er _____

Answ

28. A. I don't care about new fads and fashions.

B. I like to start new fads and fashions.

er _____

Answ

29. A. I like to look at myself in the mirror.

B. I am not particularly interested in looking at myself in the mirror.

er _____

Answ

30. A. I really like to be the center of attention.

B. It makes me uncomfortable to be the center of attention.

er _____

Answ

31. A. I can live my life in any way I want to.

B. People can't always live their lives in terms of what they want.

er _____

Answ

32. A. Being an authority doesn't mean that much to me.

B. People always seem to recognize my authority.

er _____

Answ

33. A. I would prefer to be a leader.

B. It makes little difference to me whether I am a leader or not.

er _____

Answ

34. A. I am going to be a great person.
B. I hope I am going to be successful.

Answ

er _____

35. A. People sometimes believe what I tell them.
B. I can make anybody believe anything I want them to.

Answ

er _____

36. A. I am a born leader.
B. Leadership is a quality that takes a long time to develop.

Answ

er _____

37. A. I wish somebody would someday write my biography.
B. I don't like people to pry into my life for any reason.

Answ

er _____

38. A. I get upset when people don't notice how I look when I go out in public.
B. I don't mind blending into the crowd when I go out in public.

Answ

er _____

39. A. I am more capable than other people.
B. There is a lot that I can learn from other people.

Answ

er _____

40. A. I am much like everybody else.
B. I am an extraordinary person.

Answ

er _____

Here are number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree Strongly
1	2	3	4	5

I see Myself as Someone Who...

1. Is talkative					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
2. Tends to find fault with others					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
3. Does a thorough job					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
4. Is depressed, blue					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
5. Is original, comes up with new ideas					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	

6. Is reserved					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
7. Is helpful and unselfish with others					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
8. Can be somewhat careless					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
9. Is relaxed, handles stress well					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
10. Is curious about many different things					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
11. Is full of energy					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
12. Starts quarrels with others					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
13. Is a reliable worker					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	

14. Can be tense					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
15. Is ingenious, a deep thinker					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
16. Generates a lot of enthusiasm					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
17. Has a forgiving nature					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
18. Tends to be disorganized					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
19. Worries a lot					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
20. Has an active imagination					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
21. Tends to be quiet					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
22. Is generally trusting					Answer _____

Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
23. Tends to be lazy					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
24. Is emotionally stable, not easily upset					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
25. Is inventive					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
26. Has an assertive personality					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
27. Can be cold and aloof					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
28. Perseveres until the task is finished					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
29. Can be moody					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	

30. Values artistic, aesthetic experiences					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
31. Is sometimes shy, inhibited					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
32. Is considerate and kind to almost everyone					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
33. Does things efficiently					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
34. Remains calm in tense situations					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
35. Prefers work that is routine					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
36. Is outgoing, sociable					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
37. Is sometimes rude to others					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	

38. Makes plans and follows through with them					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
39. Gets nervous easily					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
40. Likes to reflect, play with ideas					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
41. Has few artistic interests					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
42. Likes to cooperate with others					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
43. Is easily distracted					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	
44. Is sophisticated in art, music, or literature					Answer _____
Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly	
1	2	3	4	5	

Please, answer the following questions by using this scale. Please write a number next to each statement.

Does not apply	Rarely	Occasionally	Frequently	Often	Always
0	1	2	3	4	5

<p>1.How often do you find that you stay on-line longer than you intended?</p> <table border="1"> <tr> <td>Does not apply</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>2.How often do you neglect household chores to spend more time on-line?</p> <table border="1"> <tr> <td>Does not apply</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>3.How often do you prefer the excitement of the Internet to intimacy with your partner?</p> <table border="1"> <tr> <td>Does not apply</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>4.How often do you form new relationships with fellow on-line users?</p> <table border="1"> <tr> <td>Does not apply</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>5.How often do others in your life complain to you about the amount of time you spend on-line?</p>	<p>Answer _____</p>												

Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
<p>6. How often do your grades or school work suffers because of the amount of time you spend on-line?</p>						Answer _____
Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
<p>7. How often do you check your email before something else that you need to do?</p>						Answer _____
Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
<p>8. How often does your job performance or productivity suffer because of the Internet?</p>						Answer _____
Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
<p>9. How often do you become defensive or secretive when anyone asks you what you do on-line?</p>						Answer _____
Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
<p>10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?</p>						Answer _____
Does not apply	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
						Answer _____

<p>11. How often do you find yourself anticipating when you will go on-line again?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>12. How often do you fear that life without the Internet would be boring, empty, and joyless?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>13. How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>14. How often do you lose sleep due to late-night log-ins?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>16. How often do you find yourself saying “just a few more minutes” when on-line?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								

<p>17. How often do you try to cut down the amount of time you spend on-line and fail?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>18. How often do you try to hide how long you've been on-line?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>19. How often do you choose to spend more time on-line over going out with others?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>20. How often do you feel depressed, moody or nervous when you are off-line, which goes away once you are back on-line?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 10%;">Does not apply</td> <td style="width: 15%;">Rarely</td> <td style="width: 15%;">Occasionally</td> <td style="width: 15%;">Frequently</td> <td style="width: 15%;">Often</td> <td style="width: 15%;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Does not apply	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	<p>Answer _____</p>
Does not apply	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								

In the following you will read statements about your Internet use. Please indicate how much these statements characterize you. Please write a number next to each statement.

Not Applicable	Rarely	Occasionally	Frequently	Often	Always
0	1	2	3	4	5

<p>1.How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>2.How often do you neglect household chores to spend more time online?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>3.How often do you feel that you should decrease the amount of time spent online?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>4.How often do you daydream about the Internet?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>5.How often do you spend time online when you'd rather sleep?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>6.How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed?</p>	<p>Answer _____</p>												
<table border="1"> <tr> <td>Not Applicable</td> <td>Rarely</td> <td>Occasionally</td> <td>Frequently</td> <td>Often</td> <td>Always</td> </tr> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>7.How often do you feel tense, irritated, or stressed if you cannot use the Internet for as long as you want to?</p>	<p>Answer _____</p>												

Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
8.How often do you choose the Internet rather than being with your partner?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
9.How often do you try to conceal the amount of time spent online?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
10.How often do you feel tense, irritated, or stressed if you cannot use the Internet for several days?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
11.How often does the use of Internet impair your work or your efficacy?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
12.How often do you feel that your Internet usage causes problems for you?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
13.How often does it happen to you that you feel depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	
14.How often do people in your life complain about spending too much time online?						Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always	
0	1	2	3	4	5	

<p>15. How often do you realize saying when you are online, "just a couple of more minutes and I will stop"?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 16.6%; text-align: center;">Not Applicable</td> <td style="width: 16.6%; text-align: center;">Rarely</td> <td style="width: 16.6%; text-align: center;">Occasionally</td> <td style="width: 16.6%; text-align: center;">Frequently</td> <td style="width: 16.6%; text-align: center;">Often</td> <td style="width: 16.6%; text-align: center;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>16. How often do you dream about the Internet?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 16.6%; text-align: center;">Not Applicable</td> <td style="width: 16.6%; text-align: center;">Rarely</td> <td style="width: 16.6%; text-align: center;">Occasionally</td> <td style="width: 16.6%; text-align: center;">Frequently</td> <td style="width: 16.6%; text-align: center;">Often</td> <td style="width: 16.6%; text-align: center;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>17. How often do you choose the Internet rather than going out with somebody to have some fun?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 16.6%; text-align: center;">Not Applicable</td> <td style="width: 16.6%; text-align: center;">Rarely</td> <td style="width: 16.6%; text-align: center;">Occasionally</td> <td style="width: 16.6%; text-align: center;">Frequently</td> <td style="width: 16.6%; text-align: center;">Often</td> <td style="width: 16.6%; text-align: center;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								
<p>18. How often do you think that you should ask for help in relation to your Internet use?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 16.6%; text-align: center;">Not Applicable</td> <td style="width: 16.6%; text-align: center;">Rarely</td> <td style="width: 16.6%; text-align: center;">Occasionally</td> <td style="width: 16.6%; text-align: center;">Frequently</td> <td style="width: 16.6%; text-align: center;">Often</td> <td style="width: 16.6%; text-align: center;">Always</td> </tr> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table>	Not Applicable	Rarely	Occasionally	Frequently	Often	Always	0	1	2	3	4	5	Answer _____
Not Applicable	Rarely	Occasionally	Frequently	Often	Always								
0	1	2	3	4	5								

Think about your internet usage over the last few months, and then please fill in the blanks below.

<p>1. What is your average number of hours of internet usage per day?</p>	<p>Work/Study _____ Personal use _____</p>
<p>2. What is your average number of days online a week?</p>	<p>Work/Study _____ Personal use _____</p>
<p>3. For what reasons are you using the internet? (You can choose more than one.) You can put "X" in the blanks.</p>	<p>Social networking (e.g., Facebook, Twitter, Snapchat) _____ Shopping/Banking websites _____ Gambling (including lottery sites) _____ Gaming _____ Sexual _____ Dating Content _____ Traditional blogging (excluding Twitter) _____ Chat rooms _____ Content sharing (e.g., YouTube, My Space) _____ News _____ Information _____ Research _____ Entertainment (e.g., Streaming) _____</p>
<p>4. Which specific websites do you visit the most?</p>	<p>_____</p>