

16th World Congress on

Psychiatry and Psychological Syndromes

April 24-25, 2017 Las Vegas, USA

Selfie addiction scale

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Aims & Hypothesis: The aim of this study was to develop a self-diagnostic Selfie Addiction Scale. In addition, the reliability and validity of the Selfie Addiction Scale was demonstrated.

Method: A total of 200 participants were recruited from July to September 2015 to complete a set of questionnaires including 47 items. The participants consisted of 88 boys and 112 girls; with ages ranging from 18 to 28 years (Mean=21.15, SD=2.95 years). Factor analysis, t-test, ANOVA and correlation analysis were conducted to verify the reliability and validity of this scale. For concurrent validity we used Smartphone Addiction Scale-Short Version (SAS-SV), Internet Addiction Test (IAT) by Dr. Kimberly Young, Measure of Body Apperception (MBA), Visual Analogue Scale (VAS), Barratt Impulsiveness Scale (BIS-11), Rosenberg-self Esteem Scale, Narcissistic Personality Inventory (NPI16) , CAGE questionnaire and substance dependence and abuse diagnosis of DSM-V.

Results: The internal consistency and concurrent validity of selfie addiction scale were verified (Cronbach's alpha=0.962). Selfie Addiction Scale and its sub-scales were significantly correlated with other scales. The visual analogue scale of each factor also showed a significant correlation with each sub-scale.

Conclusions: As selfie is becoming a new form of addiction among people in the community, Selfie Addiction Scale which showed good reliability and validity for the assessment of selfie addiction can be used efficiently for the evaluation of selfie addiction in the community and for the research purposes. In addition, it also showed correlation with related psychopathology of the respondent in study population. This scale also covers different domains like narcissistic personality, feeling of self worth, body apperception and body dysmorphic disorder. Ultimately it will help to prevent harmful effects of selfie addiction.

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