

Health Behaviour in School-aged Children



- www.hbsc.org doc. Lukas Blinka (blinka@fss.muni.cz)
- Dostupná data z ČR a SR, roky 2014, 2018, 2022



NEWS PUBLICATIONS ▾ THE NETWORK ▾ DATA YOUTH ENGAGEMENT

The Health Behaviour in School-aged Children (HBSC) study is a unique cross-national research study into the health and well-being of adolescents across Europe and North America, conducted in collaboration with the World Health Organization (WHO) Regional Office for Europe.

Initiated in 1982 by researchers from England, Finland, and Norway, HBSC was one of the first cross-national studies to focus specifically on adolescents. HBSC has been conducting surveys of young people every four years since 1983/84, with an increasing number of countries participating in each survey cycle. It provides a vital resource to compare the health and well-being of adolescents between countries and over time.

The study is organised and developed by a network of HBSC national teams that include researchers based in a variety of academic and public health institutions.

Data are collected in all participating countries through school-based surveys using a standard methodology detailed in the [HBSC international study protocol](#), ensuring that the sample is representative of all in the age range.

HBSC data are used at national/regional and international levels to gain new insights into adolescent health and well-being, understand the social determinants of health and inform policy and practice to improve young people's lives.

HBSC výhody

- Mnoho zkoumaných jevů
- Velmi rozsáhlé vzorky (např. ČR 2022 více než 13 tis) – umožňuje zkoumat i relativně méně časté fenomény (např. zahájení sexuálního života před 15. rokem)
- Reprezentativní data
- Kvalita sběru dat a kvalita datových souborů umožňuje publikování (případě velmi povedené závěrečné práce – úspěšně už vyzkoušeno)
- Možnost osahat si výzkum ve velkém mezinárodním networku
- Není třeba nic sbírat – data jsou připravena
- Je možné dělat trendové analýzy

HBSC nevýhody

- Jen adolescenti
- Interdisciplinarita a velikost (mnohost zájmů různých skupin) neumožňuje zkoumání do hloubky, ale spíše do šířky
- Nutnost kombinovat zkoumané jevy (příklad diplomové práce poslední doby: *Časný začátek sexuálního života a adverzní zkušenosti z dětství: souvislosti s externalizací a internalizací problémů*)
- Schopnost vyznat se v rozsáhlém dotazníku
- Schopnost pracovat s velkými datovými soubory

Příklady škál / zkoumaných jevů ČR a SR 2018 a 2022

- Závislost na sociálních sítích(Social Media Disorder Scale)
- Závislost na hraní počítačových her
- Závislost na internetu (Excessive Internet Use Scale)
- Well-being
- Psychosomatické obtíže
- Symptomy poruch příjmů potravy
- Poruchy spánku
- Sexuální život
- Užívání alkoholu, energy drinků, kouření apod.
- Resilience
- Psychosociální potíže (Strenghts and Difficulties Questionnaire)
- Šikana a kyberšikana
- Agresivní chování
- Vztahy v rodině, s vrstevníky,... a mnoho dalšího



Validation of the Social Media Disorder Scale using network analysis in a large representative sample of Czech adolescents

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Background: The importance of studying the excessive use of social media in adolescents is increasing and so is the need for in-depth evaluations of the psychometric properties of the measurement tools. This study investigated the properties of the Social Media Disorder Scale (SMDS) in a large representative sample of Czech adolescents.

Methods: We analyzed the representative sample of 13,377 Czech adolescents (50.9% boys), 11–16 years old, who participated in the Health Behavior in School-aged Children (HBSC) survey (2017–18), using confirmatory factor analysis (CFA) and network models. Furthermore, we evaluated the measurement invariance and constructed the validity of the SMDS.

Results: We found support for a single dominant factor but not for strict unidimensionality. Several residual correlations were identified. The strongest were for: problems–conflicts–deceptions; persistence–escape; and preoccupation–tolerance–withdrawal. Girls, particularly 13- and 15-year-olds, scored higher than boys in the same age group, and 13- and 15-year-olds achieved higher scores than 11-year-olds, although some items were not invariant between the groups. The SMDS was positively related to other online activities, screen time, and falling asleep late, but negatively related to well-being and mental health.

Discussion and conclusions: The SMDS showed solid psychometric properties and construct validity. However, small violations of measurement invariance were detected. Furthermore, the network analysis showed important residual relationships between the items.

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RESEARCH ARTICLE

Open Access



Eating disorders symptoms and excessive internet use in adolescents: the role of internalising and externalising problems

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Abstract

Background: Both eating disorders and excessive internet use represent significant health issues for contemporary adolescents. Yet, the link between them has seldom been investigated. We aim to study this association through their common underlying psychological factors: internalising problems and externalising problems.

Methods: A representative sample of 7,083 adolescents ($M_{age} = 13.48$ years; $SD_{age} = 1.32$; 50.3% girls) from Slovakia was obtained from the Health Behaviour in School-aged Children (HBSC) project in 2018. Study variables included the Excessive Internet Use Scale (EIU) and the Strength and Difficulties Questionnaire (SDQ). Eating disorders symptoms (EDS) were assessed by SCOFF and selected items from the Eating Disorder Screen for Primary Care (ESP). Data were analysed separately for boys and girls with Structural Equation Modelling.

Results: There was a partial correlation between EDS and EIU ($r = 0.36$ for boys and $r = 0.29$ for girls) after controlling for the internalising and externalising of problems. Internalising and externalising problems were positively associated with EDS, while EIU was only associated with externalising problems. The results were comparable for both genders.

Conclusion: The study provides evidence that, during adolescence, EDS and EIU are related and have a tendency to occur together. Also, they are related even when controlled for their shared underlying psychological factors, namely the emotional and attentional/behavioural difficulties.

Keywords: Eating disorders symptoms, Excessive internet use, Internalising problems, Externalising problems, Adolescents

Plain English summary

The study found that, in adolescents, eating disorders symptoms are associated with excessive internet use even when controlled for their shared psychological factors. Self-control issues were associated with both the eating disorder symptoms and excessive internet use, while emotional issues were only associated with the eating disorder symptoms. The strength of the relationship was similar for boys and girls, even though the prevalence of eating disorders symptoms was double in girls.



Social constraints associated with excessive internet use in adolescents: the role of family, school, peers, and neighbourhood

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Abstract

Objectives Excessive internet use (EIU) has been studied predominantly within the context of individual risk factors. Less attention has been paid to social factors, especially in a fashion complex enough to include the multiple domains of adolescent socialization. This study examined the relationship between EIU and constraints within family, school, peer groups, and neighbourhoods, while controlling for emotional and behavioural difficulties.

Methods This study was based on survey data from the Health Behaviour in School-aged Children study, which was conducted in Slovakia in 2018. The sample of representative adolescents totalled 8400 (mean age: 13.44 years; SD_{age} = 1.33; 50.9% boys).

Results Multiple-step linear regression revealed that, after controlling for sociodemographic factors and emotional and behavioural difficulties, peer problems had the least effect, while the constraints related to family and neighbourhood stood out as especially problematic. Combined variables explained 20% variance of EIU.

Conclusions Social constraints proved to be important factors in adolescent EIU. The important role of a problematic neighbourhood is a novel finding and suggests that it should be targeted in prevention.

Keywords Excessive internet use · Internet addiction · Adolescents · Social constraints · Problematic neighbourhood

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Do sleeping habits mediate the association between time spent on digital devices and school problems in adolescence?

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Background: This study examined the associations of Internet and computer screen time with school difficulties and the role of sleep quality and soft and energy drinks consumption. **Methods:** We used data from the cross-sectional Health Behaviour in School-aged Children study collected in 2014 among Slovak adolescents (aged 11.0–15.9 years, N = 7595, 48.1% boys). We examined the inter-relations between time spent with on digital devices (time spent playing digital games or Internet use), sleeping quality (sleeping shortage, sleeping difficulties), soft/energy drinks consumption and school problems (low academic achievement, disliking school, being pressured by schoolwork and truancy), using structural equation modeling. **Results:** Results showed that the more time adolescents spent on digital devices during leisure time, the more school problems they had. This association was mediated by a higher consumption of soft or energy drinks and a lower quality of sleeping. The direct effect of time spent on digital devices on school problems and its indirect effect via sleeping quality were relatively small (−0.26 and −0.30, respectively, standardized solution), compared with the indirect effect of time spent on digital devices via soft/energy drinks consumption as well as sleeping quality (0.65, standardized solution). **Conclusions:** Time spent on digital devices is associated with school problems, with sleeping and soft/energy drinks consumption playing a substantial role in this association.



Article

The Associations between Family-Related Factors and Excessive Internet Use in Adolescents

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Abstract: This study examined the relationship between Excessive Internet Use (EIU) in adolescents and their family environment, namely the family type, the family economic status, the effect of parental care, the level of parental control, the amount of parental monitoring, the quality of communication, and the time spent together. The study was based on data from an international survey, Health Behaviour in School Aged Children (HBSC), conducted in Slovakia. The sample representative for adolescents included 2547 participants (51% boys) aged 13–15. Multiple-step linear regression revealed that higher parental care and parental monitoring predicted lower EIU, while higher parental overprotection and lower socioeconomic status predicted higher EIU. The results suggest that both so-called optimal parenting (i.e., the balance of emotional warmth and protection) and the adolescent's autonomy lower the risk of EIU. Family factors explained about 14% of the variance, which suggests that aside from personal, cognitive and affective factors, a close social environment also plays an important role in adolescence EIU.

Haptika – sociální dotek ve starším věku

- Doc. Anna Ševčíková (asevciko@fss.muni.cz)
- Význam doteků ve starším věku – co pro osoby 60+ znamenají (kdy je potřebují, kdy ne; co se s nimi děje a co dělají, když ho nemají)
 - Kvalitativní výzkum – hloubkové rozhovory (schválen Etickou komisí pro výzkum MU)
- Aplikace získaných poznatků pro selekci/vývoj škály měřící haptické chování – vnímaná potřeba

Ověření psychometrických vlastností „Touch Deprivation Scale“

Table 1 *Touch Deprivation Scale*

		Absence of Touch	Longing for Touch	Sex for Touch
1.	I do not receive as much touch in my life as normal people.	.79	.08	-.12
2.	I receive a normal, healthy amount of touch from people.	-.77	-.22	-.05
3.	Human touch is not a daily occurrence in my life.	.73	.03	.09
4.	Touch from other people is a very common and natural part of my daily life.	-.72	.07	.02
5.	I often go for days without being touched by someone.	.71	.20	-.19
6.	I often feel like I'm untouchable because of the lack of touch from others in my life.	.67	.18	.25
7.	I receive a variety of forms of touch from a variety of different people.	-.64	-.16	.16
8.	I can go long periods of time without being touched by another person.	.55	-.02	-.33
9.	There are days where I would do anything just to be touched by someone.	.14	.86	.06
10.	I have longed for the touch of another person, any person.	.04	.83	-.09
11.	Some days I long to be held, but have no one to hold me.	.31	.75	-.05
12.	I often wish I could get more hugs from others.	-.05	.55	.33
13.	I've engaged in sexual behaviors for the pure purpose of being touched by someone.	.01	.18	.76
14.	I would never engage in sex with someone, just to be touched.	.03	.03	-.71
15.	I receive more touch than your average person.	-.35	-.18	-.49
16.	Even if someone hits me, at least I'm receiving human touch.	.27	.25	.32

Punyanunt-Carter, N. M., & Wrench, J. S. (2009). Development and validity testing of a measure of touch deprivation. *Human Communication, 12*(1), 67–76.

Analýza longitudinálních dat z projektu Survey of Health, Ageing and Retirement (SHARE)

The screenshot shows the homepage of the Survey of Health, Ageing and Retirement in Europe (SHARE) project. The browser address bar displays 'www.share-project.org/home0.html'. The page features a navigation menu on the left with items like 'Home', 'Organisation', 'Data Access', 'Data Documentation', 'SHARE-COVID19', 'Special Data Sets', and 'SHARE Publications'. The main content area includes a breadcrumb trail 'You are here: Home', a search bar, and a news section titled 'Vaccination willingness in Europe: Who are the unvaccinated?'. The header contains a 'Select Country' dropdown, the SHARE logo, a map of Europe, and the project title 'Survey of Health, Ageing and Retirement in Europe'.

www.share-project.org/home0.html

Select Country

SHARE
Survey of Health, Ageing and Retirement in Europe
50+ in Europe

Survey of Health, Ageing and Retirement in Europe

You are here: Home

SHARE - Survey of Health, Ageing and Retirement in Europe

The Survey of Health, Ageing and Retirement in Europe (SHARE) is a research infrastructure for studying the effects of health, social, economic and environmental policies over the life-course of European citizens and beyond. From 2004 until today, 480,000 in-depth interviews with 140,000 people aged 50 or older from **28 European countries and Israel** have been conducted. Thus, SHARE is the largest pan-European social science panel study providing internationally comparable longitudinal micro data which allow insights in the fields of public health and socio-economic living conditions of European individuals.

Looking at the socio-economic consequences of COVID-19 in Europe:

Search

News

Vaccination willingness in Europe: Who are the unvaccinated?

Researchers analyzed the willingness to get vaccinated against the background of demographic, socio-economic and health factors of people in Europe...

- Duševní zdraví (depresivita)
- Životní spokojenost
- Well-being
- Big-5
- Subjektivní a objektivní indikátory fyzického zdraví
- COVID-dotazník – longitudinální dopady lockdownů (apod.)
- Sexuální chování online

E Sexuální život

Následující otázky jsou o sexualitě, která je velmi důležitá i ve starším věku. Můžete samozřejmě přeskočit otázku, na kterou nebudete chtít odpovědět.

1. Za posledních 12 měsíců, jak často jste měl/a sex s Vaším manželem/kou, partnerem/kou nebo známostí?

(Zakřížkujte prosím jeden čtvereček)

Neměl/a jsem sex	Jednou za měsíc či méně často	Dvakrát, třikrát do měsíce	Jednou nebo dvakrát do týdne	Třikrát do týdne a častěji
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

2. S ohledem na posledních 12 měsíců, jak moc je pro Vás důležitý sexuální život?

(Zakřížkujte prosím jeden čtvereček)

Není vůbec důležitý	Málo důležitý	Docela důležitý	Hodně důležitý	Nesmírně důležitý
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

3. S ohledem na posledních 12 měsíců, jak často pociťujete sexuální touhu?

Tím je myšleno chuť na sex, plánování sexu, pocit frustrace z nedostatku sexu apod.

(Zakřížkujte prosím jeden čtvereček)

Nikdy	Zřídka	Občas	Často	Neustále
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

4. Jak často jste během posledních 12 měsíců navštívil(a) internetové stránky či jiné online aplikace za účelem, který souvisel s Vaším sexuálním životem (např. vyhledávání informací, sledování stránek se sexuálním obsahem)?

(Zakřížkujte prosím jeden čtvereček)

Vůbec	Jednou za měsíc či méně často	Dvakrát, třikrát do měsíce do měsíce	Jednou nebo dvakrát do týdne	Třikrát do týdne a častěji	Nepoužívám internet
<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆

Publikace

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