



## CIMCYC Talks: Problematic Social Networking Sites use as a potential disorder

~~Desde~~ el Mar, 27/05/2025 - 10:00

### CIMCYC Talks

El **Máster en Neurociencia Cognitiva y del Comportamiento** invita a la CIMCYC Talks

"Problematic Social Networking Sites use as a potential disorder - the addiction framework", con la Dra. Julia Balcerowska, investigadora de la Universidad de Gdansk.

"The **problematic use of social networking sites (SNS)** has become a growing concern in mental health research, particularly regarding its potential classification as a behavioral addiction. Recent models and empirical findings suggest that excessive, uncontrolled engagement with SNS use can lead to significant impairments across social, occupational, and psychological domains, paralleling mechanisms observed in other behavioral addictions.

Recently proposed diagnostic criteria for problematic SNS use incorporate symptoms traditionally related to disorders classified as addictions, such as impaired control, functional impairments, persistent use despite harm, or craving. Additionally, previous studies' results emphasize the role of certain Internet-use cognitive biases (e.g., preference for online social interactions) and heightened emotional response to perceived social deficiency (e.g., fear of missing out).

The lecture aims to discuss the current status of problematic SNS use as a **candidate for behavioral addiction**, with special emphasis on its definition, proposed diagnostic criteria, aetiology, and specific comorbidities. Furthermore, the presentation will also be supplemented with a summary of the author's previous

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studies on individual determinants of problematic social networking sites use, focusing on the role of personality vulnerabilities related to the problematic SNS use, with a special emphasis on different forms of narcissism and related to its self-motives".