

# Screen Use Disorder: Exploring Criteria for Substance Use Disorder and Impairment as Indicators of Disordered Use of Screen-Based Activities.

A. Allache<sup>1,2</sup>; J-M. Alexandre<sup>1,2,3</sup>; C. Romao<sup>1,2</sup>; S. Moriceau<sup>1,2,3</sup>; M. Auriacombe<sup>1,2,3</sup>; F. Serre<sup>1,2</sup>

<sup>1</sup> University of Bordeaux, F-33076 Bordeaux, France

<sup>2</sup> CNRS, SANPSY, UMR 6033, F-33076 Bordeaux, France

<sup>3</sup> Pôle Interétablissement d'Addictologie, CH Ch. Perrens and CHU de Bordeaux, F-33076 Bordeaux, France

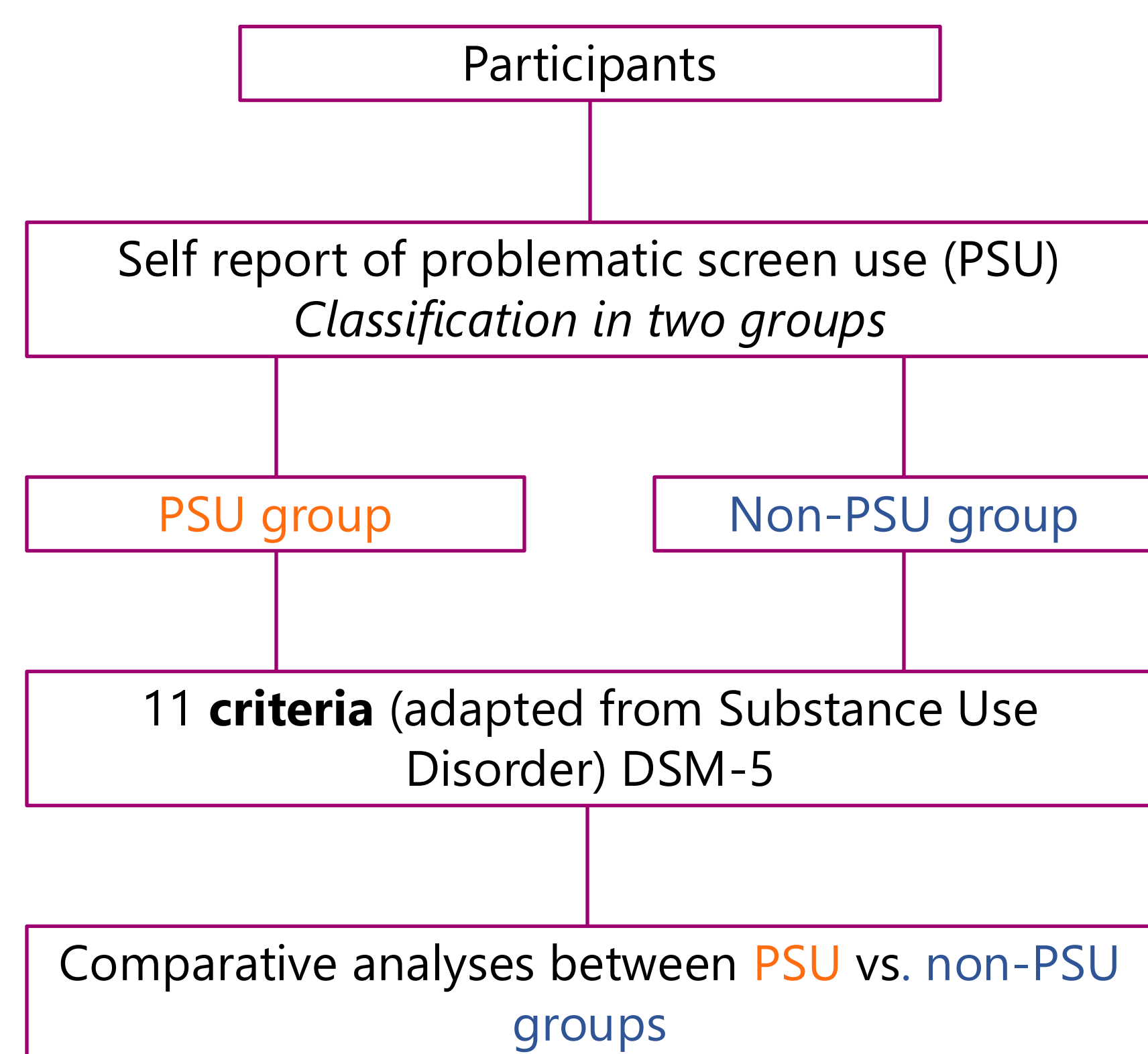
## INTRODUCTION

- Excessive use of **screen-based activities** may display addictive-like characteristics.
- to be recognized as an addiction, a behavior must show:
  - Impairment or distress in daily functioning
  - Applicability of **diagnostic criteria** (e.g., DSM-5)
- Identify these elements is a first step toward validating Screen Use Disorder (SUD)

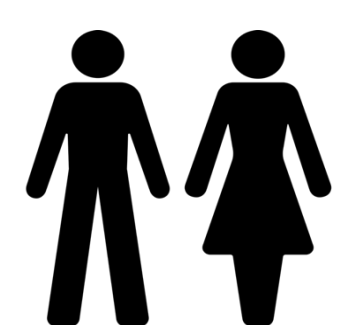
**Objective:** To determine whether screen-based activities display addictive characteristics by assessing the applicability of DSM-5 diagnostic criteria adapted to screens.

## METHOD

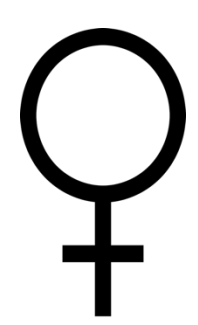
**Population:** Participants were recruited from incoming patients in an outpatient addiction treatment center.



## POPULATION



n=213



37%

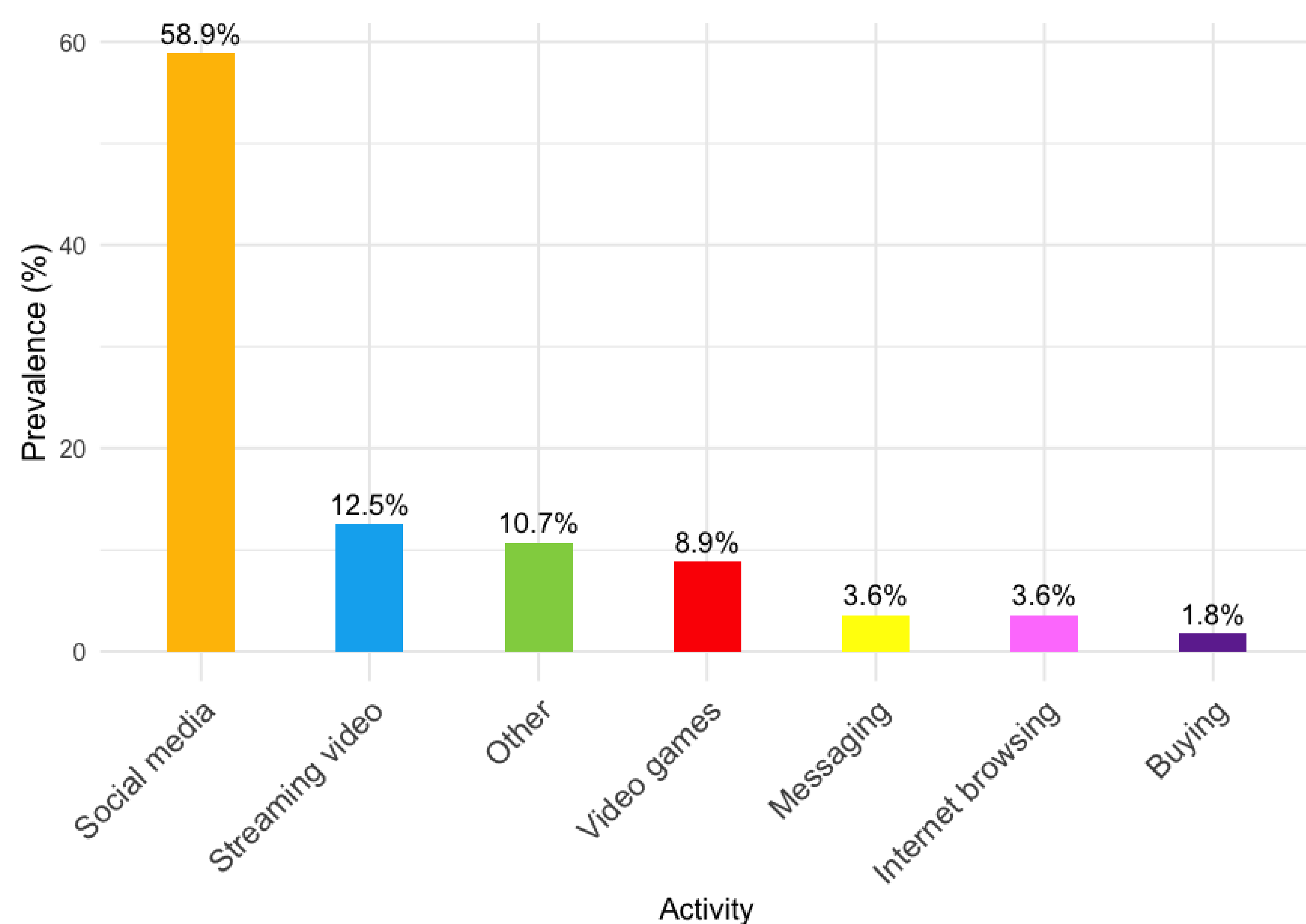


38 yo (SD=12.04)

Among the 213 participants, **56 (26.3%)** reported a self-perceived **problem with screen use (PSU)** over the past 12 months and they reported on average **5.6 (SD=2.5) criteria**.

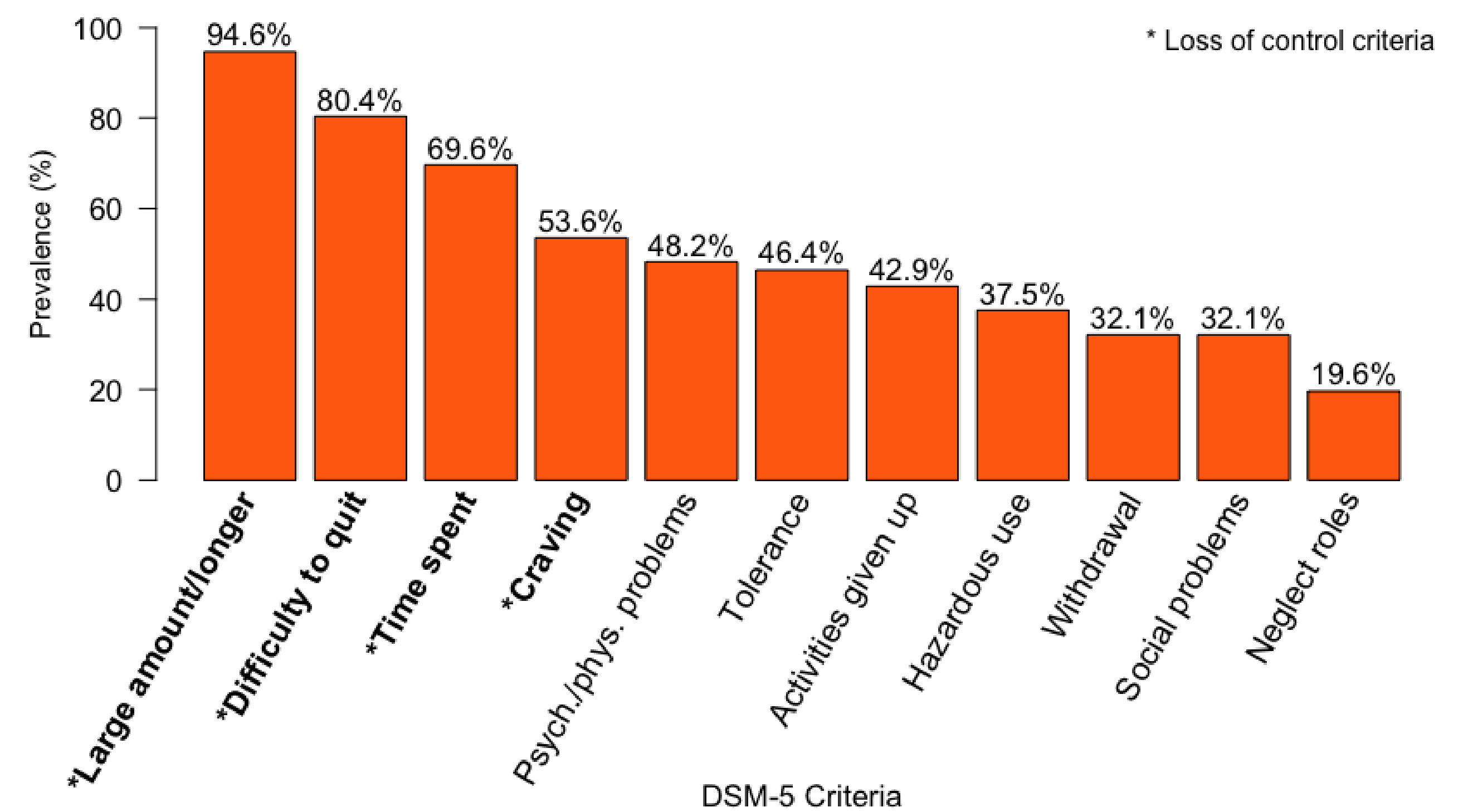
Of the 56 participants who reported **PSU**, 11 were requesting treatment.

For the participants **not reporting PSU (n=157 (73.7%))**, the average number of criteria reported was **1.2 (SD=1.9)**.



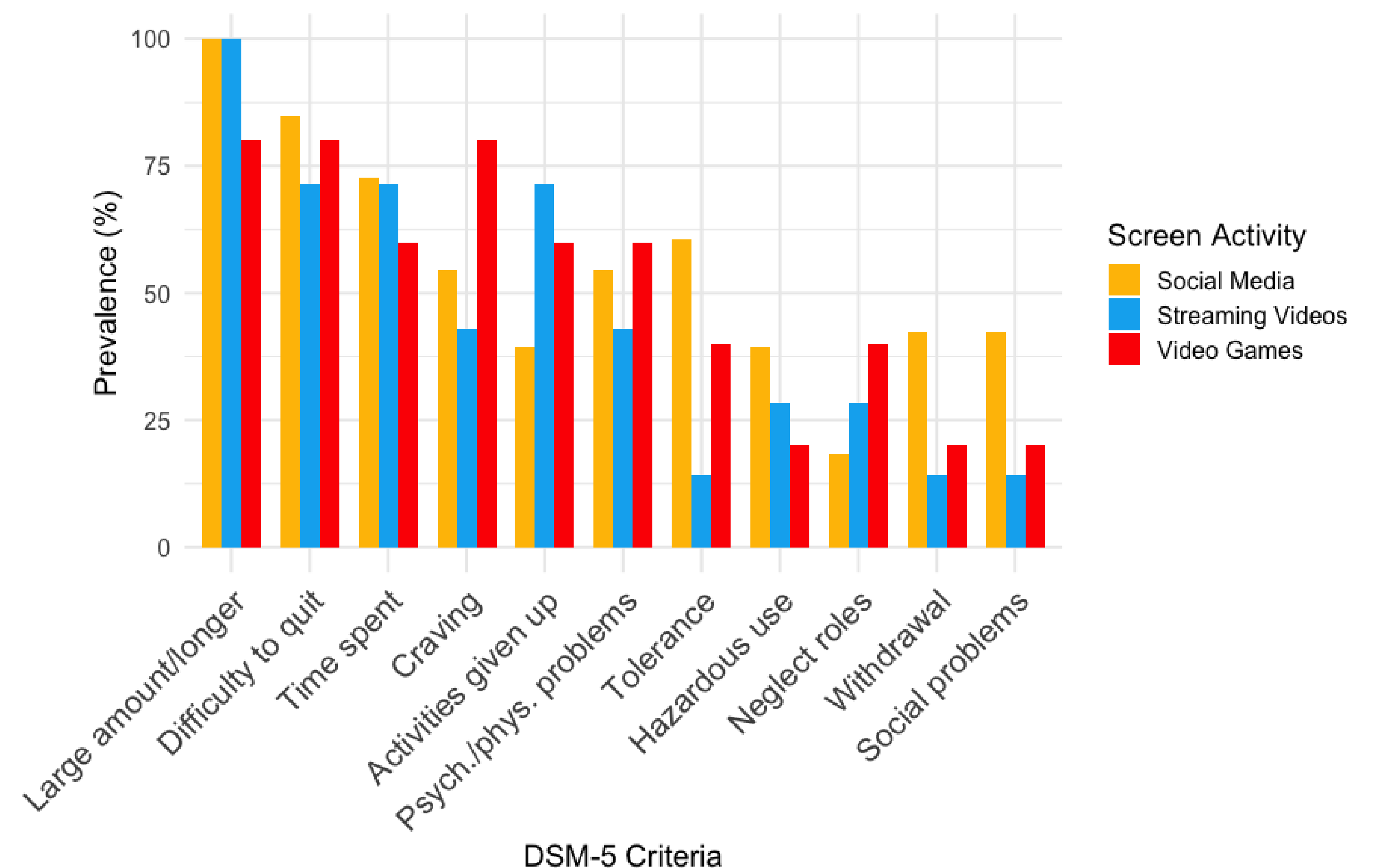
**Graph 1:** Distribution of main problematic screen-related activities among PSU group (n=56)

## 1: DSM-5 CRITERIA FREQUENCY (PSU)



**Graph 2:** Prevalence of each diagnosis criteria adapted for screen in PSU group (n=56)

## 2: DSM-5 CRITERIA BY ACTIVITY



**Graph 3:** Prevalence of DSM-5 criteria among PSU participants by screen activity (SM, SV, VG; n = 45)

Further analyses focused on **Social Media (SM)**, **Streaming videos (SV)**, **Video Games (VG)** (n=45). Chi<sup>2</sup> analyses among participants reporting **PSU** within SM, SV, VG groups showed that only the criterion 'Large amount/longer' significantly differed across screen activity types (p = 0.01).

**All other criteria showed no significant variation (p > 0.05).**

Mean number of criteria was 6.1 (SD=3.5) for SM, 5.0 (SD=2.1) for SV, and 5.6 (SD=3.5) for VG. No significant differences were found between the groups (ANOVA, p=0.5626).

## DISCUSSION

PSU participants reported **higher severity** and frequent endorsement of core criteria (e.g., loss of control, craving).

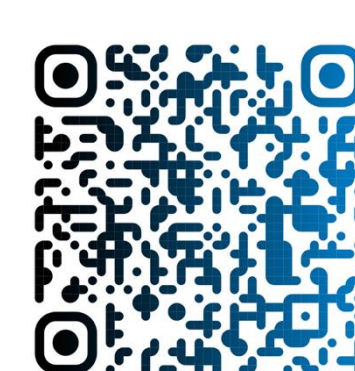
1/11 criterion differed across activity types, suggesting **stable symptom patterns** and supporting a unified SUD.

Further studies are needed to explore patterns of criteria endorsement across different screen activities, comparisons with other addictions and potential role of craving.

## PARTNERS

**Financial support:** This research was supported by University of Bordeaux's IdEx "Investments for the Future" program/GPR BRAIN\_2030 (Adapsy project); doctoral grants 2024, co-sponsored by IReSP and INCa/AAP 2024 CADD0C-363509; France.

Contact: [axel.allache@u-bordeaux.fr](mailto:axel.allache@u-bordeaux.fr)



Conflicts of interest : none