



# SOCIAL ANXIETY DISORDER, INTERNET GAMING DISORDER, AND SLEEP DISTURBANCES AMONG YOUTH

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# INTRODUCTION

What is Social Anxiety Disorder?

- **Intense fear** of social settings
- Around **9% of adolescents** experience SAD
- It is most seen in adolescents **aged 10-17.**



# INTRODUCTION

What is Internet Gaming Disorder?

- **A persistent inability** to regulate gaming behavior
- With increased screen time **post-COVID-19**
- Affecting **2.5%–9% of youth**



# INTRODUCTION

What are Sleep Disturbances and Sleep Hygiene?

## Sleep disturbances;

- problems with **quality, timing, and amount** of sleep
- E.G. insomnia, restless legs syndrome, narcolepsy, sleep apnea etc.

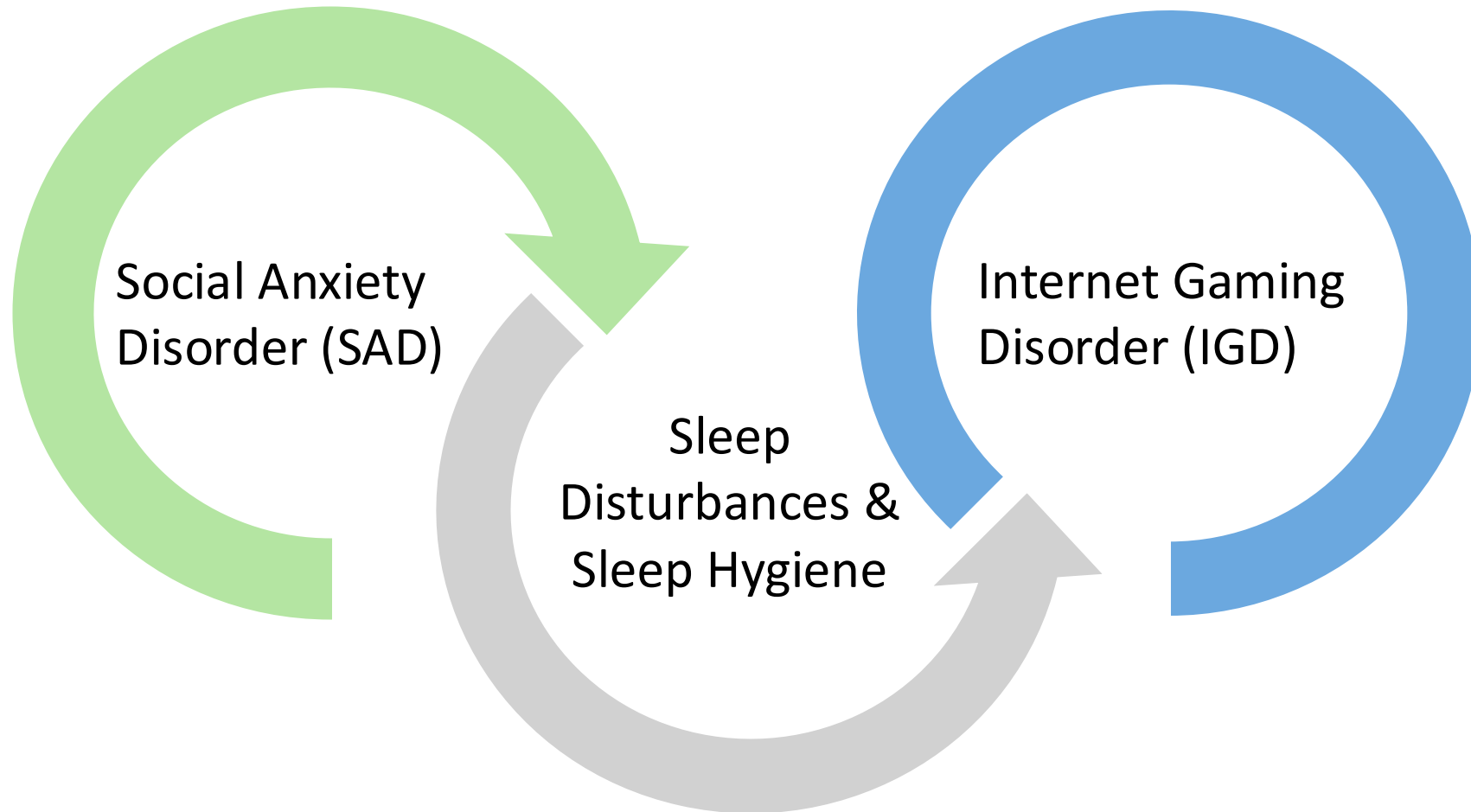
## Sleep hygiene;

- healthy **habits, behaviors and environmental factors**.



# INTRODUCTION

What is the role of sleep?



# AIM

## of the study



Uncover how SAD may lead to heightened IGD and disrupted sleep



Explore the interplay between SAD, IGD and sleep disturbances



Emphasize sleep quality's role in this association

# METHODOLOGY

## Participants

- Diagnosed with SAD
- 11-18 years old
- 23 girls + 13 boys
- Child and Adolescent Psychiatry  
Outpatient Clinic of BVU Hospital

Case Group (n=32)

- Without SAD
- 11-18 years old
- 21 girls + 17 boys

Control Group (n=38)



# METHODOLOGY

## Exclusion Criterias

- a history of significant neurological, sensory, or motor impairments
- a history of seizure disorders
- psychosis
- intellectual disability

# METHODOLOGY

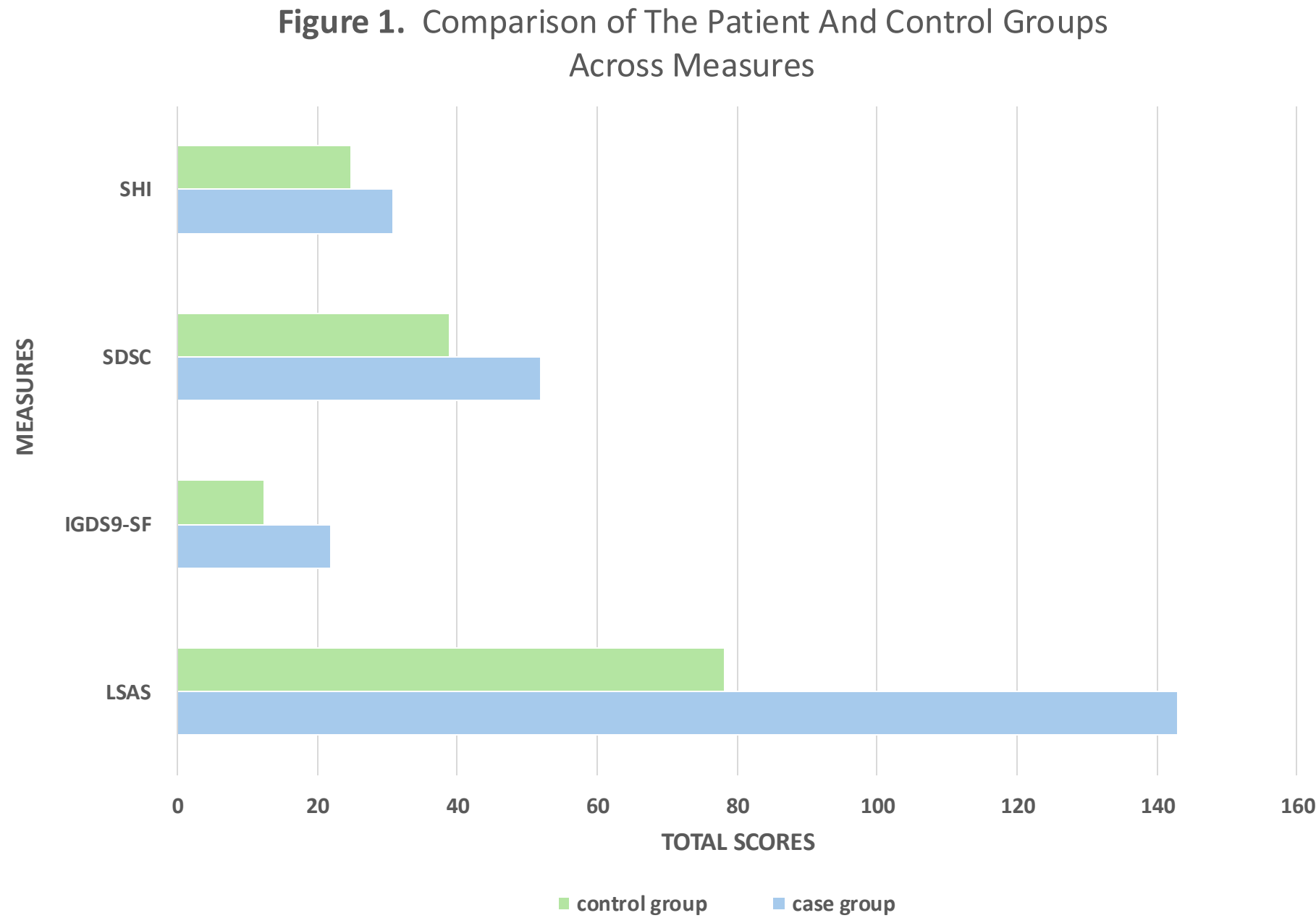
## Measures

1. Liebowitz Social Anxiety Scale (LSAS)
2. Internet Gaming Disorder Scale-Short Form (IGDS9-SF)
3. Sleep Disturbance Scale for Children (SDSC)
4. Sleep Hygiene Index (SHI)
5. Sociodemographic Data Form



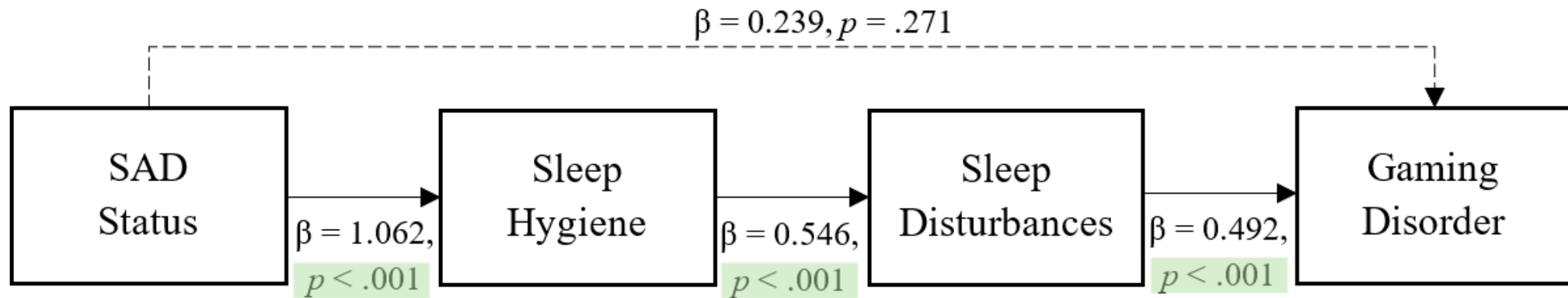
# RESULTS

For each measure, the difference in scores between the case and control groups was found to be statistically significant ( $p < 0.001$ ).



# RESULTS

**Figure 2.** The path model examining the association between SAD diagnosis, sleep hygiene, sleep disturbances and internet gaming disorder in youth



SAD Status → Sleep Hygiene → Sleep Disturbances → Internet Gaming Disorder  
(Indirect effect =  $\beta = 0.286, p = .005$ )

SAD: Social Anxiety Disorder

# CONCLUSION



## **SAD & IGD: The Hidden Link?**

Adolescents with SAD:

- Higher IGD symptoms
- Poorer sleep hygiene
- More sleep disturbances



## **Sleep Factors as a Bridge:**

- Sleep disturbances and sleep hygiene connect SAD and IGD
- Sleep disruptions may link social anxiety and behavioral addictions

**Targeting Sleep:  
Better Mental Health?**  
Improving sleep may be the key to breaking the cycle between social anxiety and internet gaming disorder.



# STRENGTHS

1. **Reliable and Validated Measurement**
2. **Advanced Analytical Methods**

# LIMITATIONS

1. **Cross-sectional design** prevents causal inferences
2. **Reliance on self-reported measures**
3. **Limited generalizability** due to single-clinic sample

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# SPECIAL THANKS







Children are the assurance of our future and our joy of life.

For the joy of life, we have lost since October 7, 2023:

**PEACE AT HOME, PEACE IN THE WORLD!**

*H. Attia*

# THANKS

for your time and attention



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