

Abstract citation ID: ckad160.882
Associations between problematic use of ICTs, depression, psychosocial, and behavioral factors

Fátima Méndez-López

F Méndez-López¹, M Domínguez-García³, S León-Herrera², M Martínez-Pecharroman¹, M Samper-Pardo¹, A Aguilar-Latorre¹

¹Grupo Aragonés de Investigación en Atención, Institute for Health Research Aragón (IIS Aragón), Zaragoza, Spain

²Department of Psychology and Sociology, University of Zaragoza, Zaragoza, Spain

³Calatayud Health Center, Aragon Healthcare Service, Zaragoza, Spain
 Contact: fmendez@iisaragon.es

Background:

Depression is a significant and growing health problem that has a significant impact on psychosocial functioning and quality of life. The onset and the severity of mental health problems have been related to various biological, psychosocial, and behavioral variables.

Purpose:

The purpose of this study is to explore the association among the severity of depression, problematic information and communications technology (ICT) use, and some related personal factors with health behavior among adults. It also analyzes the moderating role of personal factors in the relationship between the problematic use of ICT and depression.

Patients and methods:

Descriptive, bivariate, multivariate, and moderation analyzes of data from 391 participants of 35-74 years old in primary healthcare centers located in Aragón, in northern Spain were performed between July 2021 and July 2022. The primary outcome was the severity of depressive symptoms as continuous variable (PHQ-9).

Results:

Low sense of coherence ($\beta = -0.058$; $p = 0.043$), low self-esteem ($\beta = -0.171$; $p = 0.002$), and low self-efficacy ($\beta = -0.122$; $p = 0.001$), are predictors of having more severe depressive symptoms. The negative relationship between problematic ICT use and higher depression was stronger in participants with lower self-efficacy ($b = 0.1805$, $p = 0.080$).

Conclusions:

The problematic use of ICT and personal factors are related to depressive symptomatology. The interrelationship between problematic ICT use, personal factors, and depression needs to be further explored. The development of prevention and communication strategies by the authorities, which consider

the psychosocial factors of adults and promote knowledge of the disease, will increase the adoption of protective health behavior.

Key messages:

- The abusive use of information and communication technologies occurs at all ages and in very different cultural contexts, being a growing health problem.
- Knowing the psychosocial risk factors that predispose to this problematic use of ICTs should be key to preventive identification and early care measures among people at risk and their families.