Predictors and Consequences of Social Media Self-control Failure (#8587)

Author(s)
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1) Have any data been collected for this study already?
No, no data have been collected for this study yet.

2) What's the main question being asked or hypothesis being tested in this study?
1. Immediate gratification, habitual checking, ubiquity, and notification will positively predict everyday social media self-control failure. 
2. Social media self-control failure will negatively predict mindfulness, subjective vitality and life satisfaction cross-sectionally. Longitudinally, social media self-control failure will show reciprocal (bidirectional) negative association with mindfulness. 
3. Open research question: Will social media self-control failure show reciprocal (bidirectional) negative associations with subjective vitality and life satisfaction respectively?

3) Describe the key dependent variable(s) specifying how they will be measured.
- Social media use will be measured with one question regarding participant’s frequency of social media use, and one question regarding the time spent on social media (Du, van Koningsbruggen, & Kerkhof, in press). Additionally, we will also ask the social media platform(s) they use on a daily basis (Du, van Koningsbruggen, & Kerkhof, in press).
- Social media habitual checking will be measured by the 12-item Self-Report Habit Index (Verplanken & Orbell, 2003).
- Immediate gratification of social media will be measured with 17 items regarding the immediate gratification people obtain from social media use (based on LaRose & Eastin, 2004).
- The ubiquity of social media will be measured with the Online Vigilance Scale-Salience subscale (Reinecke, Klimmt, Meier, Reich, & Hefner, 2017).
- Notification distraction and responsive reaction will be measured with three items based on Mehrrota, Pejovic, & Vermeulen, 2016, Pielot & Rello, 2017, and van Koningsbruggen, unpublished data.
- Social media self-control failure will be measured by the Social Media Self-Control Failure (SMSCF-scale, Du, van Koningsbruggen, & Kerkhof, in press).
- Mindfulness will be measured with the Mindful Attention Awareness Scale, MAAS (Brown & Ryan, 2003).
- Subjective vitality will be measured by the Subjective Vitality scale (Ryan & Frederick, 1997).
- Life satisfaction will be measured by the Satisfaction With Life Scale (Diener, Emmons, Larson, & Griffin, 1985).

4) How many and which conditions will participants be assigned to?
No experimental conditions are used in this study. We will conduct a 3-wave online survey during eight months. The time lag between each survey (four months) is based on the study by Suh, Diener, & Fujita (1996) that suggests that one should have sufficient time between the measurement times in order to detect potential fluctuations in e.g. life satisfaction (e.g. Suh et al. used 3 months). In addition, we selected 4 months between the measurement times to avoid time 2 survey to be in the holiday season. Time 1 survey includes all measures listed above. At Time 2 and Time 3, only the measures regarding social media self-control failure, mindfulness, subjective vitality and life satisfaction will be used. The orders of the measures will be the same throughout the three surveys.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.
Structural equation modeling will be used to test the main hypotheses. We will test the cross-sectional model for the Time 1 data. We will use cross-lagged panel model to examine the reciprocal (bidirectional) effects of SMSCF associated with mindfulness, subjective vitality and life satisfaction respectively across three waves of data (longitudinal).

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.
Participants will be excluded from analyses when:
- Their age is not between 16 and 60 years old.
- They do not typically use social media at least once per day.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.
We will recruit 600 participants in Time 1 measure via Prolific.ac. Participants will be invited again to the Time 2 survey and Time 3 survey. Our sample size is based on Wolf, Harrington, Clark, & Miller (2013) and Kenny (2015) (see http://davidakenny.net/cm/fit.htm for more information), and other studies (Sher, Wood, Wood, & Raskin,1996; Trepte & Reinecke, in press) that employed comparable sample sizes.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)
No secondary analyses will be used in this research.

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