

Short test instruction for the Social Network Use and Gaming Disorder Screening (SNUGS)

Description

The Social Network Use and Gaming Disorder Screening (SNUGS) consists of six items and allows a simultaneous assessment of Gaming Disorder (GD) and Social Network Use Disorder (SNUD). GD describes the pathological use of computer games. SNUD comprises a pathological use of social networks. Both disorders belong to the so-called Internet use disorders. A pathological use is defined by the presence of five or more criteria of the Internet Gaming Disorder according to the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) or three criteria of the Gaming Disorder according to the 11th revision of the International Classification of Diseases (ICD-11) including functional impairment. The SNUGS was developed by means of a clinical interview as validity criterion which reflects the aforementioned criteria according to DSM-5 and ICD-11.

Quality criteria

Validity: The SNUGS offers separate cut-off values for GD and SNUD, which can be regarded for women and men, respectively. For GD, the test reaches a sensitivity of 0.83 and a specificity of 0.99 for women at a cut-off of 10 or more points. For men, the cut-off for GD lies at 6 points (sensitivity: 0.93; specificity: 0.88). In the unisex overall sample, the cut-off lies at 6 points (sensitivity: 0.91; specificity: 0.94). For SNUD, the test reaches a sensitivity of 0.82 and a specificity of 0.87 for women at a cut-off of 7 or more points. For men, the cut-off for SNUD lies at 5 points (sensitivity: 0.82; specificity: 0.79). In the unisex overall sample, the cut-off lies at 7 points (sensitivity: 0.76; specificity: 0.88).

Reliability: A McDonald's Omega of 0.94 for GD and of 0.90 for SNUD indicates a high internal consistency. This suggests an accurate and reliable assessment by means of the instrument.

Evaluation

For each item, 0 to 4 points can be reached. The sum score of all six items lies between 0 and 24 points for GD and SNUD, respectively. The mean for the items for GD in the development sample was 1.28 with a standard deviation of 2.67. The mean for the items for SNUD in the development sample was 3.36 with a standard deviation of 3.88. The respective cut-off values can be found in table 1.

Table 1: Cut-off values SNUGS

	Women	Men	Overall sample
Computer games	10	6	6
Social networks	7	5	7

Interpretation

A test value of 10 points for women or 6 points for men can suggest a Gaming Disorder. Indications for a Social Network Use Disorder result from test values of 7 points for women or 5 points for men. SNUGS is only a screening which cannot replace diagnostics. Given a positive screening result, thorough diagnostics should follow. The SNUGS is suitable for a time-economic case finding of individuals that are eligible for an intervention.

Use for research purposes

Next to a clinical application, the SNUGS can also be used for prevalence estimations for research purposes. However, in this case, different cut-off values with a higher specificity should be utilized to avoid an overestimation of prevalence and thus an over-pathologization. Recommended cut-off values for prevalence estimations can be found in table 2.

Table 2: Cut-off values SNUGS prevalence estimation

	Computer games	Social networks
Women	10	9
(sensitivity/specificity)	(0.83/0.99)	(0.65/0.93)
Men	8	6
(sensitivity/specificity)	(0.80/0.95)	(0.77/0.84)
Overall sample	8	9
(sensitivity/specificity)	(0.81/0.97)	(0.63/0.94)

Terms of use

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