

Instruments:

Bergen Social Media Addiction Scale (BSMAS; Andreassen et al., 2016; Spanish version from Copez-Lonzoy et al., 2023) is a 6-item five-point Likert scale (1 = very rarely, 5 = very often) designed to assess PSMU. It is a unidimensional instrument with six indicators: salience, tolerance, mood modification, relapse or loss of control, withdrawal, and conflict or functional impairment. Higher scores are indicative of a higher risk (range from 6 to 30).

Internet Gaming Disorder Scale (IGDS9-SF; Pontes and Griffiths, 2015; Spanish version from Beranuy et al., 2020) is a 9-item five-point Likert scale (1 = Never; 5 = Very Often) that assesses the severity of IGD and its effects by examining both online and offline gaming activities performed over a 12-month period. It covers preoccupation with gaming, withdrawal symptoms, tolerance, unsuccessful attempts to reduce gaming, loss of interest in other activities, continued gaming despite problems, deception about gaming time, gaming to relieve negative moods, and jeopardizing significant relationships or opportunities. Scores range from 9 to 45, with higher scores indicating a higher risk of addiction.

Difficulties in Emotion Regulation Scale (DERS-16; Gratz and Roemer, 2004) is a 16-item five-point Likert scale (1 = almost never; 5 = almost always) that assesses emotion dysregulation across five domains: non-acceptance of negative emotions, difficulty in goal-directed behavior, impulsive control, limited access to effective strategies, and lack of emotional clarity. Higher scores are indicative of higher difficulties in emotion regulation.

Inventario de Síntomas Prefrontales Abreviado (ISP-20; Pedrero-Pérez et al., 2015) is a 20-item five-point Likert scale (1 = never, 5 = always) that measures three dimensions: executive control impairments, social behavior difficulties, and emotional control issues. High scores indicate the presence of impairment.

NEO Five-Factor Inventory (NEO-FFI-30; Körner et al., 2008; Spanish version from Fumero et al., 2023) is a 30-item five-point Likert scale (0 = strongly disagree; 4 = strongly agree) that assesses five major personality dimensions: neuroticism, extraversion, openness, agreeableness, and conscientiousness.

General Decision Making Style (GDMS; Scott and Bruce, 1995; Spanish version from Alacreu-Crespo et al., 2019) is a 24 item five-point Likert scale (1 = strongly disagree to 5 = strongly agree) that assesses rational, avoidant, intuitive, and dependent decision-making styles.