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ABSTRACT
The current study examined mood and internet use in 109 young people (age M = 14.7yrs; 69% female) using Experience Sampling Methodology (ESM) over a 7-day period. Participants were classified as experiencing low or high social anxiety (LSA and HSA) and their mood, internet frequency, and online coping were compared. Young people high in social anxiety reported greater average worry, sadness and loneliness, than low socially anxious young people, who reported greater average happiness. In addition, social anxiety was found to be a positive predictor of online frequency and online coping in young people. Descriptive snapshots were also generated to illustrate the differing mood landscapes and internet use of young people.

INTRODUCTION
The internet has the potential to offer a safe social forum for individuals who are considered to be socially anxious. The internet, particularly online social networking sites, discussion boards and blogs, can potentially offer shy, or socially anxious individuals, an opportunity to express themselves, socially connect with others, cope with stress, within a platform that does not require face-to-face contact (Weidman et al., 2012).

Previous studies have suggested that loneliness and social anxiety are linked with greater use of the internet for social interactions (Bonetti, Campbell & Gilmore, 2010) and a feeling of social connection (Clayton, Osborne & Oberle, 2013). The aim of the current study was to examine mood and online behaviour (frequency of use) of adolescents and explore potential differences between young people who are high in social anxiety to those who are not.

METHODS AND MATERIALS
Participants
• 109 young people (31% male, 69% female)
• Aged 13-16 years, M = 14.7 years.
• 75% Caucasian

Pre-Test and Post-Test
• Social anxiety (Social Anxiety Scale for Adolescents; La Greca & Lopez, 1998)
• Online coping (adapted from the Brief COPE; Carver, 1998).

Social anxiety composite scores at pre and post test were averaged (M = 49.2, SD 15.8), participants were then classified as having high social anxiety (HSA; scores > 50; coded 1; N = 46), or low social anxiety (LSA; scores < 50; coded 0; N = 63). Of the sample, 45% of participants reported HSA, the majority of whom were female (80%).

ESM Survey
Participants were allocated a smartphone (iPhone 5) for seven days and were sent an SMS message at five time points each day:
• Morning (7:00am – 10:45am),
• Lunchtime (1:00pm – 2:00pm),
• After school (3:00pm – 4:30pm),
• Dinner (7:00pm – 8:30 pm)
• Night (9:00pm – 10:00pm)

Participants were asked; their internet use (minutes/hours since last message), and their current mood (happy, sad, worried, and lonely).

RESULTS
Descriptive Snapshots. When raw data was examined at the individual level and compared between a HSA young person and a LSA young person, it revealed different mood landscapes for each participant (see Figure 1). Overall the HSA young person reported experiencing happiness less often, and at lower levels than the LSA young person. It can also be seen that the HSA young person reported being sad, lonely and worried more frequently than the LSA young person. Online frequency was higher in the HSA (20/22 responses; 91%) young person than the LSA (23/31 responses; 74%).

Between-Group Analysis. The average mood of participants across seven days was compared between HSA and LSA participants. HSA participants were significantly less happy F (1, 90) = 5.78, p < .05, and significantly more lonely F (1, 90) = 4.04, p < .05, and worried F (1, 90) = 5.63, p < .05, across the week than LSA participants (see Figure 2). No significant differences in sadness were found F (1, 90) = 2.35, p < .13.

Regressions. Regression analyses were also run on internet frequencies and online coping using social anxiety as the predictor (controlling for gender at Step 1). Social anxiety positively predicted greater internet use frequency and online coping during the ESM study (see Table 1).