

Adolescent paranoia: Prevalence, structure, and causal mechanisms

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Online Supplement 1

This data supplement presents additional data not displayed in the main paper. This includes the confirmatory factor analysis of the paranoia items, descriptive statistics and correlations with paranoia, and details of the social media measures created for this study.

Confirmatory Factor Analysis of paranoia items

Table 1. Fit indices for Confirmatory Factor Analysis of the 18 paranoia items

Model	χ^2 (d.f.)	<i>p</i>	χ^2/df	CFI	TLI	RMSEA	SRMR
1. First order 1 factor	653.4 (135)	0.00	4.84	0.845	0.825	0.098	0.065
2. First order 3 factors	279.9 (132)	0.00	2.12	0.956	0.949	0.053	0.045
3. Second order 3 factors	279.9 (132)	0.00	2.12	0.956	0.949	0.053	0.045
Factors	Second order loadings		Factor correlations				
Social harm	0.852					Social	Conspiracy
Conspiracy	0.933					0.795	
Physical threat	0.769					0.655	0.717

Descriptive statistics and correlations with paranoia

Table 2. Descriptive statistics and correlations for with paranoia

Variable	Range	Mean	SD	<i>r</i> with paranoia
Negative affect (anxiety & depression)	0-68	19.4	14.0	0.69 **
Body image	0-92	47.4	18.8	-0.48 **
Sleep problems	10-60	34.6	10.8	0.45 **
Insomnia (ISI)	0-28	8.61	5.91	0.48**
Peer difficulties	0-9	2.13	1.76	0.47 **
Bullying	0-32	6.87	7.30	0.61 **
Social media addiction	6-30	12.2	5.50	0.42 **
Social media use at night	0-24	10.1	5.89	0.34 **
Safety behaviours on social media	0-50	8.49	9.51	0.65 **
Negative comparison on social media	0-35	10.6	10.6	0.59 **
Emotion reactivity to social media	0-35	6.54	7.56	0.61 **

** *p* < 0.001

Novel social media measures

Four novel social media measures were created for this study. This included the night use of social media, emotional reactivity to social media, online safety-seeking behaviours, and negative comparison on social media. Items were generated for each measure and exploratory factor analysis (EFA) was conducted to obtain a coherent set of items with adequate internal consistency. The items for each measure are detailed below.

Social media night use

Cronbach’s $\alpha = 0.81$

“Over the past 2 weeks...”

How often have you used social media in the 2 hours before you get into bed?				
<i>Never</i>	<i>Once</i>	<i>Couple of times</i>	<i>Few times a week</i>	<i>Every night</i>
How often have you used social media whilst in bed before you go to sleep?				
<i>Never</i>	<i>Once</i>	<i>Couple of times</i>	<i>Few times a week</i>	<i>Every night</i>
How long do you usually spend on social media when you are in bed before sleeping?				
<i>0-15 mins</i>	<i>15-30 mins</i>	<i>30-60 mins</i>	<i>1-2 hours</i>	<i>3+ hours</i>
It is hard to stop using social media when I need to sleep				
<i>Never</i>	<i>Once</i>	<i>Couple of times</i>	<i>Few times a week</i>	<i>Every day</i>
Things on social media (e.g. posts, comments, photos, conversations) play on my mind when I’m trying to sleep				
<i>Never</i>	<i>Once</i>	<i>Couple of times</i>	<i>Few times a week</i>	<i>Every day</i>
Social media alerts wake me up when I’m sleeping				
<i>Never</i>	<i>Once</i>	<i>Couple of times</i>	<i>Few times a week</i>	<i>Every day</i>

Emotional reactivity to social media

Cronbach’s $\alpha = 0.89$

“How often have you felt these emotions whilst using social media in the last 2 weeks?”

		Never	Once	Couple of times	Few times a week	Every day	All the time
Sad	=	0	1	2	3	4	5
Angry	=	0	1	2	3	4	5
Scared	=	0	1	2	3	4	5
Embarrassed	=	0	1	2	3	4	5
Guilty	=	0	1	2	3	4	5
Worried	=	0	1	2	3	4	5

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Negative self-comparison on social media

Cronbach's $\alpha = 0.96$

"When using social media in the past 2 weeks, how often have you had each of these thoughts?"

	Never	Once	Couple of times	Few times a week	Every day	All the time
I don't look as good as other people on social media	0	1	2	3	4	5
My body shape isn't as nice as other people on social media	0	1	2	3	4	5
I am not as attractive as other people I see on social media	0	1	2	3	4	5
Other people on social media have better social lives than me	0	1	2	3	4	5
I can't be as popular as other people I see on social media	0	1	2	3	4	5
I am not as likeable as other people I see on social media	0	1	2	3	4	5
I'm not as funny as other people I see on social media	0	1	2	3	4	5

Social media safety-seeking behaviours

Cronbach's $\alpha = 0.95$

"In the last 2 weeks whilst using social media, how often do you..."

	Never	Once	Couple of times	Few times a week	Every day	All the time
Watch closely how people react to my posts	0	1	2	3	4	5
Avoid posting anything in case people are nasty to me	0	1	2	3	4	5
Look for signs that friends have been lying to me	0	1	2	3	4	5
Be careful what I post so it can't be used against me	0	1	2	3	4	5
Check people's activity to work out if they are ignoring me	0	1	2	3	4	5
Avoid looking at people's profiles in case they find out	0	1	2	3	4	5
Look for signs that people are talking about me	0	1	2	3	4	5
Put smileys in my comments just so people don't get mad	0	1	2	3	4	5
Try to find out who has been looking at my profile	0	1	2	3	4	5
Avoid talking to other people in case they are mean to me	0	1	2	3	4	5