






Social Media Doomscrolling and Anxiety: Psychological Resilience as a Moderator

Mona. El-Sayed^{1*}, Saeed Jabactey. Alzaharni²

¹ Department of Educational Psychology, Cairo University, Giza, Egypt

² Department of Psychology, College of Education, University of Ha'il, Ha'il, Saudi Arabia

* Corresponding author email address: mona.elsayed@cu.edu.eg

E d i t o r	R e v i e w e r s
Azizuddin Khan  Professor, Psychophysiology Laboratory, Department of Humanities and Social Sciences Indian Institute of Technology Bombay, Maharashtra, India aziz@hss.iitb.ac.in	Reviewer 1: Abolghasem Khoshkanesh  Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran. Email: akhoshkonesh@sbu.ac.ir Reviewer 2: Zahra Yousefi  Assistant Professor, Department of Psychology, Isfahan Branch (Khorasgan), Islamic Azad University, Isfahan, Iran. Email: Z.yousefi1393@khuif.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

In the Introduction, paragraph 2 (“Problematic social media use (PSMU), encompassing compulsive checking...”) doomscrolling is introduced but not clearly differentiated from general PSMU. Add 1–2 sentences to define its unique characteristics and why it warrants separate study.

In the paragraph “Despite mounting evidence... there remain critical research gaps,” the rationale for selecting Egypt is strong but could be deepened with current statistics (e.g., percentage of Egyptian adults using social media daily).

In the Findings section (“Of the 399 participants, 281 (70.43%) were female...”), consider reporting additional demographics (urban/rural status, socioeconomic level) since these might influence social media use and anxiety.

In “Before conducting the main analyses... Mahalanobis distance analysis identified no extreme multivariate outliers,” it would be useful to mention the specific critical χ^2 value used and threshold p-value for transparency.

In Table 4 results, you report “The total effect of doomscrolling on anxiety ($b = 0.32$, $\beta = 0.36$).” Consider adding a short interpretive sentence about the practical magnitude of $\beta = .36$ (medium effect).

In the Discussion (“Methodologically, this study advances prior work by using structural equation modeling...”), explicitly link findings to well-known stress and coping frameworks (e.g., Lazarus & Folkman) to strengthen theoretical grounding.

In “By situating the research in Egypt...,” add explicit comparison to other MENA or Arab studies to contextualize your findings regionally (e.g., compare to Saudi or Lebanese data mentioned earlier).

When explaining resilience pathways (“Resilience likely operates through several pathways...”), consider adding references to neurobiological or behavioral regulation models to deepen explanation.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The paragraph discussing collectivistic vs. individualistic settings (“Notably, cross-national studies suggest that cultural norms...”) could reference local Egyptian cultural or mental health stigma data to better ground the context.

In “Study Design and Participants,” the phrase “convenience sampling from online communities, universities, and public social platforms” could include recruitment details (channels, social networks, invitations) to allow replication and evaluate selection bias.

In “Ethical Considerations,” you mention adherence to the Helsinki Declaration but not the institutional review board (IRB) or approval number. Adding the local ethics committee approval ID would strengthen transparency.

In Limitations (“First, the cross-sectional design prevents establishing causal directionality...”), explicitly suggest longitudinal or time-lagged SEM as potential methods for future causal inference.

In Limitations (“the adaptation of problematic social media use measures to specifically capture doomscrolling...”), propose validation steps (CFA, test–retest) to strengthen the adapted instrument.

In Limitations (“Finally, unmeasured confounders such as personality traits...”), consider recommending controlling for neuroticism or trait anxiety in future studies.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.