

# Internet Addiction and Peer Relationship Difficulties: The Mediating Role of Sleep Disturbance


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E d i t o r	R e v i e w e r s
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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the Introduction, the paragraph starting with “Among the various mechanisms that may explain...” would benefit from clearer theoretical grounding. Please elaborate briefly on why sleep disturbance, among many possible mediators (e.g., emotional regulation, social anxiety), was selected as the central variable.

The sentence “This loop may be particularly pronounced in adolescents from vulnerable social contexts...” in the Introduction may be improved by citing data or studies on Colombian adolescents specifically, as the study population is based in Colombia.

The Internet Addiction subsection lacks cultural adaptation detail. Was the IAT linguistically or psychometrically validated for use in Colombia or with this specific adolescent population?

In Data Analysis, the sentence “Model fit was assessed using standard indices such as the Chi-square statistic...” should include a citation to support the thresholds used for good model fit (e.g., CFI  $\geq .95$ , RMSEA  $< .08$ ).

In Findings and Results, the demographic paragraph notes, “368 adolescents (90.9%) reported daily use of a smartphone...” This is highly relevant. It would strengthen the argument if the discussion reflected on how high baseline smartphone use might moderate the internet addiction variable.

In Table 1, the label “Peer Relationship Difficulties” is interpreted as elevated ( $M = 6.14$ ,  $SD = 2.57$ ), but the paper does not clearly define what range constitutes clinical or high concern. Please add a description of cutoff scores for the SDQ Peer Problems subscale.

The paragraph beginning with “Moreover, the partial mediation effect of sleep disturbance...” needs clarification. Consider elaborating on why the mediation is “partial,” and how the remaining direct path supports or challenges the theoretical model.

In the Discussion, the sentence “The significant direct path from internet addiction to peer problems also highlights that beyond physiological disruption...” introduces cognitive and emotional mechanisms but does not specify which ones. Suggest naming specific psychological constructs (e.g., emotional dysregulation, reward sensitivity) and citing literature.

The paragraph “The observed findings also align with research exploring peer relationship difficulties...” includes several interesting associations but lacks integration with the article’s mediation model. Recommend explicitly connecting these vulnerabilities (e.g., adoption, neurodevelopmental disorders) to the role of sleep disturbance in these pathways.

In the Limitations & Suggestions section, the sentence “...self-report measures, which may be subject to response bias...” would benefit from suggesting specific alternatives (e.g., parent reports, actigraphy for sleep) in future studies.

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## 1.2. Reviewer 2

Reviewer:

In the Methods and Materials section, under Study Design and Participants, the sentence “Exclusion criteria included diagnosed neurological disorders...” should specify how this information was verified—was it self-reported or obtained via institutional records?

In the Peer Relationship Difficulties subsection, the statement “Cronbach's alpha above .70” would be more informative if the actual reliability coefficient for this study sample were reported.

Under Sleep Disturbance, the phrase “this scale has been widely used and adapted for adolescent and young adult populations...” requires clarification. Specify whether the version used was adapted for adolescents aged 17–18 in this sample, and how this was validated in the Colombian context.

The paragraph introducing Table 2 states, “supporting the hypothesis that these constructs are interrelated,” but this is an interpretive conclusion. Consider separating statistical results from interpretation by moving this phrase to the discussion.

The Table 3 paragraph says “These indices fall within acceptable thresholds...” but does not mention the AGFI index in the text, although it is in the table. Please include it in the description for completeness.

The path model description in Table 4 could benefit from an explicit explanation of effect size interpretation. For instance, what does a  $\beta = .54$  total effect imply in practical or clinical terms?

In the Discussion, the sentence “These findings confirm the growing body of research emphasizing the negative psychosocial consequences of excessive internet use...” should more clearly differentiate between replication of past findings and novel contributions of the present study.

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## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.

