




Structural Equation Modeling of Social Media Addiction Based on Subjective Well-Being with the Mediating Role of Cognitive Emotion Regulation Difficulties




Mozhgan. Hoseinloo¹ , Hooshang. Jadidi^{2*} , Ali. JaliliShishavan³ 

¹ Department of Psychology, Ar.C., Islamic Azad University, Arak, Iran

² Department of Psychology, Sa.C., Islamic Azad University, Sanandaj, Iran

³ Department of Sport Psychology, Research Institute of Sports and Health Sciences, Allameh Tabataba'i University, Tehran, Iran

* Corresponding author email address: hjadidi95@iausdj.ac.ir

E d i t o r	R e v i e w e r s
Trevor Archer  Professor Department of Psychology University of Gothenburg, Sweden trevorcsarcher49@gmail.com	Reviewer 1: Zahra Yousefi  Assistant Professor, Department of Psychology, Khorasgan Branch, Islamic Azad University, Isfahan, Iran. Email: yousefi1393@khuif.ac.ir Reviewer 2: Mehdi Rostami  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “social media platforms have evolved from optional communication channels into ubiquitous socio-technical environments” is a strong opener, but the theoretical rationale for linking ubiquity to addiction could be more explicit—please integrate a conceptual model of behavioral addiction (e.g., I-PACE) to strengthen the theoretical grounding.

The claim “Lower SWB... has been repeatedly associated with problematic technology use” should distinguish correlation from causation—please clarify that prior studies are mostly cross-sectional and cannot establish directionality.

The sentence “Despite the accumulating evidence, several conceptual and methodological gaps motivate the present study” is crucial but too brief. Please elaborate how each gap (SWB conceptualization, CERD focus, causal inference) directly justifies the specific hypotheses and SEM tested.

The justification for a sample of 403 cites Kline (2005) but does not mention power analysis. Please provide a statistical power justification (e.g., anticipated effect size, power = .80, alpha = .05).

The sentence “To access the study sample, the researcher attended these faculties and selected five undergraduate classes from each discipline” lacks information on class sizes and participation rates—please clarify how many students per class agreed to participate.

The description “Shapiro–Wilk test was not significant for any variable” needs reporting of the actual test statistics (W and p-values) to support the claim of normality.

The sentence “emotional well-being has a positive and significant relationship with psychological well-being ($\beta = 0.244$)”—please clarify whether these are Pearson r values or standardized regression betas, as terminology is mixed.

You state “RMSEA = 0.623 (less than 0.08)”, which appears to be a typographical error ($0.623 > 0.08$). Please double-check and correct the RMSEA value.

Include confidence intervals for the standardized path coefficients to enhance interpretability of effect sizes and precision.

The phrase “highlighting that the depletion of well-being resources increases the risk of SMA largely by undermining the effectiveness of cognitive emotion regulation strategies” is a key interpretation. However, it assumes temporal precedence—please temper causal language or clarify as “consistent with” rather than “increases”.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The statement “Multiple studies suggest that habitual reliance on maladaptive ER strategies... are characteristic of individuals with problematic social media use” would benefit from specific prevalence or effect size data to contextualize the magnitude of this association.

When noting “FoMO and peer ostracism as stressors that activate darker personality pathways”, please explain why these personality traits are relevant within your model, as they are not part of the tested SEM.

The sentence “deficits in meaning, mastery, and self-direction may erode cognitive regulatory capacities” is interpretive but not directly tested—please clearly distinguish speculation from tested findings.

The statement “low well-being heightens the emotional salience of social media cues” could be strengthened by linking to neurocognitive findings (e.g., lower frontal alpha asymmetry from Yan et al., 2022) that you cited earlier—please explicitly connect this prior evidence to your findings.

When stating “SMA emerges not merely from external platform designs or time-use habits but from deeper intrapersonal vulnerabilities”, please discuss alternative explanations, such as bidirectional or reciprocal relationships, which may better reflect the complexity of SMA development.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.