

LAMPIRAN

Lampiran 1 *Appraisal Tool*

Reviewer	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Fengxia Lai, dkk
Tahun Publikasi	2023
Judul	<i>Relationship between Social Media Use and Social Anxiety in College Students: Mediation Effect of Communication Capacity</i>
Sumber	https://doi.org/10.3390/ijerph20043657

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
4	Were objective, standard criteria used for measurement of the condition?	√			
5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor: 8/8

Persentase: 100%

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Yunyu Shi, Fanchang Kong, dan Min Zhu
Tahun Publikasi	2024
Judul	<i>How Does Social Media Usage Intensity Influence Adolescents' Social Anxiety: The Chain Mediating Role of Imaginary Audience and Appearance Self-Esteem</i>
Sumber	https://doi.org/10.32604/ijmhp.2024.057596

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
4	Were objective, standard criteria used for measurement of the condition?	√			
5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal:

Skor:

Persentase:

Reviewer	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Turi Reiten Finserås, dkk
Tahun Publikasi	2026
Judul	<i>Do you believe social media is good for you? Associations between adolescents' beliefs about social media and mental health</i>
Sumber	https://doi.org/10.1016/j.jad.2025.120543

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
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5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Weili Ren, dkk
<i>Tahun Publikasi</i>	2026
<i>Judul</i>	<i>Social media exposure and appearance anxiety: A chain mediation model moderated by physical activity</i>
<i>Sumber</i>	https://doi.org/10.1016/j.actpsy.2026.106594

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
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5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Nishika Aryal dan Anuja Rajbhandari
Tahun Publikasi	2024
Judul	<i>Social media use and anxiety levels among school adolescents</i>
Sumber	https://bmjpublichealth.bmj.com/content/2/1/e000615

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
4	Were objective, standard criteria used for measurement of the condition?	√			
5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Eun Jung Choi, Ella Christiaans, dan Emma G. Duerden
<i>Tahun Publikasi</i>	2025
<i>Judul</i>	<i>Screen time woes: Social media posting, scrolling, externalizing behaviors, and anxiety in adolescents</i>
<i>Sumber</i>	https://doi.org/10.1016/j.chb.2025.108688

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
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5	Were confounding factors identified?	√			
6	Were strategies to deal with confounding factors stated?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Atiqah Azhari, dkk
Tahun Publikasi	2022
Judul	<i>Social media use in female adolescents: Associations with anxiety, loneliness, and sleep disturbances</i>
Sumber	https://doi.org/10.1016/j.actpsy.2022.103706

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
4	Were objective, standard criteria used for measurement of the condition?	√			
5	Were confounding factors identified?		√		
6	Were strategies to deal with confounding factors stated?		√		
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Silje Steinsbekk, Jacqueline Nesi, dan Lars Wichstrøm
<i>Tahun Publikasi</i>	2023
<i>Judul</i>	<i>Social media behaviors and symptoms of anxiety and depression. A four-wave cohort study from age 10–16 years</i>
<i>Sumber</i>	https://doi.org/10.1016/j.chb.2023.107859

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the two groups similar and recruited from the same population?	√			
2	Were the exposures measured similarly to assign people to both exposed and unexposed groups?	√			
3	Was the exposure measured in a valid and reliable way?	√			
4	Were confounding factors identified?	√			
5	Were strategies to deal with confounding factors stated?	√			
6	Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	√			
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was the follow up time reported and sufficient to be long enough for outcomes to occur?	√			
9	Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	√			
10	Were strategies to address incomplete follow up utilized?	√			
11	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Tao Liu, Huiyin Shi, Chen Chen, Rong Fu
<i>Tahun Publikasi</i>	2024
<i>Judul</i>	<i>A Study on the Influence of Social Media Use on Psychological Anxiety among Young Women</i>
<i>Sumber</i>	https://doi.org/10.32604/ijmhp.2024.046303

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
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7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Kai Li, Shanshan Jiang, Xingde Yan, Jie Li
<i>Tahun Publikasi</i>	2024
<i>Judul</i>	<i>Mechanism study of social media overload on health self-efficacy and anxiety</i>
<i>Sumber</i>	https://doi.org/10.1016/j.heliyon.2023.e23326

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
2	Were the study subjects and the setting described in detail?	√			
3	Was the exposure measured in a valid and reliable way?	√			
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7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Elena Stanculescu & Mark D. Griffiths
<i>Tahun Publikasi</i>	2022
<i>Judul</i>	<i>Social media addiction profiles and their antecedents using latent profile analysis: The contribution of social anxiety, gender, and age</i>
<i>Sumber</i>	https://doi.org/10.1016/j.tele.2022.101879

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
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Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
<i>Tanggal</i>	27 Mei 2026
<i>Penulis</i>	Dini Nurbaeti Zen, Daniel Akbar Wibowo, Indra Lesmana
<i>Tahun Publikasi</i>	2024
<i>Judul</i>	<i>The dangers of gadget addiction on the mental health of rural adolescents in Ciamis District</i>
<i>Sumber</i>	https://doi.org/10.35335/midwifery.v12i4.1694

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
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8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Calista Erica Chandra, Septirina Rahayu, dan Reni
Tahun Publikasi	2026
Judul	Hubungan Intensitas Penggunaan Media Sosial TikTok dengan Tingkat Kecemasan pada Remaja di SMKN 32 Jakarta
Sumber	https://doi.org/10.31004/riggs.v5i1.6030

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
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3	Was the exposure measured in a valid and reliable way?	√			
4	Were objective, standard criteria used for measurement of the condition?	√			
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6	Were strategies to deal with confounding factors stated?		√		
7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Reskiwati Novita, Ardyanti Dian, dan Bernadetha
Tahun Publikasi	2024
Judul	Hubungan Durasi Penggunaan Media Sosial Tiktok Dengan Tingkat Kecemasan Pada Remaja SMAN 7 Samarinda
Sumber	https://doi.org/10.31004/jkt.v5i4.34870

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
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7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

<i>Reviewer</i>	Erik Miptah Nur Aripin
Tanggal	27 Mei 2026
Penulis	Merry Pongdatu, Sunarsih, dan Sitti Wahyuni Sinapoy
Tahun Publikasi	2023
Judul	Hubungan Intensitas Penggunaan Media Sosial dengan Tingkat Harga Diri dan Kecemasan pada Remaja di Sekolah Menengah Atas Negeri 1 Wawotobi
Sumber	https://doi.org/10.54883/jakmw.v2i2.577

No	Criteria	Yes	No	Unclear	Not applicable
1	Were the criteria for inclusion in the sample clearly defined?	√			
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3	Was the exposure measured in a valid and reliable way?	√			
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7	Were the outcomes measured in a valid and reliable way?	√			
8	Was appropriate statistical analysis used?	√			
Overall appraisal		included√		Seek further info	

Overall appraisal: Include

Skor:

Persentase:

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How Does Social Media Usage Intensity Influence Adolescents' Social Anxiety: The Chain Mediating Role of Imaginary Audience and Appearance Self-Esteem

International Journal of Mental Health Promotion, 31 December 2024

Yunyu Shi, Fanchang Kong, Min Zhu

Research article • Open access

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Computers in Human Behavior, September 2025

Eun Jung Choi, Ella Christiaans, Emma G. Duerden

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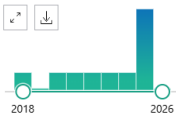
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☐ 2 **Trait Anxiety and Social Media Fatigue: Fear of Missing Out as a Mediator.**
Świątek AH, Szcześniak M, Bielecka G.


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Pongdatsu, Merry; Sunarsih, Sunarsih; Wahyuni Sinaopy, Sitti

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Putri Rahmawati; Adel Karen Dwita; Risma Anita Puriani; Rani Mega Putri

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