

## Bronnen Bitefile Digitale Detox

De Bitefile Digitale Detox is gebaseerd op de volgende artikelen:

1. Andreassen, C.S., Pallesen, S., & Griffiths, M.D. (2017). The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey. *Addictive behaviors, 64*, 287-293.
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3. Beyens, I., Frison, E., & Eggermont, S. (2016). "I don't want to miss a thing": Adolescents' fear of missing out and its relationship to adolescents' social needs, Facebook use, and Facebook related stress. *Computers in Human Behavior, 64*, 1-8.
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12. Hatchel, T., Negri, S., & Subrahmanyam, K. (2018). The relation between media multitasking, intensity of use, and well-being in a sample of ethnically diverse emerging adults. *Computers in Human Behavior, 81*, 115-123.
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- vigilance and well-being. *Cyberpsychology, Behavior, and Social Networking*, 21(12), 761-767.
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