Author's response to reviews

Title: Having mentors prevents depressive symptoms via decreasing internet gaming: A moderated mediation analysis

Authors:

JongSun Lee (sunny597@gmail.com)
Bumseok Jeong (bumseok.jeong@gmail.com)

Version: 2 Date: 14 December 2013

Author's response to reviews: see over
Dear Editors,

We would like to submit our manuscript to BMC-Public Health. Please find the attached manuscript entitled “Having mentors prevents depressive symptoms via decreasing internet gaming: A moderated medication analysis”. To the best of our knowledge, this is the first study investigating a moderated mediation effect showing that campus social networks and mentorship reduce the severity of depression via decreasing internet gaming, which mediate the relationship between daily worries and depression.

It is well known that the excessive use of computer or smartphone, especially internet use for non-communication purposes (e.g., internet video games) is a potential risk factor for the development of depressive symptoms. This is critical issue in young adults including undergraduate and graduate university students who are in a vulnerable transition period during which they face a lot of stressors, but are burdened to overcome their difficulties independently. Surprisingly, research that identifies the risk and protective factors during this vulnerable period is strikingly lacking. Furthermore, there is no research that considers both risk and protective factors in the same model and explored their interactive mechanism that diminish negative outcomes and promotes positive ones.

Using a recently introduced moderated mediation analysis with web-based data collected from over 6000 undergraduate and graduate students, we report here our investigation into the moderated mediation mechanism behind the relationship between daily worries and depression. More specifically, we aimed to investigate 1) the risk factors that mediate the negative impact of daily worries on depression, and 2) protective factors that reduce the negative mediating impact of internet gaming in the link of daily worries and depression. Our results demonstrate that social networks reduce the negative impact of daily worries on internet gaming as an avoidant strategy for daily worries, which in turn, decreases the susceptibility to depression. In particular, having at least 4 mentors and 1 social network appeared to elicit a resilience effect in terms of the reduction of depressive symptoms.

Given the reality that there are limited resources in providing psychotherapy or effective intervention for depression in young adults, our finding has significant therapeutic implications by demonstrating that increasing social networks such as befriending others and mentorship can be a cost-effective intervention in preventing depression for young adults. We also believe that our study provides a comprehensive picture regarding what factors should be targeted for the prevention of depression and who should be selected as being particularly at risk of developing depression, using the most updated moderated mediation analysis.

We hope to join BMC-Public Health Open Peer Review experiment, and I agree to pay the Article Processing Fee (ARF) if our article is accepted. This manuscript is original and has not been accepted or submitted to another journal, or book for publication.

Yours Sincerely,

Bumseok Jeong