

PSIHOLOGIJA

YU ISSN 0048-5705

UDC 159.9

Vol. 59(1) 1–109

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The Engaged Teacher Scale (ETS) in Serbian School Context: Evidence Based on Internal Structure, Reliability, and Measurement Invariance*

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The purpose of this paper was to examine the validity and reliability of the Engaged Teacher Scale (ETS) in the Serbian school context. Participants were 629 Serbian primary and secondary school teachers, of which 237 were class teachers and 362 were subject teachers. The results of the confirmatory factor analysis showed that the 16-item ETS is best conceptualized through a second-order model with four first-order factors and a general teacher engagement factor. All three types of metric invariance across teaching levels were achieved, namely configural, metric, and scalar. Analysis of latent mean differences indicated that, in comparison to subject teachers, class teachers achieve significantly higher scores on almost all first-order factors and the general factor. In addition, the scores obtained on the ETS showed good internal consistency. In general, the ETS showed sound metric properties on a sample of teachers in Serbia, has a good theoretical foundation, is a relatively short scale, and therefore has great potential to be used in the assessment of teacher engagement in the Serbian education system.

Keywords: teacher engagement, Engaged Teacher Scale, Serbia, validity and reliability.

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* Please cite as: Đorđić, D., Ninković, S., & Knežević Florić, O. (2026). The Engaged Teacher Scale (ETS) in Serbian School Context: Evidence Based on Internal Structure, Reliability, and Measurement Invariance. *Psihologija*, 59(1), 1–15. <https://doi.org/10.2298/PSI230515016D>

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Examining the Relationship Between Social Media Addiction, Fear of Missing Out, Loneliness, and Life Satisfaction Among Youth: A Cross-Sectional Study*

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This cross-sectional study examines the relationships among social media addiction, fear of missing out (FoMO), loneliness, and life satisfaction among young adults. Data were collected from 700 participants aged 18–29 years via an online survey administered between May and June 2024. Validated scales were used to assess key variables: the Bergen Social Media Addiction Scale, the Fear of Missing Out Scale, the UCLA Loneliness Scale, and the Satisfaction with Life Scale. Structural Equation Modeling revealed that life satisfaction was positively associated with loneliness. Social media addiction was strongly associated with FoMO, while FoMO had an indirect negative effect on life satisfaction through social media addiction. These findings shed light on the underlying mechanisms between social media addiction, FoMO, loneliness, and life satisfaction. Such insights can provide significant implications for developing interventions (e.g., digital well-being programs) to help young adults manage their social media use more effectively. Promoting mindful and balanced social media engagement may contribute to enhancing life satisfaction and overall mental well-being.

Keywords: social media addiction, fear of missing out, FoMO, loneliness, life satisfaction, young adults

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* Please cite as: Işık, N.A., Keleş, D.A., Sandıkçı, I.R., Kotyk, T., & Okanlı, A. (2025). Examining the Relationship Between Social Media Addiction, Fear of Missing Out, Loneliness, and Life Satisfaction Among Youth: A Cross-Sectional Study. *Psihologija*, 59(1), 17–37. <https://doi.org/10.2298/PSI240805034A>

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Highlights:

- Social media addiction negatively impacted life satisfaction, confirming its detrimental effects on well-being.
- FoMO strongly predicted increased social media addiction and was negatively associated with life satisfaction.
- Loneliness showed no significant association with social media addiction but was positively related to life satisfaction.

The Association Between Leaders' Workplace Loneliness and Members' Organizational Trust: A Cross-level Moderated Mediation Model*

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In an era marked by the rapid expansion of Internet communication, unmediated interpersonal relationships are increasingly rare. In the workplace, however, loneliness can have a range of negative consequences. This study investigated the impact of workplace loneliness on organizational trust in a Chinese context. For data collection, 65 work teams (65 leaders and 240 members) were recruited from two private and two state-owned enterprises. Team leaders took the Loneliness at Work Scale (LAWS) while team members completed the LAWS, the Leader-Member Exchange Scale (LMX-7), and the Organizational Trust Scale. A cross-level moderated mediation model was applied using hierarchical linear modeling (HLM). Results show that members' workplace loneliness is a cross-level mediator between leaders' workplace loneliness and members' organizational trust. In addition, leader-member exchange (LMX) was a cross-level moderator in the association between leaders' and members' workplace loneliness. These findings enhance our understanding of the negative impact of workplace loneliness on organizations and shed light on the influence that team leaders exert on their members, providing valuable insights into work team management.

Keywords: cross-level moderated mediation model, leader-member exchange, organizational trust, work team, workplace loneliness.

Highlights

- Workplace loneliness negatively impacts organizational trust.
- Members' workplace loneliness is a cross-level mediator between leaders' workplace loneliness and members' organizational trust.

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* Please cite as: Lv, H., Gu, H., Liu, X., & Wen, Z. (2026). The Association Between Leaders' Workplace Loneliness and Members' Organizational Trust: A Cross-level Moderated Mediation Model. *Psihologija*, 59(1), 39–60. <https://doi.org/10.2298/PSI230731011L>

- Members' LMX is a cross-level moderator in the relationship between leaders' and members' workplace loneliness.

It's Harmless! The Reasons Behind Vaping Behavior Among Youth: Risks, Benefits, and Associations with Psychological Distress*

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The present study aimed to assess the relations between the perceived benefits and risks of vaping, social anxiety, social media use, exposure to e-cigarette advertising on social media, and the use of e-cigarettes. Moreover, we assessed the relation between e-cigarette use and psychological distress (i.e., depression, anxiety, stress) and the mediating role of e-cigarette use in the relation between perceived benefits and risks of vaping, social anxiety, social media, on the one hand, and psychological distress, on the other hand. A sample of 337 participants ($M_{age} = 20$; $SD = 1.20$) completed scales for measuring the above-mentioned variables. The results showed significant relations between the benefits of vaping, social media use, exposure to e-cigarette advertising on social media, and e-cigarette use. Moreover, e-cigarette use mediated the relationship between perceived benefits, anxiety, and stress. The theoretical and practical implications of these results are discussed.

Keywords: e-cigarettes, vaping, young adults, social media, psychological distress

Highlights:

- Vaping benefits, social media use, and e-cigarette ads were linked to higher e-cigarette use
- E-cigarette use mediated the link between vaping benefits, anxiety, and stress
- Perceived risks and social anxiety play significant roles in e-cigarette use patterns

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* Please cite as: Măirean, C., Cobzeanu, A., & Postolache, I-C. (2026). The Reasons Behind Vaping Behavior Among Youth: Risks, Benefits, and Associations with Psychological Distress. *Psihologija*, 59(1), 61–78. <https://doi.org/10.2298/PSI230824013M>

The Relationship Between Disordered Eating Behaviors and Deliberate Self-Harm Among Youth*

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Poor eating behaviors are a significant public health problem for young people who have undergone transition to university life. These unhealthy eating patterns, such as emotional eating and binge eating, could lead to the development of eating disorders. The present study aimed to explore the relationship between eating behaviors and deliberate self-harm among youth. Eating behaviors were assessed using the Eating Attitudes Test (*EAT-26*) and deliberate self-harm by the Deliberate Self-Harm Inventory (*DSHI*). In the public and private universities of Rawalpindi and Islamabad in Pakistan, 384 university students were contacted. There was a significant positive relationship between disordered eating behaviors and deliberate self-harm among youth ($r = .42, p < .01$). Disordered eating behaviors and deliberate self-harm in youth are associated to a substantial degree.

Keywords: eating behaviors, deliberate self-harm, youth

Highlights:

- Transition to university life increases the risk of poor eating behaviors.
- Emotional eating and binge eating are significant contributors to eating disorders.
- The study highlights a strong association between disordered eating behaviors and deliberate self-harm.
- Data was collected from 384 university students in Rawalpindi and Islamabad.
- Findings underscore the importance of addressing mental health and eating behaviors among youth.

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* Please cite as: Saqib, K., Aleem, S., & Bibi, E., (2026). Relationship Between Disordered Eating Behaviors and Deliberate Self-Harm Among Youth. *Psihologija*, 59(1), 79–92. <https://doi.org/10.2298/PSI240208016S>

Associations Between Social Appearance Anxiety, Problematic Social Media Use, Selfitis Behavior, and Adaptable Self: A Moderated-Mediation Model*

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The objective of this study was to explore the relationships between social appearance anxiety, problematic social media use (PSMU), selfitis behavior, and adaptable self through the application of a moderated-mediation model. In total, 804 social media users from Türkiye ($M_{\text{age}} = 30.45 \pm 8.12$; 61.9% women) completed the Bergen Social Media Addiction Scale, Social Appearance Anxiety Scale, Presentation of Online Self Media, and Selfitis Behavior Scale. A parallel mediation model indicated that social appearance anxiety predicted PSMU. Further, selfitis behaviors and adaptable self mediated the effects of social appearance anxiety on PSMU. Lastly, adaptable self-moderated the relationship between social appearance anxiety and selfitis behaviors. The study suggests that social appearance anxiety can be considered a risk factor, and the adaptable self and selfitis behavior may mitigate the effect of social media appearance anxiety on problematic social media use. These findings can inform the development of interventions and preventive strategies to reduce the psychopathological effects of social media addiction.

Keywords: social appearance anxiety, problematic social media use, selfitis behavior, adaptable self

Highlights:

- Social appearance anxiety was a significant predictor of problematic social media use (PSMU).
- Selfitis behaviors and adaptable self significantly predicted PSMU.

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* Please cite as: Özok, H. I., Kaya, A., Ender Dinçer, R., & Yıldırım, M. (2026). Associations Between Social Appearance Anxiety, Problematic Social Media Use, Selfitis Behavior, and Adaptable Self: A Moderated-Mediation Model. *Psihologija*, 59(1), 93–109. <https://doi.org/10.2298/PSI231025014O>

- Selfitis behaviors and adaptable self acted as mediators in the relationship between social appearance anxiety and PSMU.
- Adaptable self also moderated the link between social appearance anxiety and selfitis behaviors.