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ASSOCIATIONS BETWEEN SHORT-FORM VIDEO USE, ADDICTION, COGNITIVE FUNCTIONING, AND MENTAL WELL-BEING AMONG HEALTH PROFESSION STUDENTS IN THE ARAB REGION: A MULTI-COUNTRY CROSS-SECTIONAL STUDY

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Abstract

Background: Short-form video (SFV) platforms are widely used by young adults, yet evidence on their cognitive and mental health correlates in the Arab region remains limited.

Objectives: This study aimed to examine associations between SFV use duration, SFV addiction, attention control, everyday memory functioning, and mental well-being among health profession students across multiple Arab countries.

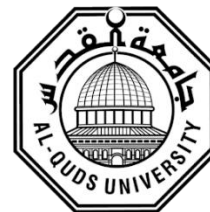
Methods: A multi-country cross-sectional online survey was conducted between November 2024 and February 2025 using convenience sampling. Validated scales were employed to assess SFV addiction, attention control, everyday memory functioning, and mental well-being (WEMWBS). Statistical analyses included group comparisons, correlation analysis, and multivariable linear regression adjusted for sex, academic year, field of study, country, residence, and daily SFV use.

Results: Among 4,279 participants, longer daily SFV use demonstrated a dose–response relationship with higher addiction severity ($p < 0.001$). Greater exposure and higher addiction scores were significantly associated with poorer self-reported everyday memory functioning ($p < 0.001$). Mental well-being followed an inverted U-shaped pattern, where moderate use was associated with higher WEMWBS scores, while heavy use corresponded to lower scores ($p < 0.001$). In adjusted models, SFV addiction remained independently associated with reduced mental well-being.

Conclusions: Excessive SFV use and addictive engagement among health profession students in the Arab region are associated with poorer memory functioning and lower mental well-being, whereas moderate use may be linked to more favorable well-being outcomes. Longitudinal studies incorporating objective measures are recommended to establish causal relationships and clarify directionality.



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Keywords: Short-form video; Social media addiction; Attention control; Memory functioning; Mental well-being; Health profession students.

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