



Relationship between Nomophobia and the Lifestyle of Young Adults

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ABSTRACT

Today in a developing world our generations have made technology an important part of their lives. Mobile phones are one of the major technologies we are dependent on. The study is conducted to investigate the relationship between Nomophobia and the Lifestyle of young adults. In the study, the researcher explores the major reasons for increasing nomophobia and the quality of lifestyle of young adults. The study focuses on various aspects of daily life, including social relationships, health behaviors, personal growth, and career aspirations. The nuanced exploration of these lifestyle dimensions provides a holistic understanding of how young adults navigate their lives and prioritize different facets of well-being and fulfillment. Dependency on mobile technology for everyday tasks, communication, and information access can worsen nomophobia characteristics due to certain lifestyle aspects like social connectedness and convenience-seeking habits. Other aspects of lifestyle, such as personal development, career goals, and health practices, may operate as buffers against nomophobia by encouraging self-awareness, resilience, and a

moderating use of technology. Individuals who place a higher value on their overall health and make time for in-person relationships may be less prone to nomophobia since they find fulfillment in a variety of non-technology-related activities. The research will close a crucial gap in understanding Nomophobia among other age groups and people belonging to different geographical locations.

Keywords: *Nomophobia, Lifestyle, Young adults, Situational phobia, Smartphone use*

INTRODUCTION

In the 21st century, smartphones have become center stage in our lives. Smartphones have made our lives much easier and more comfortable. Our society nowadays is so reliant on smartphones for comfort that many people have given them an excessive amount of their own lives. Undoubtedly, smartphones have permanently embedded themselves into modern life and are causing changes in people's daily routines and behaviors. The smartphone has become an essential tool in people's lives due to the rapid development of mobile technology and its increasing popularity.

Numerous benefits, like safety, emotional well-being, and social presence, come with using a smartphone. The individuals feel more protected behind a screen in virtual reality, people seem to prefer indirect communication and to be kinder to strangers. Seeking validation through social interaction often results in excessive use and dependency on a smartphone.

Young adults who use smartphones have many advantages, including high productivity, easy access to information, social interaction, entertainment, and relaxation. However, they also face drawbacks, including difficulty managing their time, anxiety, stress, eating

disorders, sleep disorders, drug use, and psychological and emotional discomfort like low self-esteem, anxiety, depression, rage, and aggression, as well as mental and personality disorders like depression. The main reason being that they are dependent on the digital world. The very moment they are away from their smartphones they start feeling uncomfortable and in modern times this feeling is known as Nomophobia. "No-Mobile Phone Phobia" is a synonym for nomophobia, which is the fear of being unable to use or not being approachable over a smartphone. It is a fear of the modern-day brought on by engaging with new technology.

Nomophobia is considered a modern form of phobia that initially appeared in the digital era and is becoming more widespread because of the widespread use of smartphones. The term originated in England and came from the combination of the words "non-mobile" and "phobia," which refers to the anxiety, worry, and fear of not having a smartphone or tablet when you need one or not having access to one when you want. To put it another way, nomophobia is the fear of being cut off from the digital world.

There are four main dimensions or causes that define nomophobia: (a) anxiety or fear of not being able to communicate with others; (b) fear of being disconnected; (c) fear of not having immediate access to information; and (d) fear of giving up the comforts of mobile devices.

Particularly in younger people, nomophobia contributes to the development of mental and psychological disorders as well as issues with self-esteem, loneliness, and happiness. All of this has a significant detrimental effect on health, which in turn harms various aspects of life, including school and job. It also creates a strong dependency on mobile technology, which affects professional practice by causing continuous diversions. Furthermore, it is affecting how people relate to and engage with one another, creating a sense of separation and detachment from the real world. The fear of losing instant access to information and social interaction is increased by this

contemporary condition, which in turn increases symptoms of sadness anxiety, rage, aggression, stress, nervousness, emotional stability, and insomnia. Similarly, there is a clear and substantial correlation between internet use, dependence on social networks, and anxiety and nomophobia. Because of these characteristics, it is seen as a digital illness, with a higher chance of occurrence in young people and those with emotionally dependent personalities.

Given the alarming rise in smartphone use among young adults, it is critical to consider how this reliance affects the lifestyle and overall quality of life of the users. A lifestyle is a collection of favored behaviors, attitudes, and interests that people or organizations choose to adhere to. They are dependent on a variety of variables, including age, education, and social and economic circumstances, to name a few. As a result, a person's lifestyle is defined by their habits and practices that support good health. The World Health Organization (1998) defined a healthy lifestyle as “one that reduces the risk of developing a serious illness (physical or mental) or passing away too soon”. Conversely, quality of life encompasses a wide range of factors, including one's autonomy, social networks, physical and mental well-being, and environmental circumstances. The World Health Organization (1998) defines “quality of life as people's impressions of where they are in life concerning their objectives, aspirations, standards, and interests as well as the culture and value systems in which they live”. This idea is linked to critical elements of functioning and well-being, including psychological well-being, academic and professional achievement, family and social connections, personal fulfillment, and healthy lifestyles.

Rationale of the Study

As the smartphone becomes an essential part of our life. Through the popularization of smartphones, a new dependency was born, Nomophobia, defined as the fear of being away from one's smartphone. Nomophobia is a threat to the young generation. Individuals feel isolated from family and friends because they are not permanently connected with them, and therefore feel the constant need to be aware of what others are doing. The way they are living their life is a major reason for increasing Nomophobia symptoms. Nowadays life of young adults revolves only around smartphones, due to which their productivity is reducing.

More recently, researchers have also found that people who keep their smartphones switched on always can negatively affect their lifestyles when usage becomes excessive and dependent, which can have physical, psychological, behavioral, social, and affective effects. The purpose of the study is to determine the relationship between Nomophobia and the lifestyles of individuals and to explore major factors that are increasing Nomophobic symptoms. The study will help in designing interventions and strategies that can be intervened to reduce symptoms of Nomophobia and improve quality of life.

REVIEW OF LITERATURE

Gnaedellis et al. (2023) studied the fear of being separated from a smartphone is known as nomophobia, and it drives the user to seek out close contact with the gadget. The study set out to investigate the incidence of and risk factors for nomophobia among young individuals in Greece's capital, Athens. Cross-sectional research including 1408 young adults between the ages of 18 and 25 was conducted. The questionnaire was anonymous and asked about the participants' smartphone usage, nomophobia, and sociodemographic traits. Simple univariable approaches or generalized

linear models were used to model the data for statistical studies. Most individuals (57.0%) showed signs of nomophobia, with 99.9% displaying some degree of fear. Severe nomophobia was more common in women and non-working participants (adj PR = 1.57), and participants whose fathers did not have a college degree had a 30% higher level of nomophobia overall ($p = 0.029$). Furthermore, 45.8% of those with any level of nomophobia said that it had a poor impact on their academic performance, and 59% of those with severe nomophobia checked their phones extremely frequently ($p < 0.001$). Early prevention should be prioritized by creating integrated health promotion initiatives.

Coenen and Gorlich (2022) examined Nomophobia, which is seen as a sickness of the modern world, as the dread of losing one's smartphone and being inaccessible and disconnected. The NMP-Q-D was validated, the nomophobia questionnaire (NMP-Q) was translated into German, and the NMP-Q-D was used to provide insight into the nomophobia construct. 807 voluntary test individuals were included in the evaluation; fifty of them took part in follow-up research five months later. It is possible to confirm the NMP-Q-D's 4-factor structure using both confirmatory and exploratory factor studies. The inability to communicate, losing connectivity, not being able to obtain information, and giving up convenience are the four issues. The Cronbach's alpha coefficient of the NMP-Q-D was .92 and the test-retest-reliability was .80. Significant correlations of frequency of smartphone usage with time spent confirmed the criterion validity of NMP-Q-D. Construct validity was given by significant correlations of NMP-Q-D to fear of missing out and smartphone addiction. Neuroticism was positively associated with nomophobia, while consciousness and openness were lightly negatively associated. Anxiety correlated significantly positively with factor 1, and stress with factors 1 and 4. Life satisfaction was positively associated with factor 3 and well-being negatively with factor 4. A multiple regression

analysis revealed smartphone usage, gender, and neuroticism as significant predictors of nomophobia. Females scored significantly higher for factors 1 and 4 compared to males. Nomophobia was rather widespread in the sample: Nearly half of the participants (49.4%) had a moderate level of nomophobia and 4.1% a severe nomophobia. The sample revealed that nomophobia was relatively common: 4.1% of individuals had severe nomophobia, and almost half (49.4%) had moderate nomophobia.

Nadi et al. (2021) conducted a study to find out how well high school students' self-esteem and nomophobia symptoms responded to the nomophobia treatment package. A control group was included in the quasi-experimental study design, which included a pre-, post-, and follow-up test. All the pupils exhibiting symptoms of nomophobia who attended Isfahan High School during the 2018–2019 academic year were included in the statistical population. We randomly split the 30 willing students into experimental ($n = 15$) and control ($n = 15$) groups after using purposive sampling to choose the participants. The Nomophobia Questionnaire and the Self-Esteem Questionnaire were among the study tools. The experimental group received nomophobia treatment for eight sessions, lasting 75 minutes each week. Two months have passed since the follow-up. Descriptive and inferential statistics, including repeated measures ANOVA, standard deviation, and mean, were used to evaluate the data. The data was subsequently analyzed using SPSS version 23.0. The experimental group's post-test scores for self-esteem and nomophobia symptoms were 19.26 ± 3.34 and 50.60 ± 5.07 , respectively, while the control group's scores were (13.46 ± 2.47) and (71.63 ± 8.47) . The pre-test results for the experimental and control groups did not differ significantly (all P-values were greater than 0.05). Furthermore, there was no statistically significant difference between the follow-up scores and the post-test results (all P-values were > 0.05). Students in the experimental group who had symptoms of nomophobia had a significant

gain in self-esteem after receiving nomophobia therapy ($P = 0.0001$). When comparing the experimental groups of high school students to the control group, the training intervention sessions resulted in a significant reduction in the symptoms of nomophobia ($P = 0.0001$). Empirical evidence suggests that nomophobia treatment is a useful intervention for elevating students' self-esteem and mitigating their symptoms of nomophobia.

METHODOLOGY

Research Objectives

- a) To determine the relationship between Nomophobia and the lifestyles of young adults.
- b) To determine the effect of quality of life on increasing symptoms of Nomophobia.
- c) To determine the effect of Nomophobia on quality of life.
- d) To evaluate the combined effect of quality of life on increasing symptoms of Nomophobia.
- e) To evaluate the major factors due to which Nomophobic symptoms are increasing.
- f) To determine the relationship between Nomophobia and Social relationships of Individuals.

Hypothesis:

- There will be a significant relationship between Nomophobia and the lifestyles of young adults.
- There will be a significant effect on Nomophobia and lifestyles of young adults.
- There will be a significant effect on quality of life by increasing symptoms of Nomophobia.

- The risk of high nomophobia among young adults is characterized by low quality of life.
- Social relationships influence the level of risk of nomophobia.
- Physical health influences the level of risk of nomophobia.

Variables

Independent Variable: Nomophobia

Dependent Variable: Lifestyle of individual

Sampling Design

The sample population is young adults ranging from 18 – 25 years. 150 Young adults will be participating in the research study. The sampling design would be Convenient Sampling.

Research Design

Correlational Research Design: A correlational research design investigates relationships between variables without the researcher controlling or manipulating any of them. A correlation reflects the strength and/or direction of the relationship between two (or more) variables. The direction of a correlation can be either positive or negative.

Tools

- ***Nomophobia: The Nomophobia Questionnaire (NMP-Q)***

The Nomophobia Questionnaire was developed by Yildirim and Correia (2015) to determine levels of nomophobia. The score ranges from 20 to 140 points. This instrument offers 20 items organized around four subscales:

Factor I, not being able to communicate (6 items)

Factor II, losing connectedness (5 items)

Factor III, not being able to access information (4 items)

Factor IV, giving up convenience (5 items)

- ***Lifestyle: The FANTASTIC Lifestyle Questionnaire.***

The FANTASTIC Lifestyle questionnaire was developed by Wilson, Nielsen, and Ciliska (1984) to assess an individual's behaviors and to establish an association between lifestyle and health. The items are arranged on a Likert scale, 23 of the items have five response options ("Almost never" to "Almost always") and 2 of the items are dichotomous ("Sometimes" or "Never"). The acronym FANTASTIC represents the names of the nine domains that the questionnaire covers:

F: Family and friends

A: Activity (physical activity)

N: Nutrition

T: Tobacco & toxics (cigarettes and drugs)

A: Alcohol

S: Sleep (sleep, seatbelt, stress, and safe sex)

T: Type of behavior (e.g., hostile)

I: Insight (e.g., positive, optimistic, sad, depressed)

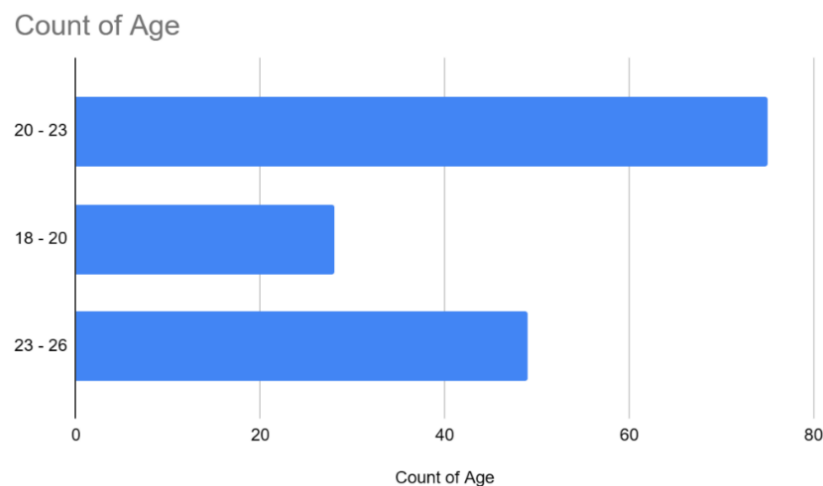
C: Career (work satisfaction with the profession)

RESULTS

The following section describes the major results of this study. Sociodemographic variables were analyzed, the psychometric properties of the Nomophobia Questionnaire (NMP-Q), and relationships between nomophobia and the lifestyle of young adults were presented.

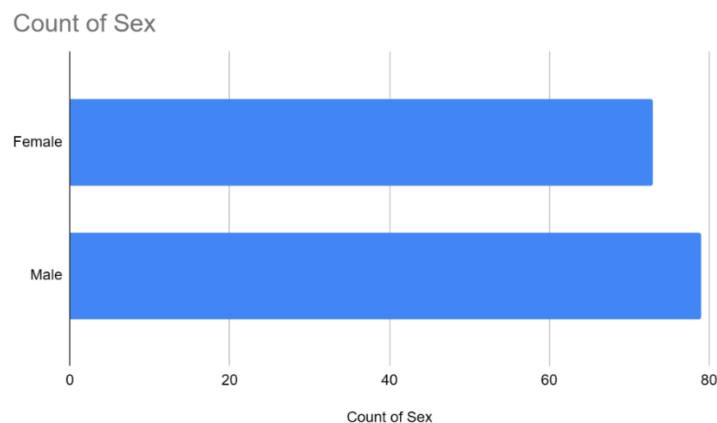
Sociodemographic Variables

The total sample consisted of 152 Indian young adults, from ages 18 to 26. Most of them are male (n=79, 52%) participated in the study. Most of the participants are students (n=85, 55.9%) who are pursuing their bachelor's degree (n=78, 51.3%).



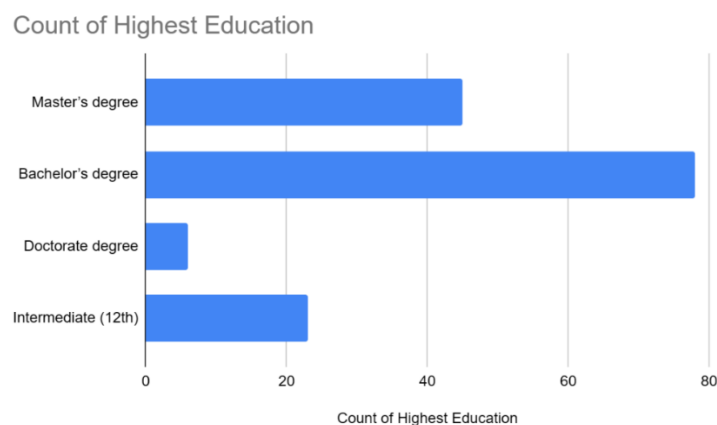
Graph 1

The age of the participants most of them are from 20-23 years



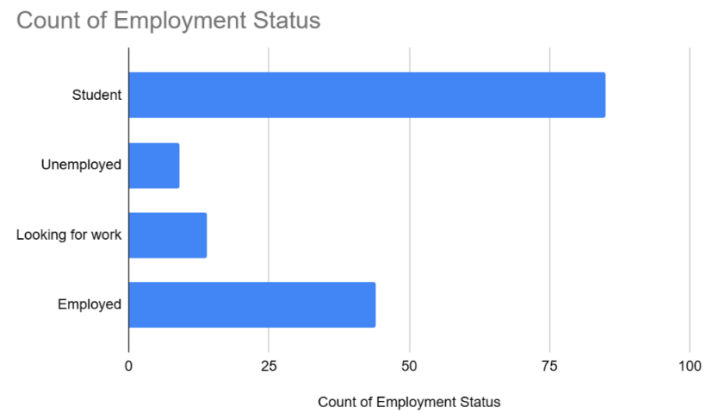
Graph 2

Gender of participants 52% of them are male and 48% are female



Graph 3

The education of participants in which most of them are pursuing their Bachelor's degree (n=78, 51.3%)



Graph 4

That most of the participants are students (n=85, 55.9%)

The Frequency Distribution of the Participants according to their Age, Sex, Education Level, and employment status.

Table 1

Sociodemographic details of the study

Variable	Category	n	%
Age	18-20	28	18.4
	20-23	75	49.3
	23-26	49	32.2
Sex	Male	79	52
	Female	73	48
Highest Education	Intermediate (12th)	23	15.1
	Bachelor’s Degree	78	51.3
	Master’s Degree	45	29.6

	Doctorate Degree	6	3.9
Employment Status	Student	85	55.9
	Employed	44	28.9
	Looking for work	14	9.2
	Unemployed	9	5.9

Table 2*Factor analyses of the Nomophobia Questionnaire*

Variable	M	SD
NMPQ 10 (Not being able to communicate)	3.68	1.258
NMPQ 11 (Not being able to communicate)	3.91	1.179
NMPQ 12 (Not being able to communicate)	3.68	1.188
NMPQ 13 (Not being able to communicate)	3.76	1.280
NMPQ 14 (Not being able to communicate)	3.77	1.199
NMPQ 15 (Not being able to communicate)	3.62	1.212

NMPQ 16 (Losing Connectedness)	3.36	1.463
NMPQ 17 (Losing Connectedness)	3.68	1.350
NMPQ 18 (Losing Connectedness)	3.58	1.398
NMPQ 19 (Losing Connectedness)	3.51	1.342
NMPQ 20 (Losing Connectedness)	3.45	1.326
NMPQ 1 (Not being able to access information)	3.65	1.324
NMPQ 2 (Not being able to access information)	3.52	1.317
NMPQ 3 (Not being able to access information)	3.30	1.301
NMPQ 4 (Not being able to access information)	3.77	1.253
NMPQ 5 (Giving up convenience)	3.43	1.436
NMPQ 6 (Giving up convenience)	3.30	1.432
NMPQ 7 (Giving up convenience)	3.67	1.326

NMPQ 8 (Giving up convenience)	3.55	1.331
NMPQ 9 (Giving up convenience)	3.58	1.269

Table 3*Factor analyses of Fantastic Lifestyle*

Variable	M	SD
Fantastic Lifestyle 1 (Family Friends)	3.13	1.392
Fantastic Lifestyle 2 (Family Friends)	3.09	1.400
Fantastic Lifestyle 3 (Activity)	2.50	1.478

Fantastic Lifestyle 4 (Activity)	2.61	1.317
Fantastic Lifestyle 5 (Nutrition)	3.33	1.326
Fantastic Lifestyle 6 (Nutrition)	3.74	1.211
Fantastic Lifestyle 7 (Nutrition)	2.84	1.235
Fantastic Lifestyle 8 (Tobacco Toxics)	2.24	.940
Fantastic Lifestyle 9 (Tobacco Toxics)	1.32	.469
Fantastic Lifestyle 10 (Tobacco Toxics)	2.89	1.083
Fantastic Lifestyle 11 (Tobacco Toxics)	1.92	1.364
Fantastic Lifestyle 12 (Alcohol)	3.01	.990
Fantastic Lifestyle 13 (Alcohol)	3.39	1.111
Fantastic Lifestyle 14 (Alcohol)	1.32	.466

Fantastic Lifestyle 15 (Sleep, Seatbelt, Stress, and Safe sex)	2.62	1.486
Fantastic Lifestyle 16 (Sleep, Seatbelt, Stress, and Safe sex)	2.62	1.482
Fantastic Lifestyle 17 (Sleep, Seatbelt, Stress, and Safe sex)	3.41	1.276
Fantastic Lifestyle 18 (Sleep, Seatbelt, Stress, and Safe sex)	3.09	1.302
Fantastic Lifestyle 19 (Sleep, Seatbelt, Stress, and Safe sex)	2.53	1.337
Fantastic Lifestyle 20 (Type of Behavior)	3.02	1.430
Fantastic Lifestyle 21 (Type of Behavior)	3.38	1.419
Fantastic Lifestyle 22 (Insight)	3.12	1.357
Fantastic Lifestyle 23 (Insight)	3.32	1.458
Fantastic Lifestyle 24 (Insight)	3.29	1.360
Fantastic Lifestyle 25 (Career)	3.13	1.335

Table 4*Correlational Table*

		Nomophobia	Lifestyle
Nomophobia	Pearson Correlation	1	-.278**
	Sig. (2-tailed)		.001
	N	152	152
Lifestyle	Pearson Correlation	-.278**	1
	Sig. (2-tailed)	.001	
	N	152	152

**. Correlation is significant at the 0.01 level (2-tailed).

Table 4 is the correlational table which denotes the correlation between Nomophobia and Lifestyle of young adults. The correlation between the two variables is high. It denotes a high and positive correlation. Since the independent variable is Nomophobia and the dependent variable is the Lifestyle of young adults, so it says that the more the people are Nomophobic, the more their quality of Lifestyle is bad. The correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

The factor analysis of the Nomophobia Questionnaire revealed dimensions related to communication and connectedness, indicating that many young adults fear being unable to communicate or losing connectedness when without their mobile phones. This fear may be influenced by lifestyle factors such as the importance placed on social interactions and the need

for constant communication with friends, family, and peers. Individuals who prioritize social connectivity and maintain active social networks may experience higher levels of nomophobia, as they rely heavily on mobile phones to stay connected with others. Conversely, individuals who place less emphasis on social interactions or engage in offline activities may exhibit lower levels of nomophobia, as they are less dependent on mobile technology for communication. The fear of not being able to access information or giving up convenience was prevalent among the surveyed population, indicating a reliance on smartphones for accessing information, services, and entertainment. Lifestyle factors such as information-seeking behaviors, media consumption habits, and reliance on technology for daily tasks may influence an individual's susceptibility to nomophobia. Individuals who prioritize convenience and efficiency in their daily lives may be more likely to experience nomophobia, as they heavily rely on mobile technology to streamline various activities. Conversely, individuals who adopt a more balanced approach to technology use or prefer offline alternatives may exhibit lower levels of nomophobia, as they are less dependent on smartphones for fulfilling their needs.

LIMITATIONS

To explore the relationship between "Fantastic Lifestyle" and "Nomophobia" further, we can conduct correlation analysis to examine potential associations between different dimensions of lifestyle and nomophobia tendencies. By analyzing the provided data, we can identify which lifestyle factors are most strongly correlated with nomophobia and explore potential mechanisms underlying this relationship. The factor analysis of the Fantastic Lifestyle questionnaire revealed dimensions related to family and friends, indicating that many young adults prioritize social relationships in their daily lives. Correlation analysis may reveal whether individuals who place

greater importance on social connections are more likely to experience nomophobia due to fear of being disconnected from their social networks. Dimensions related to health behaviors, such as nutrition, physical activity, and sleep habits, may also be correlated with nomophobia tendencies. Individuals who prioritize self-care and well-being may exhibit lower levels of nomophobia, as they have established coping mechanisms and stress management strategies that reduce their reliance on mobile technology for emotional support. Lastly, dimensions related to personal growth, self-awareness, and career development may also influence nomophobia tendencies. Individuals who focus on personal and professional development may exhibit lower levels of nomophobia, as they have a strong sense of identity and purpose that transcends their reliance on mobile technology for validation or fulfillment.

CONCLUSION

The extensive analysis of both the "Fantastic Lifestyle" and "Nomophobia" variables offers profound insights into the multifaceted relationship between lifestyle choices and technology-related anxieties among young adults. By synthesizing the findings from the factor analyses and exploring potential correlations between different dimensions of lifestyle and nomophobia tendencies, we can discern patterns and implications that underscore the complexities of contemporary living in the digital age.

The factor analyses of the "Fantastic Lifestyle" questionnaire elucidate the diverse dimensions that constitute the lifestyle choices of young adults. These dimensions encompass various aspects of daily life, including social relationships, health behaviors, personal growth, and career aspirations. The nuanced exploration of these lifestyle dimensions provides a holistic

understanding of how young adults navigate their lives and prioritize different facets of well-being and fulfillment. The factor analysis of the "Nomophobia" questionnaire unveils the pervasive fears and anxieties experienced by young adults concerning their dependence on mobile technology. These fears encompass concerns about communication, connectedness, information access, and convenience, reflecting the profound impact of smartphones on individuals' daily routines and emotional well-being. The intricate interplay between lifestyle choices and nomophobia tendencies becomes evident when examining potential correlations between different dimensions of the two variables. Certain lifestyle factors, such as social connectivity and convenience-seeking behaviors, may exacerbate nomophobia tendencies by fostering a reliance on mobile technology for communication, information access, and daily tasks. Other lifestyle dimensions, such as health behaviors, personal growth, and career aspirations, may serve as protective factors against nomophobia by promoting resilience, self-awareness, and a balanced approach to technology use. Individuals who prioritize holistic well-being and invest in offline connections may exhibit lower levels of nomophobia, as they derive fulfillment from diverse sources beyond their smartphones.

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