

Are you a nomophobe?

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Credit: Peter Griffin/Public Domain

If you're wondering how to respond to that question, an Iowa State University study can help you find the answer. ISU researchers have developed a questionnaire to help you determine if you suffer from nomophobia or a fear of being without your mobile phone.

Caglar Yildirim, lead author of the study and a Ph.D. student in [human computer interaction](#), and Ana-Paula Correia, an associate professor in ISU's School of Education, identified four dimensions of this modern-

day phobia. The study was published in the journal *Computers in Human Behavior*. Watch the above video to learn more about nomophobia and then answer the questions below to see if you are nomophobic.

Nomophobia Questionnaire

Study participants were asked to respond to the following statements on a scale of 1 (strongly disagree) to 7 (strongly agree). Total scores were calculated by adding the responses to each item. The higher scores corresponded to greater nomophobia severity.

1. I would feel uncomfortable without constant access to information through my [smartphone](#).
2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.
3. Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.
4. I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.
5. Running out of battery in my smartphone would scare me.
6. If I were to run out of credits or hit my monthly data limit, I would panic.
7. If I did not have a data signal or could not connect to Wi-Fi, then I would constantly [check](#) to see if I had a signal or could find a Wi-Fi network.
8. If I could not use my smartphone, I would be afraid of getting stranded somewhere.
9. If I could not check my smartphone for a while, I would feel a desire to check it.

If I did not have my smartphone with me:

1. I would feel anxious because I could not instantly communicate

- with my family and/or friends.
2. I would be worried because my family and/or friends could not reach me.
 3. I would feel nervous because I would not be able to receive text messages and calls.
 4. I would be anxious because I could not keep in touch with my family and/or friends.
 5. I would be nervous because I could not know if someone had tried to get a hold of me.
 6. I would feel anxious because my constant connection to my family and friends would be broken.
 7. I would be nervous because I would be disconnected from my online identity.
 8. I would be uncomfortable because I could not stay up-to-date with social media and online networks.
 9. I would feel awkward because I could not check my notifications for updates from my connections and online networks.
 10. I would feel anxious because I could not check my email messages.
 11. I would feel weird because I would not know what to do.

Provided by Iowa State University

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