

PREVALENCE OF NOMOPHOBIA AND FOMO AND THEIR RELATION TO DEPRESSION ANXIETY AND STRESS



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INTRODUCTION

- Nomophobia (No Mobile Phobia) and Fear of Missing Out (FOMO) are concerns emerging in the current generation due to the increase of smart phone use and specifically university students.
- Yet, there is a noticeable knowledge gap regarding these phenomena in the context of the United Arab Emirates (UAE), particularly with regard to university students.
- This research aims to fill this gap by finding the prevalence and impact of these phenomena on mental health aspects like depression, anxiety, and stress among university students in the UAE. This study considers the unique cultural context of the UAE (Al-Musharaf et al., 2018).

OBJECTIVE

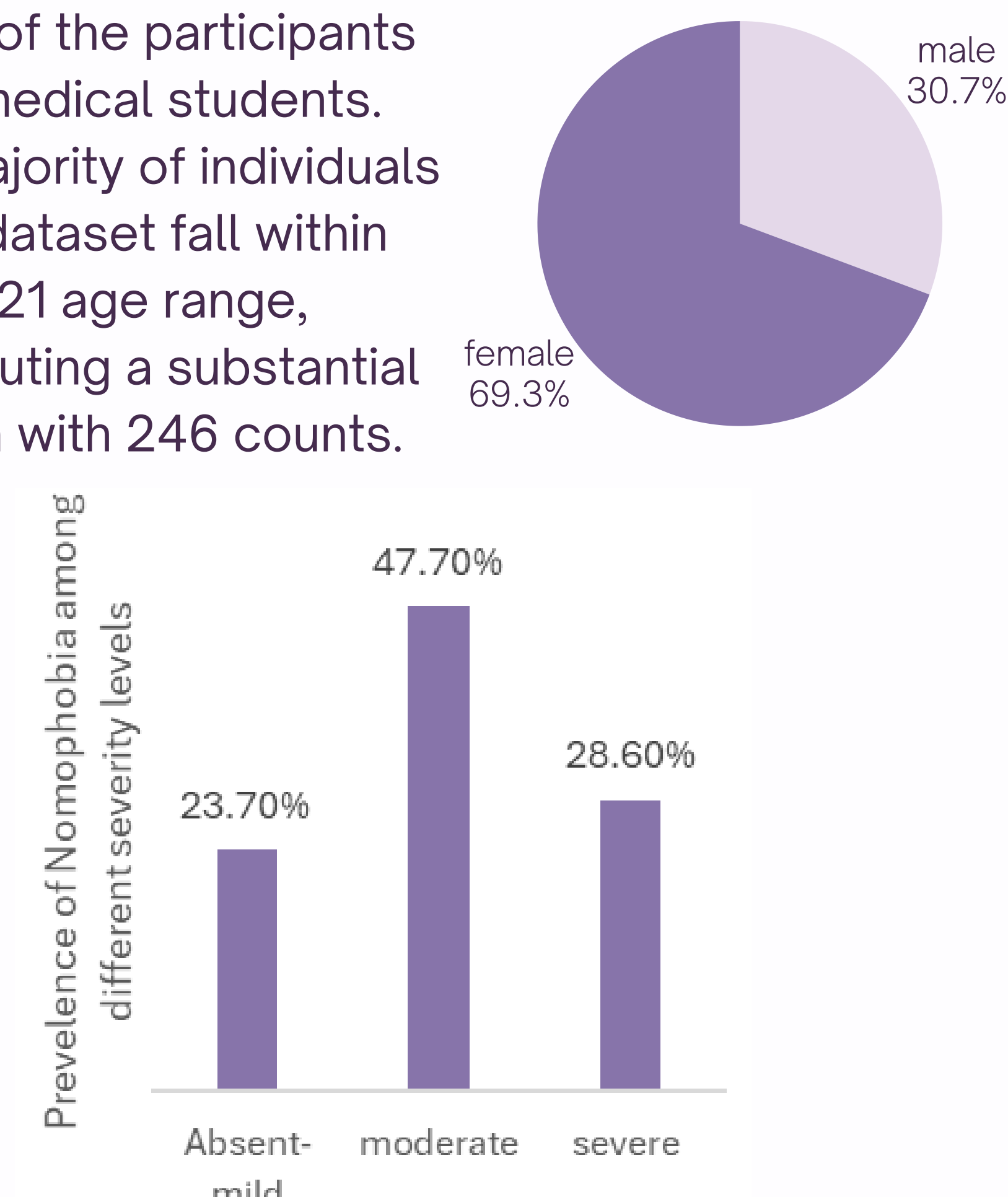
To measure the prevalence of nomophobia and FoMO among university students in UAE and their relationship to depression, anxiety, and stress (DAS).

METHODOLOGY

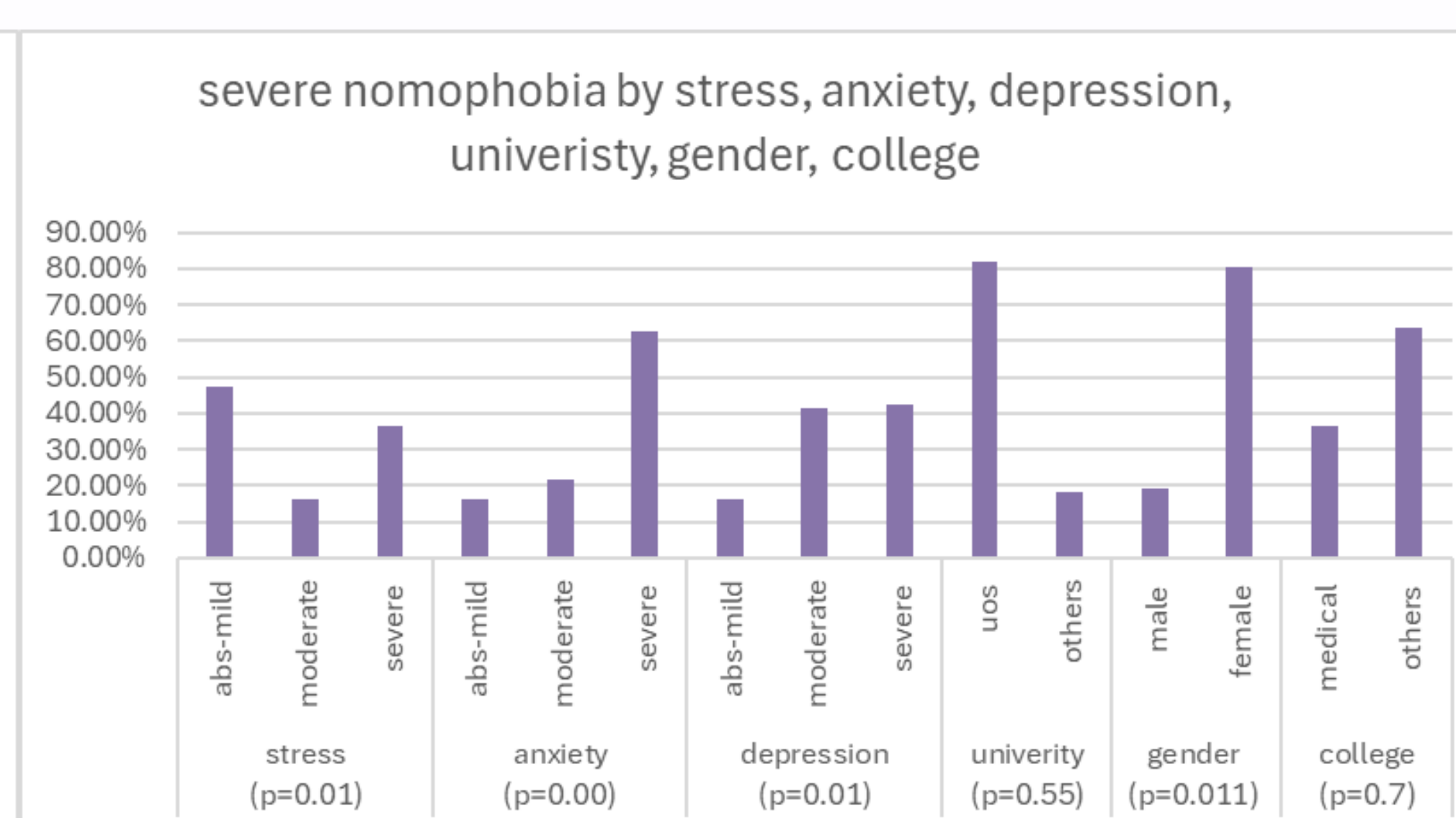
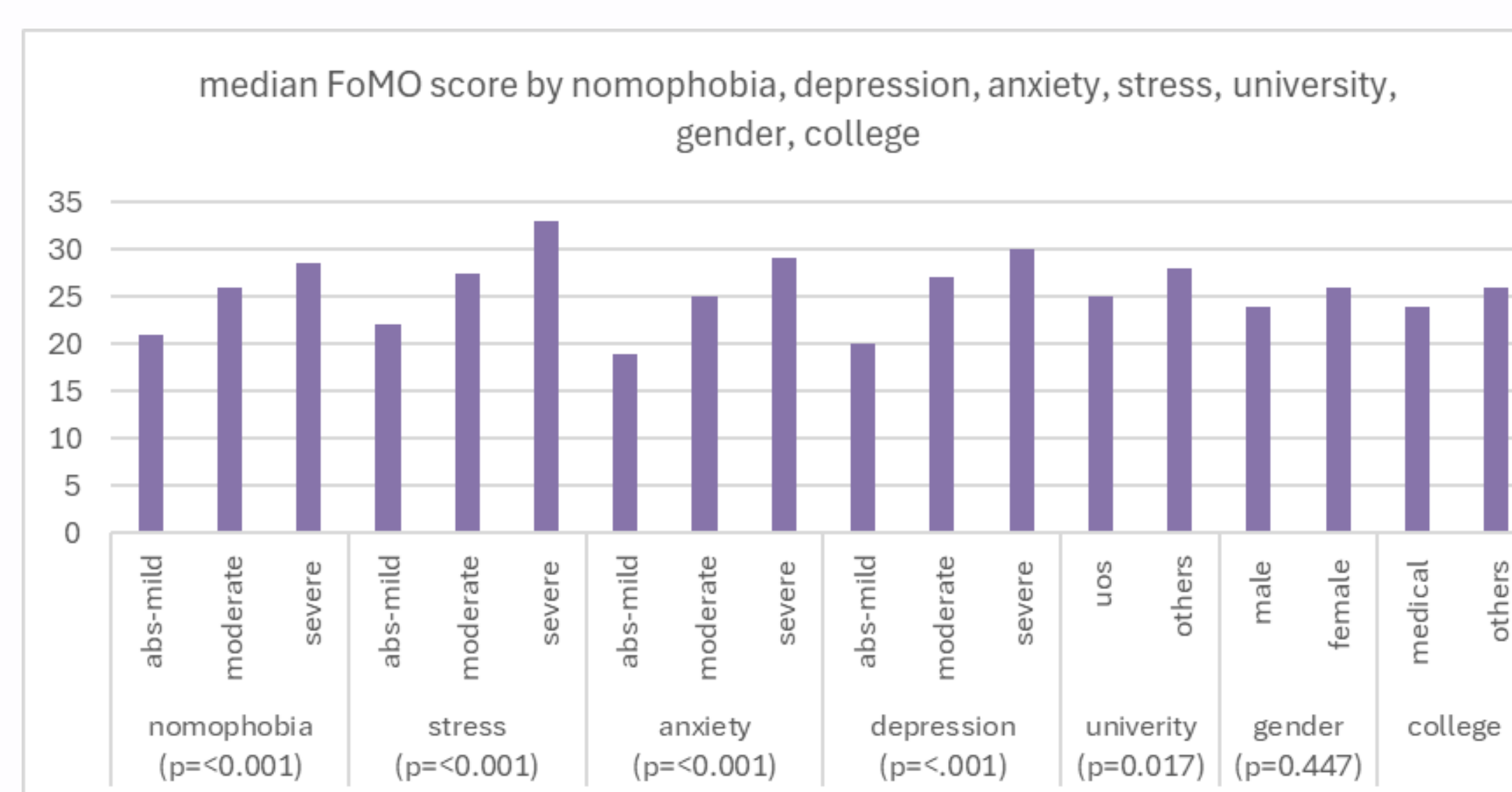
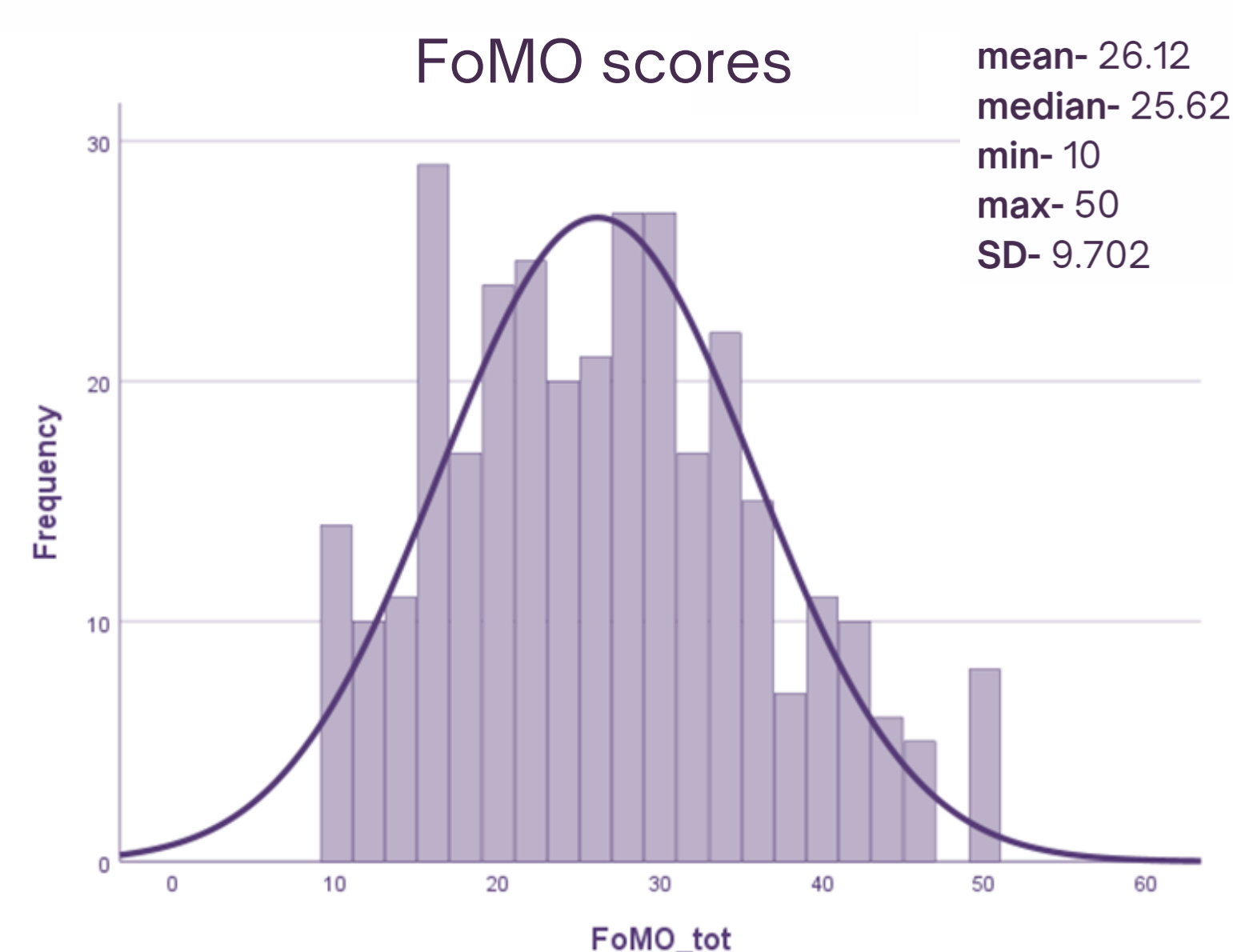
- A cross-sectional study with convenience sampling was used to select Arabic/English-speaking students enrolled in undergraduate university program in 4 Emirates (Abu Dhabi, Dubai, Sharjah and Ajman) and above the age of 18 to participate in this study.
- 335 subjects were targeted to answer a piloted, self administered online questionnaire developed for this study.
- SPSS 21 was used to analyze the collected data.
- NMP-Q, FoMOs, and DASS were the instruments used.

RESULTS

- 39.7% of the participants were medical students.
- The majority of individuals in the dataset fall within the 18-21 age range, constituting a substantial portion with 246 counts.



ANALYSIS



DISCUSSION

- This study in the region is among the first to explore the correlation between Fear of Missing Out (FoMO) and Nomophobia with Depression, anxiety and stress (DAS).
- Results indicate a high prevalence of Nomophobia among university students, primarily with moderate symptoms (47.7%), aligning with a 2022 meta-analysis. FoMO is also prevalent (36.8%), contrasting with a 2022 study (2) reporting only 8% with high FoMO. Individuals experiencing depression, anxiety, or stress exhibit higher FoMO levels, positively correlated.
- Selection bias toward females (69.3%) may exist due to the higher proportion of female students, impacting gender-related findings. Anonymity in the self-administered questionnaire introduces potential self-report bias as a limitation.

CONCLUSION

- In conclusion, the study on UAE university students uncovered a high prevalence of nomophobia and FoMO, especially among University of Sharjah (UOS) students. The research demonstrated significant correlations with mental health issues like depression, anxiety, and stress.
- These findings underscore the importance of additional research and targeted interventions to address smartphone-related phobias and their impact on the mental well-being of UAE university students in their cultural context.

REFERENCES

