

# RELATIONSHIP BETWEEN SOCIAL INTERACTION ANXIOUSNESS, FEAR OF MISSING OUT AND PROBLEMATIC MOBILE PHONE USAGE AMONG YOUNG ADULTS



by

Raja Junaid Ali  
BSP191029

A Research Thesis submitted to the  
DEPARTMENT OF PSYCHOLOGY  
in partial fulfillment of the requirements for the degree of  
BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences  
Capital University of Science & Technology,  
Islamabad

February 2023

# **RELATIONSHIP BETWEEN SOCIAL INTERACTION ANXIOUSNESS, FEAR OF MISSING OUT AND PROBLEMATIC MOBILE PHONE USAGE AMONG YOUNG ADULTS**



by

Raja Junaid Ali

BSP191029

A Research Thesis submitted to the

DEPARTMENT OF PSYCHOLOGY

in partial fulfillment of the requirements for the degree of

BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences

Capital University of Science & Technology,

Islamabad

February 2023

**CERTIFICATE OF APPROVAL**

It is certified that the Research Thesis titled “Relationship between Social Interaction Anxiousness, Fear of Missing Out and Problematic Mobile Phone Usage among Young Adults” carried out by Raja Junaid Ali, Reg. No. BSP191029, under the supervision of Ms. Sadaf Zeb, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

Supervisor:



Ms. Sadaf Zeb

Senior Lecturer

Department of Psychology

Faculty of Management and Social Sciences

Capital University of Science & Technology, Islamabad

HoD:



Dr. Sabahat Haqqani

Assistant Professor

Department of Psychology

Faculty of Management and Social Sciences

Capital University of Science & Technology, Islamabad

Copyright © 2023 by CUST Student

All rights reserved. Reproduction in whole or in part in any form requires the prior written permission of Raja Junaid Ali or a designated representative.

SOCIAL INTERACTION ANXIOUSNESS, FEAR OF MISSING OUT

iii

**DECLARATION**

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.

  
Raja Junaid Ali

BSP191029

February 2023

## **ACKNOWLEDGMENT**

First, all praise is to Allah Almighty for giving me the stamina to carry out my thesis. After that, I would like to thank my supervisor Ms. Sadaf Zeb for helping me throughout my thesis. I would also like to thank Ms. Maryam khan for her supervision in part 1. Lastly, I would like to thank my class fellows Maryam Dawood, Maria Rasheed, Sania Afzal, Taqdees Fatima, and Abdul Hadi Tariq for constantly helping and reminding me of the thesis and for their support.

**ABSTRACT**

Problematic use of the mobile phone is one of the most important challenges of the current century that can have serious consequences. Individuals with problematic mobile phone users report mental disorders. The aim of this study was to examine the relationship between social interaction anxiousness, fear of missing out, and problematic mobile phone usage among young adults. Data was collected through convenient sampling and 300 samples (M=137; F=163) were taken from different universities of Rawalpindi and Islamabad. It was a correlational study. The scales used for this purpose were the social interaction anxiousness scale, fear of missing out, and smartphone addiction scale. It was hypothesized that there was a relationship between social interaction anxiousness, fear of missing out, and problematic mobile phone usage among young adults. The findings of the study revealed that there is a positive relationship between social interaction anxiousness and fear of missing out ( $r=0.24$ ) among young adults. Results showed that social interaction anxiousness has a positive relationship with problematic mobile phone usage ( $r=0.14$ ). Moreover, results also revealed that problematic mobile phone usage and fear of missing out ( $r=0.37$ ) have a positive relationship among young adults. The current study findings are helpful for practitioners and researchers to give more attention to students. They must indulge in healthy activities so that students can minimize the excessive usage of mobile phones. Limitations and recommendations for future research are also discussed.

*Keywords:* Fear Missing Out, Smart Phone Addiction, Social Interaction Anxiousness, University Students.

**Table of Contents**

DECLARATION .....	iii
APPROVAL.....	iv
ACKNOWLEDGMENT .....	v
ABSTRACT.....	vi
Introduction .....	1
Literature Review.....	3
Theoretical Framework .....	6
Social Relationship Theory .....	6
Rationale .....	7
Objective .....	8
Hypotheses .....	8
Research Design.....	9
Populations and Sample .....	9
Sampling Technique.....	9
Sampling Procedure .....	9
<b><i>Inclusion</i></b>	
<b><i>criteria</i></b> .....	9
<b><i>Exclusion Criteria</i></b> .....	9
Instruments .....	9
<b><i>Fear of Missing Out scale</i></b> .....	9
<b><i>Smart Phone Addiction Scale</i></b> .....	10
<b><i>Social Interaction Anxiousness Scale</i></b> .....	10
Procedure.....	10
Ethical Considerations .....	11
Statistical Analyses 1 1	
Chapter-3 Results .....	12
Chapter-3 Discussion .....	17



## SOCIAL INTERACTION ANXIOUSNESS, FEAR OF MISSING OUT

Conclusion.....	ix
Limitations and Suggestions.....	18
Implications.....	19
REFERENCES.....	20
Appendices.....	26
Appendix A- Support Letter.....	27
Appendix B- Consent Form.....	28
Appendix C- Demographic Form.....	29
Appendix D- Smart Phone Addiction Scale.....	30
Appendix F- Fear of Missing Out Scale.....	32
Appendix G- Permission of Scales.....	34
Appendix H-Plagiarism Report.....	38

---

**List of Figures**

---

<b>Sr. #</b>	<b>Titles</b>	<b>Pg. #</b>
Table 1	Demographics Characteristics	21
Table 2	Psychometric Properties	25
Table 3	Pearson Bivariate Correlation	26

---



## Chapter-1 Introduction

Mobile phone use has become an essential component of our daily life. These digital devices have significantly altered the way we live, from our social interactions to our shopping choices (Akyol et al., 2021). Since the 1990s, when mobile phones, one of the very remarkable technological examples in terms of social life was introduced to the market, it seems that the industry of mobile phone is the fastest industry of mobile phone ever in the world so far (Kwon et al., 1934). Access to several functions is now possible anytime, anywhere thanks to large screen sizes and natural movement (Samaha & Hawi, 2016). In addition to these benefits, it has come to light that smartphone addiction leads to both physical and mental difficulties since cell phones make it possible to utilize numerous internet functions (O'Reilly, 1996). The amount of time spent on smartphones reduces in-person social engagement (Kuss & Griffiths, 2011). Because of the anonymity offered by the internet, adolescents with poor social skills who worry about interacting with others believe that doing so is less dangerous than doing so in real life (Shin & Jang, 2016). According to Bonetti, Campbell, and Gilmore (2010), people's habits of making and keeping friends have started to transfer to the online world as a result of the extensive usage of the internet. According to this circumstance, young individuals who are constantly in contact with new technologies have a much higher prevalence of technology dependence (Laconi & Chabrol, 2015).

Considering that people can watch social media on mobile devices, information is more readily available than before, which has allowed people to grow more reliant on information consumption. People may readily share information with others through social media, and they can also influence how and what others are acting and speaking (Buff, Abel & Burr, 2016; Hetz, Dawson & Cullen, 2015). Users of internet communication tools may observe the online activities of other users due to this opportunity and the fear of missing out (FoMO) on social developments (Wegmann & Brandt, 2017). The virtual boom of real-time sharing made

possible by social media has made it feasible for FoMO to exist. Media resources, mobile devices, and tablets. These technologies offer a constant chance to affect what other people are missing. Despite the fact that these technological advancements enable more regular social engagement, they also boost trust in mediated communication (Conlin & Averset, 2016). Anxiety about social circumstances requiring considerable social interaction anxiety is the fear of directly interacting with people, such as talking to new people at a party, chit-chatting with beautiful people, or expressing one's thoughts (Mitchell, Kimbrel & Nelson-Gray, 2010). At this point, those who choose indirect social interaction due to anxiety are likely to start relying on their cell phones out of fear of missing out (Zhang et al., 2017).

FoMO is described as a type of worry over missing significant events that have been broadcast on social media or not knowing about user experiences at a social organization or meeting. FoMO can be defined as the fear of missing out on more intriguing or exciting occurrences on social media by the Oxford Dictionary (2018). On the other side, FoMO was defined as the sensation of losing out on other people's worthwhile social media posts about their lives, and it is claimed that this emotion is linked to harmful social media use (Riordan et al, 2021).

In a similar vein, FoMO has been defined by Erciş (2021) as the fear of learning about the wonderful experiences that another person may have. FoMO is one of the root causes of social media addiction, according to a number of experts (Oberst et al, 2017). The desire to remain active on social media sites in order to see other people's posts or activity is known as "FoMO." Concern over people enjoying themselves while they are not on social media is another aspect of FoMO (Przybylski et al., 2013).

Studies on technology addiction and its behavioral effects have received the majority of attention since the invention of the internet, nonetheless, recent years have shown that the problem is becoming more serious as cellphones become more prevalent (Barnes et al., 2015).

In the past, substance misuse through excessive use of stimulants and drug-related substances has always been linked to addiction. A person's incapacity to manage their addiction is related to how poorly their brain's inhibitory system can be controlled. People can become hooked to various non-drug addictions including sex, gaming, eating, shopping, and the internet in the modern era of technology (Cocorada et al., 2013). The usage of smartphones is a relatively contemporary addiction that academics have classified as a behavioral addiction (Kwon et al., 2012)

A number of emotional, behavioral, and physical signs, including obsession, a lack of control, and even withdrawal symptoms can be used to diagnose smartphone addiction, a dangerous and pathological idea (Bian & Leung, 2015). Since many academics refer to smartphone addiction as such, it also refers to a person's aptitude for understanding the possibility of desiring and relapsing when abstaining (Mohamed et al., 2019).

Researchers from all around the world have expressed interest in studies on smartphone and/or mobile addiction. Recent research has examined social networking site addiction as well as smartphone addiction (SNSs). SNSs have grown greatly as cell phones have advanced. People desire to stay in touch with people in order to learn about their everyday activities and to receive practically constant updates on what their pals are up to (Blachnio & Przepiorka, 2014). SNSs have combined with smartphones to create the ideal recipe for luring users and eventually turning them into addicts of its programs. Numerous research has connected social networking connection with smartphone addiction (Rozgonjuk et al., 2016).

### **Literature Review**

Studies have looked into the relationship between smartphone addiction and the usage of social networking apps on mobile devices. Previous research found that it was shown that those with daily smartphone usage of more than four hours had a greater risk of addiction than those with daily use of fewer than four hours (Aljomaa et al., 2016). Cheever, Rosen, Carrier,

and Chavez (2014) showed that anxiety levels rose among university students in their studies. When students were removed from their cell phones. They attribute this to the lengthening of daily smartphone usage. Furthermore, several research linked the usage of SNS to a higher risk of developing an addiction to mobile devices Salehan et al.,2013). Because they are portable and always connected, smartphones are seen as convenient platforms for users to access SNSs routinely (Jeong et al., 2016). It may thus be argued that having simple access to social media accounts may lead to excessive and unrestrained SNS use which can cause young people to become dependent on smartphones. Social media's deep integration into everyday life has had a highly negative influence on people's lives. Social media addiction has made users more concerned about sharing and missing information due to the rise in shares. The result of this circumstance was the creation of FoMO.

It is very important to understand the concept FoMO, which has been shown to predict excessive usage of SNS. Przybylski, Murayama (2013), the creators of the FoMO scale, came to the conclusion that persons who score highly on the scale use social networking websites are more frequently and are most likely to use their cell phones while operating machinery or in class. According to multiple studies, FoMO has been linked to an increase in young people's use of social media (Jaiganesh & Krishnan, 2016). Research is also showing that FoMO is the factor most strongly associated with problematic use of cell phone (Przybylski et al., 2013).

The findings of the study demonstrate that, in addition to being linked to social media addiction FoMO is correlated with the quantity of social media accounts and the frequency of account monitoring (Hosgor et al., 2017). According to Sapadin (2015), those who use social media often tend to exhibit FoMO more than other people. This is due to the fact that these people frequently monitor what other people post and do on social media. These folks get far less likes on social media than other users, who often receive thousands of them. Because of this, what other people do consistently for those who are suffering from FoMO is crucial.

Despite the fact that social anxiety is considered a single notion, social anxiety comes in several forms, including those where the worry is either specific to a scenario or generalized and appears in a variety of settings. Attempts to categorize anxiety cause separate between those that involve individuals being watched or examined by others and those that include social activities like saying hello or speaking (Asmundson, 1997). Consequently, there are two forms of social anxiety and social phobia: general worry about social interactions, and dread of being socially scrutinized in everyday situations (Lyvers & Thorberg, 2018).

According to Leary and Kowalski (1993), social interaction anxiety is described as people's anxiety in various social settings, meeting new people, aversion to, and fear of missing, social contact and self-expression (Kashdan, 2004). One of the key signs of social anxiety, which is often described as meeting new people and finding it difficult to communicate with them, is upsetting feelings (Mattick & Clarke, 1998). Those who suffer social anxiousness are very most probably to feel self-conscious and harshly evaluate themselves (Hirsch et al., 2003). It might be claimed that socially anxious people feel more comfortable in the online world given the link between social anxiety and problematic internet use. This setting is less intimidating and more gratifying for those with social anxiety than face-to-face interaction. Because of this, those individual with high levels of social anxiousness is more probably to suffer the end results of excessive internet use. For someone who is a social being, communicating with other people is inevitable. One indication of social anxiety is when a person is uneasy about the impact their communication will have on other people (Konan, 2018).

The gender variations in social anxiety and smartphone addiction have been extensively reported in the pertinent literature. For instance, a recent empirical study reported that females have much greater levels of social anxiety and smartphone addiction than boys (Hu, 2020), although (Zou et al, 2017) found the converse to be true. One might hypothesize that this



discrepancy may be caused by variations in the tools used to measure social anxiety and smartphone addiction (Hu, 2020). Furthermore, a meta-analysis confirmed that behavioral addiction differs by gender (Su et al., 2020). Males are more likely than females to have an addiction to online gaming and less likely to have a digital addiction, claim (Su et al., 2020).

Previous research has shown that socially anxious people may communicate on their phones more frequently than those with generalized anxiety disorders since it is a safer habit for them to engage in (Lee & Stapinski, 2012). This implies that research on the link between social anxiety and smartphone addiction is more important than research on the link between generalized anxiety disorder and smartphone addiction. This suggests that social anxiety is a more significant risk factor for participants' addiction to mobile phones.

Previous research has linked FoMO to social media usage and anxiety (Chambers, 2018). Prior studies found that students who fit the criteria for smartphone addiction had higher scores on all mental symptom measures, including somatization, obsessive-compulsive disorder, interpersonal sensitivity, sadness, anxiety, aggression, phobia, paranoia, and psychosis, as compared to students who were not classified as addicted (Cargill, 2019).

## **Theoretical Framework**

### ***Social Relationship Theory***

The social relationships theory (SRT) is a theory of interpersonal relationships. It is proposed by Fiske (1991). Social relationships theory states that all human interactions can be described based on four relational models: community sharing, authority ranking, equality matching, and market pricing. This theory explains how we make up social relationships. Moreover, it also elaborates that those who have problematic social relations also have to suffer from fear of missing out and social interaction anxiety that leads to problematic mobile phone usage. As it is hard for them to interact and participate in social activities.

## **Rationale**

Smartphones may run downloadable applications and provide a variety of functions including communication, entertainment, and information access. Despite the potential benefits of adopting mobile technologies in the classroom, using mobile devices for non-class related purposes might substantially disrupt students. Physical, psychological, and mental health disorders are among the dangers associated with poor cell phone use. Problematic mobile phone use may also result from certain social media usage patterns. This harmful use is likely to emerge as a result of people's strong desire to stay connected to the lives of others through following postings, statuses, likes, and so on. University students are potentially vulnerable because they apparently spend a significant amount of time using their smartphones for academic or recreational purposes. (Omer, 2020). The understanding of the factors influencing young people's problematic mobile phone use in non-Western countries will improve as a result of the current study's findings. Negative feelings including social anxiety and fear of missing out might be considered as significant risk factors for problematic mobile phone use, especially in young adults.

The main aim of this study is to enhance our knowledge of FoMO in relation to social anxiety and smartphone addiction. The study is driven by four goals. The first portion of the study looks at whether young adults with greater degrees of FoMO are more attached to their smartphones and visit other people's accounts more frequently than individuals with lower levels of FoMO.

Another aim of the present study was to investigate whether FoMO is better predicted by platforms that link young adults via their offline networks rather than platforms that connect to a mainly untapped population. The researcher believed that young adults with greater levels of FoMO are primarily motivated to check in with people on their own social networks (e.g., Youtube, and Twitter). Third, the study investigates the link between FoMO and smartphone

addiction in young individuals. The present study emphasized determining the link between FoMO, smartphone addiction, and social interaction anxiousness among young adults.

### **Objective**

1. To find the relationship between social interaction anxiousness, fear of missing out, and problematic mobile phone usage among young adults.

### **Hypotheses**

1. There would be a relationship between social interaction anxiousness and fear of missing out among young adults
2. There would be a relationship between fear of missing out and problematic mobile phone usage among young adults.
3. There would be a relationship between social interaction anxiousness and problematic mobile phone usage among young adults.

## **Chapter-2 Method**

### **Research Design**

In this study quantitative correlational research design was used.

### **Populations and Sample**

In this study both male and female students were taken from different universities of

Rawalpindi and Islamabad.

### **Sampling Technique**

In the present study, data was collected through convenient sampling from 300 male and female university students.

### **Sampling Procedure**

#### ***Inclusion criteria***

- Students currently enrolled in the undergraduate program.
- Students who can understand the English language would be included.
- Students with an age range between (18 to 22) would be only included in the study.

#### ***Exclusion Criteria***

- Students who are psychologically and physically ill would not be included in the study.

### **Instruments**

#### ***Fear of Missing Out scale (Przybylski, 2013)***

The fear of missing out on the scale was created by Przybylski et al., (2013). It measures the level of anxiety, sadness, and regret that an individual reflects when she/he misses out on an event, agenda, or opportunity. This scale consists of ten items and is a five-point Likert-type scale (1= not at all true of me, 2= slightly true of me, 3= moderately true of me, 4= very true of me, and 5= extremely true of me). Higher scores on the measure, which range from 10 to 50, indicate a larger fear of missing out. The test-retest reliability Cronbach's alpha for the scale was 0.81.

#### ***Smart Phone Addiction Scale (Kwon, 2013)***

The Smartphone Addiction scale was developed by Kwon et al., (2013). It is a self-reporting scale that measures addiction to smartphones. It includes 33 items and 6 categories using a six-point Likert scale (1 for "strongly disagree" and 6 for "strongly agree"). Daily life disturbance, pleasant anticipation, withdrawal, relationship focused on the internet, overuse,

and tolerance were the six factors. A single score can be produced by combining these. Higher scores are associated with increased smartphone use and "addiction." The internal-consistency test result

(Cronbach's alpha) throughout its development stages was 0.967.

### ***Social Interaction Anxiousness Scale (SIAS) (Leary & Kowalski, 1993)***

This scale was developed by Leary and Kowalski (1993). It is used to measure the behaviors associated with problematic smartphone use. It consists of 15 items, which has a Likert type of five points. Depending on the respondent's response, each item is given a score between 1 and 5 points. The scores for items 3, 6, 10, and 15 are reversed, and then all of the points are added up to produce the final score. This total score falls between the ranges of 15 to 75. The test-retest reliability coefficient was .80, and the scale's internal consistency was judged to be .88.

### **Procedure**

Different universities were visited in order to collect data. After debriefing and consent taking students were provided with the questionnaire (FoMOs, problematic mobile phone usage, and SIAS) respectively. Data collection was taken from 300 participants of different universities of Rawalpindi and Islamabad.

### **Ethical Considerations**

Before the research begins, subjects should not have suffered any damage of any kind, and a thorough debriefing should be conducted. Participants' consent was taken. The privacy of research participants would be safeguarded. The inquiry was conducted anonymously, and all participants were made aware that the details of their responses would stay confidential.

There should be no lying or overstating the study's goals and objectives, and participants are free to leave the study at any time.

### **Statistical Analyses**

The analysis of the data was done through SPSS (version 26), reliability, descriptive statistics, and bivariate correlation analysis would be computed to address the possible assumption mentioned in the hypotheses of the study.

## **Chapter-3 Results**

This chapter presents the results of the present study including the descriptive statistics for the demographic variables, psychometric properties of the Scales in terms of Cronbach alpha reliabilities, and inferential statistics in terms of Pearson correlation.

**Table 1**

<b>Characteristics of participants</b>		<i>(f)</i>	<i>(%)</i>	<i>M</i>	<i>SD</i>
<b>Age</b>				20.57	1.92
<b>Gender</b>					
	Male	137	45.7		
	Female	163	54.3		
<b>University</b>					
	Private	100	33.3		
	Semi-government	100	33.3		
	Government	100	33.3		
<b>Birth order</b>					
	1	55	18.3		
	2	94	31.3		
	3	64	49.7		
	4	33	11.0		
	5	30	10.0		
	6	7	5.7		
	7	3	1.0		

*Frequencies and percentages of the demographic characteristics of the sample (N = 300).*

	8	4	1.3
<b>Father is Alive</b>			
Yes	279	93.0	
No	21	7.0	
<b>Mother is Alive</b>			
Yes	290	96.7	
No	10	3.3	
<b>Family system</b>			
Nuclear	196	65.3	
Joint	104	34.7	
<b>Relationship with Parents</b>			
Married	270	90.0	
Divorced	8	2.7	
Widow	8	2.7	
Separated	14	4.7	
<b>Marital Status</b>			
Single	252	84.0	
Engaged	28	9.3	
Married	14	4.7	
<b>Accessibility of Internet</b>			
Divorced	2.0	2.0	
All the Time	239	79.7	
Some Time	53	17.7	
Never	8	2.7	
<b>Housing</b>			
Hostel	86	28.7	
With Parent	198	66.0	
<b>Job</b>			
With Guardian	16	5.3	
Yes	55	18.3	
No	245	81.7	
<b>Personal Mobile</b>			
Yes	280	93.3	
No	20	6.7	

---

*Note:* M= Mean, SD= Standard Deviation, f= Frequencies, % = Percentages.



Table 1. explains the demographics of the participants. This sample consisted of a total of 300 undergraduate students. The mean age is 20.57 and the standard deviation is 1.92. All participants in the study were university level consisting of 165(55%) participants in their first, second, or third semester, 87 (29%) participants in their fourth, fifth, or sixth semester, and 48 (16%) participants in the seventh or eighth semester. Male participants made up 137 (45.7%) of the total, while female participants made up 163 (54.3%). 100(33.3%) participants were from private universities, 100 (33.3%) participants were from semi-government universities and 100 (33.3) participants were from government universities. The sample of the participants consisted of 55 (18.3%) of 1<sup>st</sup> in the birth order, 94(31.3%) in 2 order, 64(21.3%) belonged to 3 order , 33(11.0%) belong to 4 order, 30(10.0%) belong to 5 order, 17(5.7%) belong to 6 order, 3(1.0%) belong to 7 order, 4(1.3%) comes in the 8 place of birth order. 279 (93.0%) participants had their father Alive and 21(7.0%) had their father Dead. 290 (96.7%) participant's mothers were Alive and 10 (3.0%) participants' mothers have Died. 196 (65.3%) participants came from a nuclear family system and 104 (34.7%) participants were a part of the joint family system. The housing of the participants varied, 86 (28.7%) participants lived in a hostel and 198 (66.0%) live with parents, 16(5.3%) live with guardians. 239(79.7%) participants have Accessibility of internet all the time, 53(17.7%) of people uses internet some time and 8(2.7%) of people have no internet accessibility. Marital status of participants who are single is 252(84.7%) is single, 28(9.3%) are engaged, 14(4.7%) are married, 6(2.0%) are divorced. Of the participants who have their personal mobile phone are 280 (93.3%) and participants who do not have a personal mobile phone are 20 (6.7%). Participants who are doing a job are 55 (18.3%) and participants who are not doing any job are 245 (81.7%).

**Table 2**

*Psychometric properties of social interaction anxiousness, smartphone addiction and fear of missing out (N = 300)*

Scales	No. of items	M	SD	Range		$\alpha$
				Potential	Actual	
<b>IAS</b>	15	42.23	7.24	24-62	15-75	0.76
<b>PMPU</b>	33	112.67	24.40	50-175	33-198	0.88
<b>FoMO</b>	10	26.88	6.85	10-50	10-50	0.70

Note. IAS=Interaction anxiousness scale, PMPU= Problematic mobile phone usage scale, FoMO= Fear of missing out.

Table 2. illustrates the psychometric properties of IAS, PMPU, and FoMo. IAS has 42.23(SD=7.24) with values ranging from 24 to 62. The PMPU mean is 112.67 (SD=24.40) with values ranging from 50 to 175. The FOMO mean is 26.88 (SD=6.85) with values ranging from 10 to 50. The Cronbach alpha value for IAS, PMPU, and FoMO is 0.76, 0.88, and 0.70 respectively.

**Table 3***Pearson Product Moment Correlation between IAS, PMPU and FoMO (N=300)*

	<i>M</i>	<i>SD</i>	1	2	3
1 IAS	42.23	7.24	-	.14*	.24**
2 PMPU	112.67	24.40		-	.37**
3 FoMO	26.88	6.85			-

*Note.* \* $p < 0.05$ , \*\* $p < 0.01$ ; IAS=Interaction anxiousness scale, PMPU= Problematic mobile phone usage scale, FoMO= Fear of missing out.

Table.3. explains the correlation matrix of scales of IAS, PMPU, and FoMO. This table revealed that the IAS scale has a significant positive relationship with PMPU. IAS has a significant positive relationship with FoMO which means those having smartphone addiction have more FoMO. PMPU has a positive significant relationship with FoMO which means those having problematic mobile phone users have more fear of missing out.

## Chapter-4 Discussion

The purpose of the present study was to examine the relationship between social interaction anxiousness, problematic mobile phone usage, and FoMO among young adults. For this study, data was collected from 300 participants from semi-government, private, and government universities. Three scales including the social interaction anxiety scale, the fear of missing out scale, and the problematic mobile phone usage scale were employed in this study. Przybylski et al., (2013) developed the FoMOs and its Cronbach alpha coefficient was 0.81. Smart Phone addiction scale was developed by Kwon et al., (2013) and its Cronbach alpha was 0.97. The social interaction anxiousness scale was created Leary and Kowalski in 1993, and its Cronbach alpha coefficient was 0.80. The measures' Cronbach alpha coefficients in the current study were 0.88 for the smartphone addiction scale, 0.76 for the social interaction anxiousness scale, and 0.70 for FoMOs respectively.

Three hypotheses were present in the current investigation. First, it was assumed that there would be a connection between problematic mobile phone use and a fear of missing out among young adult. This study found a substantial positive association between problematic mobile phone usage and FoMO, indicating that people with problematic mobile phone use experience greater FoMO (Table 3). The finding of the present study was consistent with previous literature that inappropriate smartphone usage and poor emotional management are linked to high levels of FoMO (Wolniewicz et al., 2018).

Second, it was hypothesized that there would be a relationship between social interaction anxiousness and problematic mobile phone usage among young adults. The study results revealed that the IAS scale has a significant positive relationship with PMPU which means those having more social interaction anxiousness have more problematic mobile phone usage (Table 3). Results were in line with prior research that interaction anxiety has a huge impact on smartphone addiction. Research on the topic revealed a direct link between

smartphone addiction and social anxiousness (Billieux et al., 2015; Thomsen et al., 2018). In young adults, there is a statistically significant connection between social anxiety and mobile phone addiction (Konan et al., 2018; Konan & Celik, 2019).

Third, it was hypothesized that there would be a relationship between fear of missing out and social interaction anxiousness among young adults. The current study finding revealed that IAS has a significant positive relationship with FoMO which means those having more social interaction anxiousness have more FoMO (Table 3). The findings of the current study were in line with previous literature that interaction anxiety is significantly influenced by the fear of missing out. People are triggered by their want to know what is happening as well as their fear of missing out (Reagle, 2015). According to Dempsey, O'Brien, Tiamiyu, and Elhaia (2019), FoMO on social gatherings and social anxiety are connected. Studies in the field lend credence to the present study's conclusions on how FoMO modifies the relationships between interaction anxiety (Alghraibeh et al., 2018; Elhaia et al., 2019).

## **Conclusion**

The purpose of the present study was to examine the relationship between social interaction anxiousness, problematic mobile phone usage, and FoMO among young adults. The current study results revealed that there is a significant positive relationship between social interaction anxiousness and problematic mobile phone usage. Findings also showed a significant positive relationship of social interaction anxiousness with FoMO. Therefore, it is important that if students have a better knowledge on these emotions, they can express themselves better and are better able to understand their behaviors. Opportunities to practice FoMO and social interaction anxiousness are thus dependent on problematic mobile phone usage.

### ***Limitations and Suggestions***

The study should be noted for the following flaws.

- Since the data were gathered through self-reported surveys, it is impossible to confirm the veracity of any individual or university student claims.
- Future studies can take into account manipulating these variables using the qualitative approach.
- Findings can be used to design a study with a larger sample, as in this study sample was small therefore the results cannot be generalized on the population based on the sample size.
- The study variables should also be examined on other populations and other demographic variables.

### **Implications**

- To reduce their problematic mobile phone use and social anxiety, educational institutions could encourage students who suffer from FoMO to develop a future-focused outlook on life.
- Our findings are helpful for practitioners and researchers to give more attention to students. They must indulge in healthy activities so that students can minimize the usage of mobile phone addiction.

## References

- Abel, J. P., Buff, C. L., & Burr, S. A. (2016). Social media and the fear of missing out: Scale development and assessment. *Journal of Business & Economics Research-First Quarter*, 14(1), 33-44. Addictions, 4(4), 299- 307 doi: 10.1556/2006.4.2015.037 edition Vol.7 No.2 ISSN: 1857-
- Akbari, M., Seydavi, M., Palmieri, S., Mansueto, G., Caselli, G., & Spada, M. M. (2021). Fear of missing out (FoMO) and internet use: A comprehensive systematic review and meta-analysis. *Journal of Behavioral Addictions*, 10(4), 879-900.
- Akyol, N. A., Ergin, D. A., Krettmann, A. K., & Essau, C. A. (2021). Is the relationship between problematic mobile phone use and mental health problems mediated by fear of missing out and escapism? *Addictive behaviors reports*, 14, 100384.
- Andrus, J., Dall, C., Hof, A.V., Laadan, O., & Nieh, J. (2011). Cells: A virtual mobile smartphone architecture. SOSP '11: Proceedings of the Twenty-Third ACM Symposium on Operating Systems Principles October 173-187  
<https://doi.org/10.1145/2043556.2043574>
- Auera, B. J., Calvia, J. L., Jordana, N.M., Schradera, D., & ByrdCravena, J. (2018). Communication and social interaction anxiety enhance interleukin-1 beta and cortisol reactivity during high-stakes *European Journal of Educational Sciences*, June 2020
- Baumeister RF, Vohs KD, Tice DM. The strength model of self-control. *Curr Dir Psychol Sci*. 2007; 6:351–355. doi:10.1111/j.1467-8721.2007.00534.x
- Billieux, J., Philippot, P., Schmid, C., Maurage, P., Mol, J. D., & Linden, M. V. D. (2015). Is dysfunctional use of the mobile phone a behavioral addiction? Confronting symptom-based

- Buyukbayraktar, C. G. (2020). Predictive relationships among smartphone addiction, fear of missing out and interaction anxiousness. *European Journal of Educational Sciences*, 7(2), 1-16.
- Buyukbayraktar, C. G. (2020). Predictive Relationships among Smartphone Addiction. Fear of Missing Out and Interaction Anxiousness. *The European Journal of Educational Sciences*, 07(02). <https://doi.org/10.19044/ejes.v7no2a1>
- Cargill, M. (2019). *The relationship between social media addiction, anxiety, the fear of missing out, and interpersonal problems* (Doctoral dissertation, The University of Akron).
- Chambers, K. J. (2018). *College students' anxiety, social media engagement, and fear of missing out* (Doctoral dissertation, William James College).
- Chen, C., Zhang, K. Z., Gong, X., Zhao, S. J., Lee, M. K. and Liang, L. (2017). Understanding compulsive smartphone use: An empirical test of a flow-based model, *International Journal of Information Management*, Vol.37, No.5, 438-454
- Conlin, L., Billings, A. C. & Averset, L. (2016). Time-shifting vs. appointment viewing: the role of fear of missing out within TV consumption behaviors. *Communication & Society*, 29(4), 151-164.
- Dempsey, A. E., O'Briena, K.D., Tiamiyua, M.F. & Elhaia, J. D. (2019). Fear of missing out
- Elhai, J. D., Levine, J. C. & Hall, B. J. (2019). The relationship between anxiety symptom severity and problematic smartphone use: A review of the literature and conceptual frameworks.
- Elhai, J. D., Levine, J. C., Alghraibeh, A. M., Alafnan, A., Aldraiweesh, A. A. & Hall, B. J. (2018). Fear of missing out: Testing relationships with negative affectivity, online social engagement, and problematic smartphone use. *Computers in Human Behavior*, 89, 289- 298. <https://doi.org/10.1016/j.chb.2018.08.020>



- Elhai, J. D., Levine, J. C., Alghraibeh, A. M., Alafnan, A., Aldraiweesh, A. A. & Hall, B. J. (2018). Fear of missing out: Testing relationships with negative affectivity, online social engagement, and problematic smartphone use. *Computers in Human Behavior*, 89, 289- 298. <https://doi.org/10.1016/j.chb.2018.08.020>.
- Facebook use. *Addictive Behaviors Reports*, 9, 100-150.
- Fauzi, M. A., Harun, S. A., Martin, T., Paiman, N., & Hussin, M. S. F. (2021). Smartphone Addiction among Young Adolescents: Integration of Flow Theory and Fear of Missing Out. *International Journal of Information and Management Sciences*, 32(1), 39-58.
- Gezgin, D. M. (2018). Understanding patterns for smartphone addiction: Age, sleep duration, social network use and fear of missing out. *Kıbrıslı Eğitim Bilimleri Dergisi*, 13(2), 166177.
- Habke, A. M., Hewitt, P. L., Norton, G. R. & Asmundson, G. (1997). The social phobia and social interaction anxiety scales: an exploration of the dimensions of social anxiety and sex differences in structure and relations with pathology. *Journal of Psychopathology and Behavioral Assessment*, 19(1), 21-39
- Hagger MS, Wood C, Stiff C, Chatzisarantis NLD. Ego depletion and the strength model of self control: a meta-analysis. *Psychol Bull.* 2010; 136:495–525.  
doi:10.1037/a0019486
- Haugi, S., Castro, R.P., Kwon, M., Filler, A., Kowatsch, T., & Schaub, M. P. (2015). Smartphone use and smartphone addiction among young people in Switzerland. *Journal of Behavioral*
- Hirsch, C. R., Clark, D. M., Mathews, A., & Williams, R. (2003). Self- images play a causal role in social phobia. *Behavior Research and Therapy*, 41(8), 909-921. doi:10.1016/S0005-

<https://doi.org/10.1016/j.psyneuen.2018.05.011>

Jiang Z, Zhao X. Brain behavioural systems, self-control and problematic mobile phone use: the moderating role of gender and history of use. *Pers Individ Differ.* 2017; 106:111–116. doi: 10.1016/j.paid.2016.10.036

Jiang Z, Zhao X. Self-control and problematic mobile phone use in Chinese college students: the mediating role of mobile phone use patterns. *BMC Psychiatry.*2016;16(1):416–424. doi:10.1186/s12888-016-1131-z  
*Journal of Anxiety Disorders*, 62, 45-52. <https://doi.org/10.1016/j.janxdis.2018.11.005>.

Kimbrel, N. A., Mitchell, J. T., & Nelson-Gray, R. O. (2010). An examination of the relationship between behavioral approach system (BAS) sensitivity and social interaction anxiety. *Journal of Anxiety Disorders*, 24, 372-378.

Konan, N., Durmus, E., Turkoglu, D. & Agiroglu-Bakir, A. (2018). How is smartphone addiction related to interaction anxiety of prospective teachers? *Education Science*, 8, 186. doi:10.3390/educsci8040186

Konan, N., Durmus, E., Turkoglu, D., & Bakir, A. A. (2018). How Is Smartphone Addiction

Kuss, D. J., & Griffiths, M. D. (2011). Online Social Networking and Addiction—A Review of the Psychological Literature. *International Journal of Environmental Research and Public Health*, 8(9), 3528–3552. <https://doi.org/10.3390/ijerph8093528>

Leary M. R. & Kowalski, R. M. (1993). The interaction anxiousness scale: Construct and criterionrelated validity. *Journal of Personality Assessment*, 61 (1), 136146.  
*Medical Association Journal*, 154(12), 1882-1883.

Mohamed, R. M., Kumar, J., Yap, E., Mohamed, I. N., Sidi, H., Adam, R. L. and Das, S. (2019). Try to remember: interplay between memory and substance use disorder, *Current drug targets*, Vol.20, No.2, 158-165.

Muraven M, Baumerister RF. Self-regulation and depletion of limited resources: does self-control resemble a muscle? *Psychol Bull.* 2000; 126:247–259.  
doi:10.1037/00332909.126.2.247

O'Reilly, M. (1996). Internet addiction: a new disorder enters the medical lexicon. *Canadian*

Oberst, U., Wegmann, E., Stodt, B., Brand, M., & Chamarro, A. (2017). Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out. *Journal of adolescence*, 55, 51-60. <https://doi.org/10.1016/j.adolescence.2016.12.008>

Omer, O. Z. E. R. (2020). Smartphone addiction and fear of missing out: Does smartphone use matter for students' academic performance?. *Journal of Computer and Education Research*, 8(15), 344-355.

Przybylski, A.K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841-1848.

Qutishat, M., & Sharour, L. A. (2019). Relationship between fear of missing out and academic performance among Omani university students: a descriptive correlation study. *Oman Medical Journal*, 34(5), 404-411. doi: 10.5001/omj.2019.75

Ran, G., Li, J., Zhang, Q., & Niu, X. (2022). The association between social anxiety and mobile phone addiction: A three-level meta-analysis. *Computers in Human Behavior*, 130, 107198.

Rautela, S., & Sharma, S. (2022). Fear of missing out (FOMO) to the joy of missing out (JOMO): Related to Interaction Anxiety.

- Reagle, J. (2015). Following the Joneses: FOMO and conspicuous sociality. *First Monday*, 20(10). <https://doi.org/10.5210/fm.v20i10.6064>
- Samaha, M., & Hawi, N. S. (2016). Relationships among smartphone addiction, stress, academic performance, and satisfaction with life. *Computers in Human Behavior*, 57, 321-325
- Shin, J. H., & Jang, M. (2016). Effect of group sandplay therapy to be addicted youth's addiction levels and anxiety. *Journal of Symbols & Sandplay Therapy*, 7(1), 39-55. doi:10.12964/jsst.160002
- Sun, C., Sun, B., Lin, Y., & Zhou, H. (2022). Problematic mobile phone use increases with the fear of missing out among college students: The effects of Self Control, perceived social support and future orientation. *Psychology Research and Behavior Management*, Vol, 1–
- Traş, Z., & Öztemel, K. (2019). Examining the relationships between Facebook intensity, fear of missing out, and smartphone addiction. *Addicta*, 6, 91-113.
- versus process-based approaches. *Clinical Psychology & Psychotherapy*, 22(5), 460-468. <https://doi.org/10.1002/cpp.1910>
- Wolniewicz, C. A., Tihamiyu, M. F., Weeks, J. W., & Elhai, J. D. (2018). Problematic smartphone use and relations with negative affect, fear of missing out, and fear of negative and positive evaluation. *Psychiatry Research*, 262, 618-623.

## **Appendices**

**A: Support Letter**

**B: Consent Form**

**C: Demographics**

**D: Smart Phone Addiction Scale**

**E: Interaction Anxiousness Scale**

**F: Fear of Missing Out**

**G: Permission of Scales**

**F: Turnitin Report**

## Appendix A- Support Letter



**C.U.S.T.**  
**Capital University of Science & Technology**  
 Islamabad

Islamabad Expressway, Kahuta Road,  
 Zone - V, Islamabad, Pakistan  
 Telephone +92-51 111-555-666  
 +92-51-4486700  
 Fax +92-51-4486705  
 Email info@cust.edu.pk  
 Website www.cust.edu.pk

Ref. CUST/IBD/PSY/Thesis-173  
 October 5, 2022

### TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

**Mr. Raja Junaid Ali**, registration number **BSP191029** is a bona fide student in BS Psychology program at this University from Spring 2019 till date. In partial fulfillment of the degree, he is conducting research on "Relationship between social interaction anxiousness, fear of missing out and problematic mobile phone usage among young adults". He is required to collect data from your institute.

Your cooperation is highly appreciated. Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,

**Dr. Sabahat Haqqani**  
 Head, Department of Psychology  
 Ph no. 111-555-666 Ext: 178  
 sabahat.haqqani@cust.edu.pk

### **Appendix B- Consent Form**

I volunteer to participate in a research project conducted by student from department of Psychology in Capital University of Science and Technology. I confirm that my participation in this project is voluntary. I may with draw and discontinue participation at any time without penalty. I understand that researcher will not identify me by name in any reports using information obtained from this research and that any confidentiality as a participant in this study will remain secure.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Appendix C- Demographic From

**Directions: Please answer each question as accurately as possible.**

Age: \_\_\_\_\_

Gender:        1) Male        2) Female

Education: Undergraduate (Current semester enrolled) \_\_\_\_\_

University/Institution: \_\_\_\_\_

Family System:    1) Nuclear family system 2) Joint family system

Birth order: \_\_\_\_\_

Do you have any job?        1) Yes        2) No

Do you have personal mobile phone: 1) Yes        2) No

Relationship status of parents:    1) married        2) Divorced 3) widow        4) Separated

Housing type:        1) Hostel        2) With parents        3) With Guardian

Physical illness        1) Yes        2) No

Diagnose psychological disorder    1) Yes        2) No

Father        1) Alive        2) Dead

Mother        1) Alive        2) Dead

Accessibility of internet in your area 1) All the time    2) Sometime    3) Never

Marital status        1) Single        2) Engaged        3) Married    4) Divorced



### Appendix D- Smart Phone Addiction Scale

The following set of statements deals with how much you use smartphone. Pick the number that best describes the degree to which you agree or disagree with each statement.

“1” (strongly disagree) “2” (Disagree) “3” (Disagree Slightly) “4” (Agree Slightly) “5” (Agree) “6” (strongly agree).

Items	1	2	3	4	5	6
1. Missing planned work due to smartphone use.						
2. Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use.						
3. Experiencing lightheadedness or blurred vision due to excessive smartphone use.						
4. Feeling pain in the wrists or at the back of the neck while using a smartphone.						
5. Feeling tired and lacking adequate sleep due to excessive smartphone use.						
6. Feeling calm or cozy while using a smartphone.						
7. Feeling pleasant or excited while using a smartphone.						
8. Feeling confident while using a smartphone.						
9. Being able to get rid of stress with a smartphone.						
10. There is nothing more fun to do than using my smartphone.						
11. My life would be empty without my smartphone.						
12. Feeling most liberal while using a smartphone.						
13. Using a smartphone is the most fun thing to do.						
14. Won't be able to stand not having a smartphone.						
15. Feeling impatient and fretful when I am not holding my smartphone.						
16. Having my smartphone in my mind even when I am not using it.						
17. I will never give up using my smartphone even when my daily life is already greatly affected by it.						
18. Getting irritated when bothered while using my smartphone.						
19. Bringing my smartphone to the toilet even when I am in a hurry to get there.						
20. Feeling great meeting more people via smartphone use.						
21. Feeling that my relationships with my smartphone buddies are more intimate than my relationships with my real-life friends.						
22. Not being able to use my smartphone would be as painful as losing a friend.						

23. Feeling that my smartphone buddies understand me better than my real-life friends.					
24. Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook.					
25. Checking SNS (Social Networking Service) sites like Twitter or Facebook right after waking up.					
26. Preferring talking with my smartphone buddies to hanging out with my real-life friends or with the other members of my family.					
27. Preferring searching from my smartphone to asking other people.					
28. My fully charged battery does not last for one whole day.					
29. Using my smartphone longer than I had intended.					
30. Feeling the urge to use my smartphone again right after I stopped using it.					
31. Having tried time and again to shorten my smartphone use time, but failing all the time.					
32. Always thinking that I should shorten my smartphone use time.					
33. The people around me tell me that I use my smartphone too much.					

**Appendix E- Social Interaction Anxiousness Scale**

Indicate how characteristic each of the following statements is of you according to the following scale.

Sr#	Items	Not at all characteristic of me	Slightly characteristic of me.	Moderately characteristic of me	Very characteristic of me	Extremely characteristic of me
1.	I often feel nervous even in casual get-togethers	1	2	3	4	5
2.	I usually feel comfortable when I'm in a group of people I don't know.	1	2	3	4	5
3.	I am usually at ease when speaking to a member of the other sex.	1	2	3	4	5
4.	I get nervous when I must talk to a teacher or a boss	1	2	3	4	5
5.	Parties often make me feel anxious and uncomfortable	1	2	3	4	5
6.	I am probably less shy in social interactions than most people.	1	2	3	4	5
7.	I sometimes feel tense when talking to people of my own sex if I don't know them very well.	1	2	3	4	5
8.	I would be nervous if I was being interviewed for a job.	1	2	3	4	5
9.	I wish I had more confidence in social situations.	1	2	3	4	5
10.	I seldom feel anxious in social situations.	1	2	3	4	5
11.	In general, I am a shy person.	1	2	3	4	5
12.	I often feel nervous when talking to an attractive member of the opposite sex.	1	2	3	4	5
13.	I often feel nervous when calling someone I don't know very well on the telephone.	1	2	3	4	5
14.	I get nervous when I speak to someone in a position of authority.	1	2	3	4	5

SOCIAL INTERACTION ANXIOUSNESS, FEAR OF MISSING OUT

15.	I usually feel relaxed around other people even people who are quite different from me.	1	2	3	4	5
-----	---	---	---	---	---	---







### Appendix F- Fear of Missing Out Scale

Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of your general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

Sr#	Items	Not at all true of me	Slightly true of me	Moderately true of me	Very true of me	Extremely true of me
1.	I fear others have more rewarding experiences than me	1	2	3	4	5
2.	I fear my friends have more rewarding experiences than me.	1	2	3	4	5
3.	I get worried when I find out my friends are having fun without me.	1	2	3	4	5
4.	I get anxious when I don't know what my friends are up to.	1	2	3	4	5
5.	It is important that I understand my friends "in jokes."	1	2	3	4	5
6.	Sometimes, I wonder if I spend too much time keeping up with what is going on.	1	2	3	4	5
7.	It bothers me when I miss an opportunity to meet up with friends.	1	2	3	4	5
8.	When I have a good time, it is important for me to share the details online (e.g., updating status)	1	2	3	4	5
9.	When I miss out on a planned get-together it bothers me.	1	2	3	4	5
10.	When I go on vacation, I continue to keep tabs on what my friends are doing	1	2	3	4	5

## Appendix G- Permission of Scales

Re: Permission to use this INTERACTION ANXIOUSNESS SCALE (IAS)



ML Mark Leary <leary@duke.edu>       ...

To: Raja junaid Kayani <rajajunaidkayani5@gmail.com> Mon 10/17/2022 7:57 PM

Cc: Sadaf Zeb/Psychology

Social Anxiousness 1983.pdf 1 MB

Interaction Anxiousness Valid... 705 KB

2 attachments (2 MB)  Save all to OneDrive - Punjab Group of Colleges  Download all

Hi Raja.

You may certainly use the scale in your research. I'm attaching two articles that describe its development and psychometric properties.

Best wishes,  
Mark Leary

On 10/13/2022 12:40 AM, Raja junaid Kayani wrote:

- > Dear Sir,
- > Mark R. Leary!
- >
- > I'm a student at Capital University of Science and Technology, Islamabad, Pakistan. As a psychology student pursuing my Bachelor's degree, I'm working on my thesis concerning, Relationship between Social Interaction Anxiousness, Fear of Missing Out and Problematic Mobile Phone Usage Among Young Adults. As I started searching through the literature for an appropriate instrument to assess "SOCIAL INTERACTION ANXIOUSNESS" I found your tool, "INTERACTION ANXIOUSNESS SCALE (IAS)" to be of great value to my research.
- >
- > With all humbleness and patience, I request your permission to use this INTERACTION ANXIOUSNESS SCALE (IAS) in my research study and kindly share your scale English version along with validation and development document of scale. I look forward to your valuable response.
- > I will be really very great full to you.
- >
- > Sincerely,
- > Raja Junaid Ali,
- > rajajunaidkayani5@gmail.com
- >
- > Psychology department, Capital University of Science and Technology, Islamabad, Pakistan
- >
- > Sent from my iPhone

<https://outlook.office.com/mail/deeplink?actSw=true&popoutv2=1&version=20230109005.04&view=print> 1/1



## Fear of Missing Out Scale: FoMOs

Przybylski, Murayama, DeHaan, & Gladwell (2013)

### *Participant Instructions*

Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of your general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

### *Response Anchors*

Not at all true of me	1
Slightly true of me	2
Moderately true of me	3
Very true of me	4
Extremely true of me	5

### *Items*

1. I fear others have more rewarding experiences than me.
2. I fear my friends have more rewarding experiences than me.
3. I get worried when I find out my friends are having fun without me.
4. I get anxious when I don't know what my friends are up to.
5. It is important that I understand my friends "in jokes."
6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
7. It bothers me when I miss an opportunity to meet up with friends.
8. When I have a good time it is important for me to share the details online (e.g. updating status).
9. When I miss out on a planned get-together it bothers me.
10. When I go on vacation, I continue to keep tabs on what my friends are doing.

### *Calculating Individual Scores*

Individual scores can be computed by averaging responses to all ten items and forms a reliable composite measure ( $\alpha = .87$  to  $.90$ ).

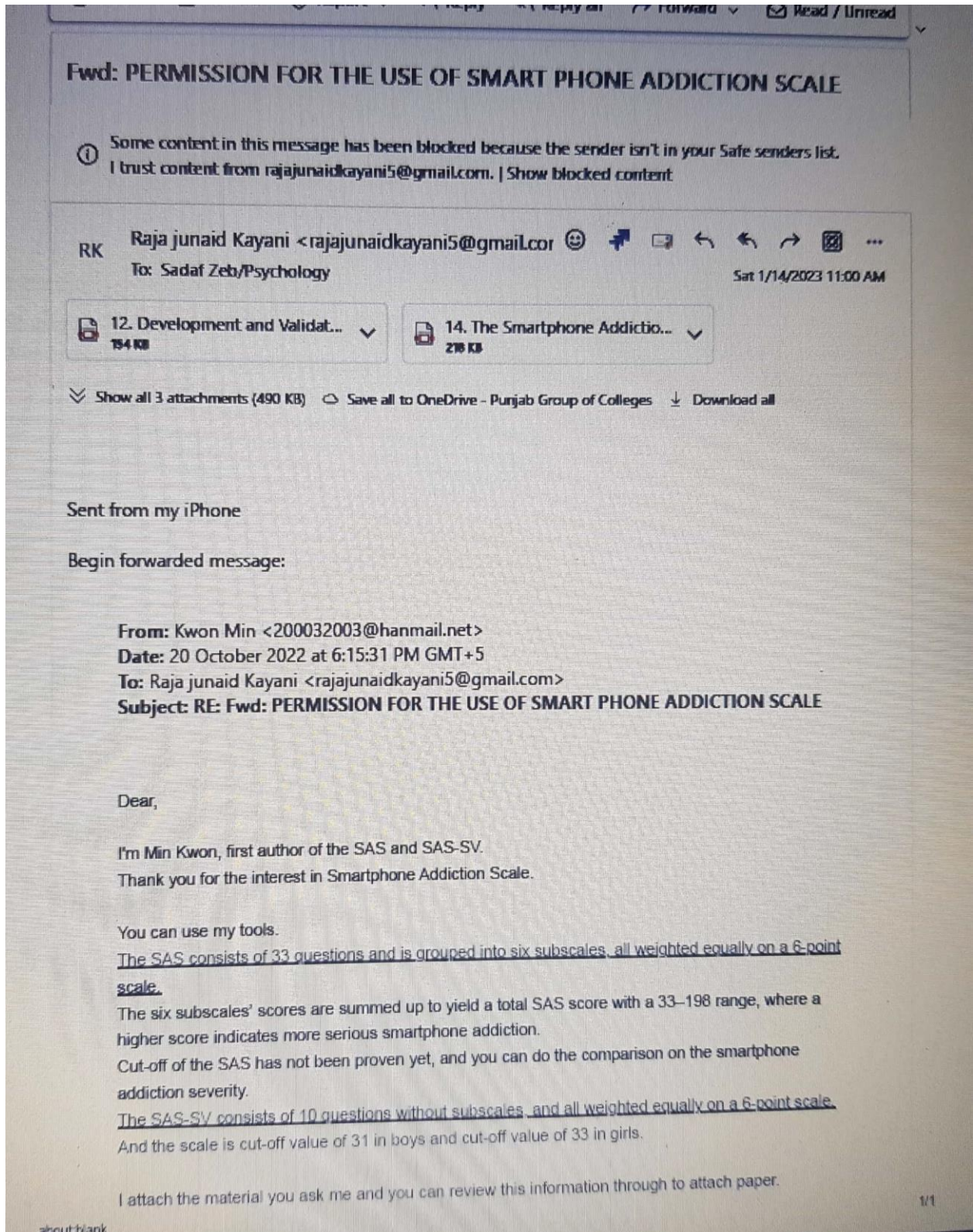
### *How to Cite*

Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior, 29*, 1814-1848.

### *Notes on Use*

- Where and when possible, randomize the presentation order of these items.
- I am interested to hear about how the work is being used.
- This scale is provided free for personal and academic use.
- If you want to use this measure in a commercial or for profit organization let me know and we can work out licensing.







**Appendix H-Plagiarism Report**

ORIGINALITY REPORT

8%

SIMILARITY INDEX

5%

INTERNET SOURCES

4%

PUBLICATIONS

3%

STUDENT PAPERS

PRIMARY SOURCES

1

Sinem Evin Akbay. "Smartphone Addiction, Fear of Missing Out, and Perceived Competence as Predictors of Social Media Addiction of Adolescents", European Journal of Educational Research, 2019

Publication

1%

2

[dergipark.org.tr](http://dergipark.org.tr)

Internet Source

1%

3

[www.dovepress.com](http://www.dovepress.com)

Internet Source

1%

4

Submitted to Northeastern Illinois University

Student Paper

1%

5

[docplayer.net](http://docplayer.net)

Internet Source

1%

6

[uknowledge.uky.edu](http://uknowledge.uky.edu)

Internet Source

1%

7

Zejun Hao, Liangyi Jin, Ruibo Lyu, Hafiza Rabia Akram. "Problematic mobile phone use and altruism in Chinese undergraduate students: The mediation effects of alexithymia and

<1%