

Nomophobia Questionnaire (NMP-Q)

Please indicate how much you agree or disagree with each statement in relation to your smartphone.

Strongly Disagree							Strongly Agree
1	2	3	4	5	6	7	

- _____ 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.

Questions 10-20 are prefaced with:

If I did not have my smartphone with me,

- _____ 10. I would feel anxious because I could not instantly communicate with my family and/or friends.
- _____ 11. I would be worried because my family and/or friends could not reach me.
- _____ 12. I would feel nervous because I would not be able to receive text messages and calls.
- _____ 13. I would be anxious because I could not keep in touch with my family and/or friends.
- _____ 14. I would be nervous because I could not know if someone had tried to get a hold of me.
- _____ 15. I would feel anxious because my constant connection to my family and friends would be broken.
- _____ 16. I would be nervous because I would be disconnected from my online identity.
- _____ 17. I would be uncomfortable because I could not stay up-to-date with social media and online networks.
- _____ 18. I would feel awkward because I could not check my notifications for updates from my connections and online networks.
- _____ 19. I would feel anxious because I could not check my email messages.
- _____ 20. I would feel weird because I would not know what to do.

_____ **TOTAL SCORE**

Scoring:

Sum up your responses to each item. Higher scores indicate more severe levels of nomophobia. Refer to the following table to determine your nomophobia level.

Score	Nomophobia Level
NMP-Q Score = 20	Absent
$21 \leq \text{NMP-Q Score} < 60$	Mild
$60 \leq \text{NMP-Q Score} < 100$	Moderate
$100 \leq \text{NMP-Q Score} \leq 140$	Severe

Citation:

Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.

Since the rise of the smartphone, indicators of mental “wellness” such as happiness, self-esteem and life satisfaction have decreased while serious mental health issues like anxiety, depression, loneliness and suicide have increased significantly, particularly among young people. A possible reason for this might be that more time on screens, particularly social media, leads to increased risks of stressors like social isolation, cyberbullying, social comparison, decreased life satisfaction, reduced productivity and distraction from personal values and goals.

Increased time on screens also means there’s less time available for positive real world experiences that promote mental health, like exercise, quiet reflection and quality, in-person social connection. With all of this in mind, it’s not surprising that research suggests that *less time on social media leads to better well-being*.

While more research is needed, it certainly appears that less screen time bodes well for mental health. So, consider the following tips to keep screen time in-check, leaving more room for healthy, positive real-world experiences.

Connect For Real

Despite opportunities for online “connection,” loneliness is at an all-time high. Indeed, quality face-to-face social connection is critical to mental wellness. So, make it a goal to have screen-free, in-person social connections with friends and loved ones on a daily basis. Consider making it a standard to power down whenever there is an opportunity for conversation such as in the car, standing in line and during meals or social gatherings.

Commit To A Screen-Free Bedroom

Screen time within an hour of bedtime can negatively impact sleep, which can contribute to physical, mental and cognitive issues. However, the lure of a screen in a quiet bedroom is hard to resist. It’s difficult to ignore texts, resist a Netflix binge or mindlessly scroll through social media. Eliminate the temptation by keeping phones out of the bedroom entirely and reach for a book or magazine instead.

Avoid Multitasking

Put away your phone when you need to focus on a task, particularly related to school or work. Research on multitasking shows that it causes distraction, reduces productivity and increases errors. In addition to reduced productivity and cognitive impact, media multitasking also has been linked to lower wellbeing.

Notice Motives And Feelings

Ask yourself if being on your phone is what you *really want* to be doing at that moment. By using mindfulness, you can identify if you’re trying to avoid negative feelings or a necessary task, or whether you’re truly enjoying your digital experience. This exercise can help with getting in touch with your emotions and improve purposeful decision-making around screen use.

Practice Reflection And Gratitude

A daily practice in quieting your mind and counting your blessings can boost positive emotion and improve psychological wellness. Research suggests that gratitude may protect against social comparison and envy—common experiences with social media. Reflect on what is good and right in your life. During quiet, screen-free time, write down five good things from each day. Savor simple pleasures like a sunny day, a good cup of coffee or a friendly exchange with someone.

Clarify Your Values

Take time to mindfully consider what you value most in life. What do you want your life to be about? Quality relationships? Physical and emotional health? Spiritual growth? Professional growth? Regularly consider whether screen use is moving you toward or away from your values. If you notice that your screen use is moving you in an unwanted direction, give yourself grace, hit the figurative “reset” button and get back on track.