

Determinants and effects of mobile phone addiction and phubbing: a study in 17 countries

Belarus, Brasil, Croatia, China, Israel, Italy, India, Portugal, Poland, Serbia, Spain, Pakistan, Slovenia, Mexico, the Netherlands, Ukraine, USA

Agata Błachnio, Poland
Aneta Przepiórka, Poland
Oleg Gorbaniuk, Poland
Ana Ivanova, Poland
Ana Maria Abreu, Portugal
Alan Angeluci, Brasil
Rebecca Bendayan, Spain
Menachem Ben-Ezra, Israel
Martina Benvenuti, Italy
Maria J. Blanca, Spain
Tihana Brkljacic, Croatia
Nenad Čuš Babić, Slovenia
Lancy D'Souza, India
Meiko Makita, UK
Sadia Malik, Pakistan
Elvis Mazzoni, Italy
Anita Milanovic, Serbia
Bojan Musil, Slovenia
Igor Pantic, Serbia
Belen Rando, Portugal
Gwendolyn Seidman, US
Mariëk Vandenabeele, the Netherlands
Anise M.S. Wu, China
Shu Yu, China



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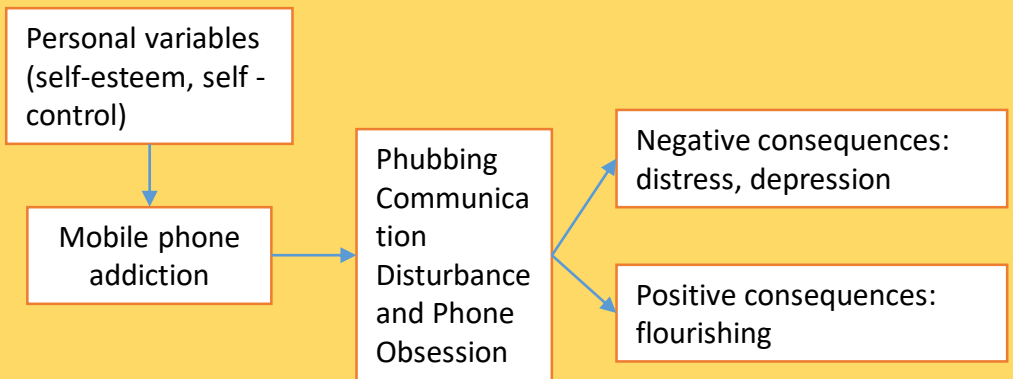
Be part of our team in future research: LAB A&A
contact to Agata: gatta@kul.pl

Smartphones have become an integral part of people's lives. The number of studies reporting the detrimental effects of smartphone use on mental and physical health as well as life satisfaction is constantly increasing

(Samaha & Hawi, 2016; Güzeller & Coşguner, 2012; Roberts, & David, 2016; Karadağ et al., 2015; Beranuy et al., 2009;).

Mobile addiction is defined as a social disorder and phobia connected with a strong dependency on communication through virtual environments (Han, Kim, & Kim, 2017).

The word “**phubbing**” is derived from two words: “phone” and “snubbing.” Phubbing means looking at one's mobile during real conversation with another person (Karadağ et al., 2015).



Questions: What are the determinants and effects of mobile phone addiction? Whether these relations are universal or culturally dependent?

AIM

... to test a model of relations between self-esteem, distress, flourishing, mobile phone addiction, and phubbing.

PARTICIPANTS

N=6,341 participants from 17 countries:

Belarus, Brasil, Croatia, China, Israel, Italy, India, Portugal, Poland, Serbia, Spain, Pakistan, Slovenia, Mexico, the Netherlands, Ukraine, USA

with an average of N=373 respondents per country

aged between 15-65, $M = 25.68$ ($SD = 9.74$)

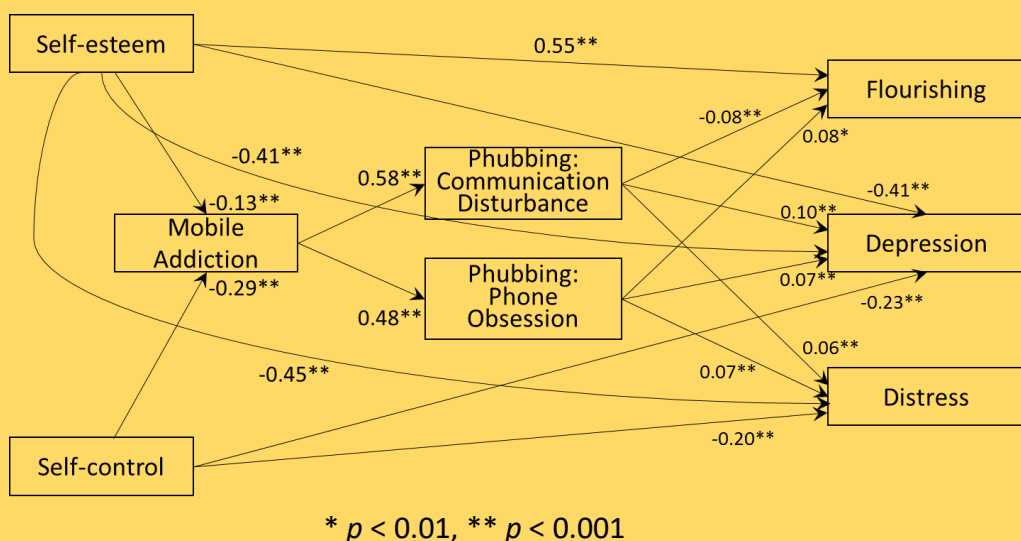
64.1% were women.

MEASURES

- ✓ The Karadağ Phubbing Scale (two factors: Communication Disturbance and Phone Obsession)
- ✓ the Adapted Mobile Phone Use Habits by Smetaniuk
- ✓ the Rosenberg Self-Esteem Scale
- ✓ the Brief Self-Control Scale by Tangney et al.
- ✓ Kessler's six-item K6
- ✓ the Center for Epidemiologic Studies Depression Scale
- ✓ Diener's Flourishing Scale

RESULTS

The ICC of the measured variables ranged from .072 to .195, which justified using 2-level analysis to adjust for variance resulting from differences between countries. The tested model had a good fit ($\chi^2(36) = 350.45$, **RMSEA = 0.037**, **CFI = 0.936**, **TLI = .901**, **SRMR = .031**).



- ✓ Results showed that mobile phone addiction is positively related to phubbing.
- ✓ Self-esteem and self-control negatively predicted mobile phone addiction.
- ✓ Phubbing was negatively related to flourishing and positively to depression and distress.
- ✓ The results seem to be universal in tested countries.