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The Association Between Smartphone Addiction and Mental Illness: Moderated by Social Support

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SMARTPHONE ADDICTION IN RHODE ISLAND YOUNG ADULTS: A PATHWAY TO POOR MENTAL HEALTH

AUTHORS

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AFFILIATIONS

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INTRODUCTION

- 96 percent of young people in the U.S. own a smartphone(1)
- Up to 85% of U.S. adults spend 20 hours or more a week on a digital device(2)
- In Rhode Island, the rate of smartphone addiction among young adults is currently unknown.

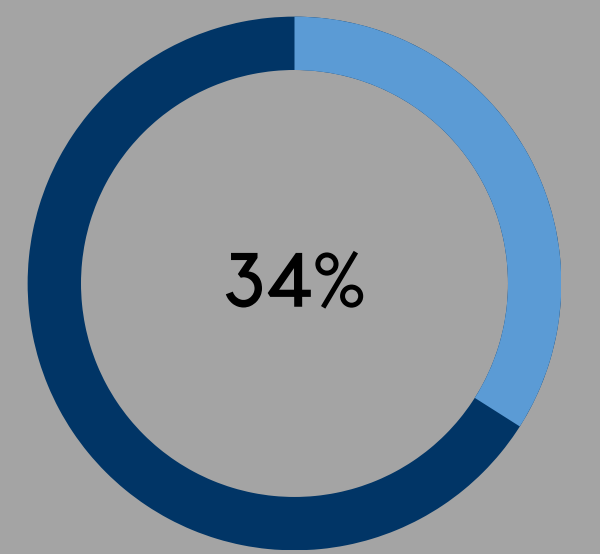
OBJECTIVE

- Estimate smartphone addiction among Rhode Island Young Adults
- Evaluate sociodemographic disparities
- Identify associations between smartphone addiction and mental illness

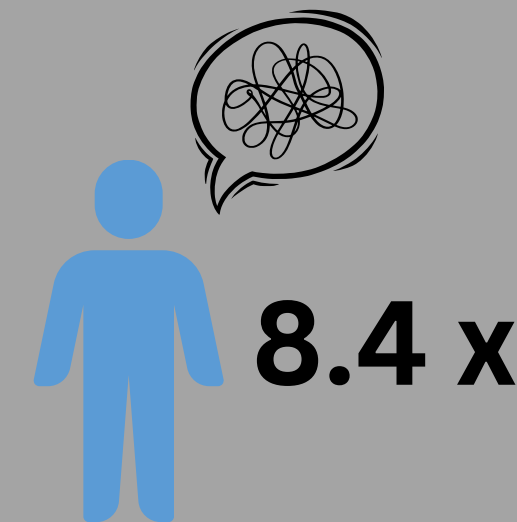
METHODOLOGY

- Data obtained from the 2022 Rhode Island Young Adult Survey
- Cross-sectional study
 - Smartphone addiction measured using the Smartphone Addiction Scale – Short Version (SAS-SV).(16)
 - Depression measured using the Center of Epidemiologic Studies Depression Scale, 10-item version (CES-D10)
 - Survey questions for Sociodemographic variables

RESULTS



Prevalence of smartphone addiction (n=1021)



Among heterosexual cis-males, those with smartphone addiction were 8.4 times more likely to experience depression

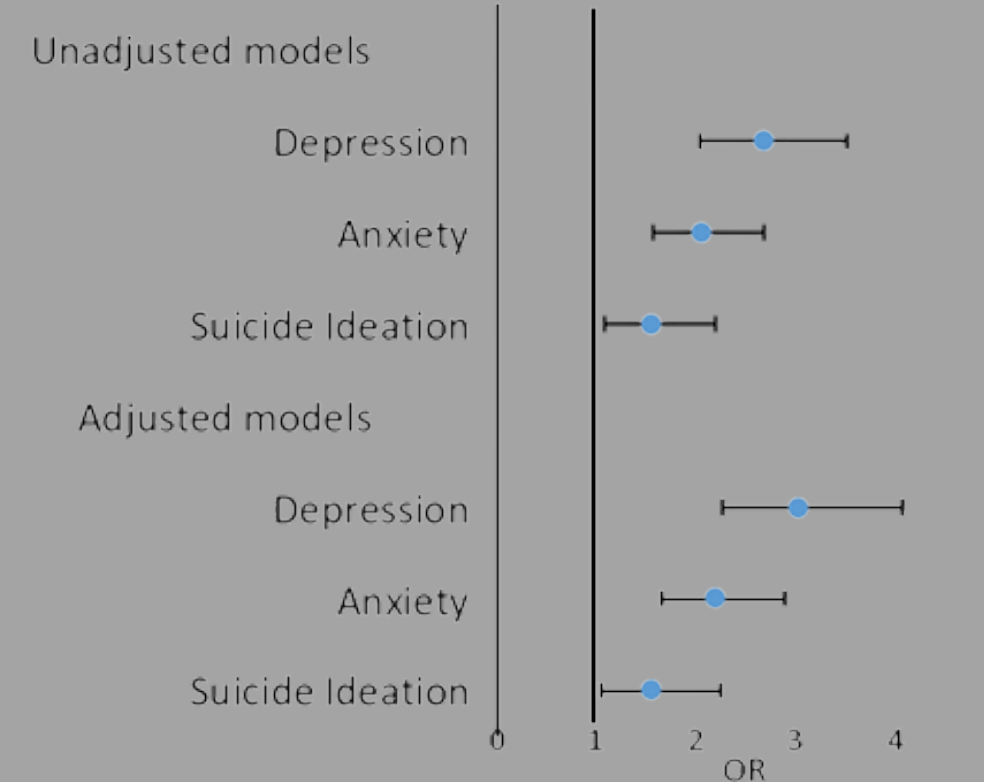


Figure 1. Unadjusted and adjusted odds of experiencing depression, anxiety, and suicide ideation among persons with smartphone addiction. Models adjusted for age, sex, gender, sexual orientation, race/ethnicity, student status, employment status, and social status

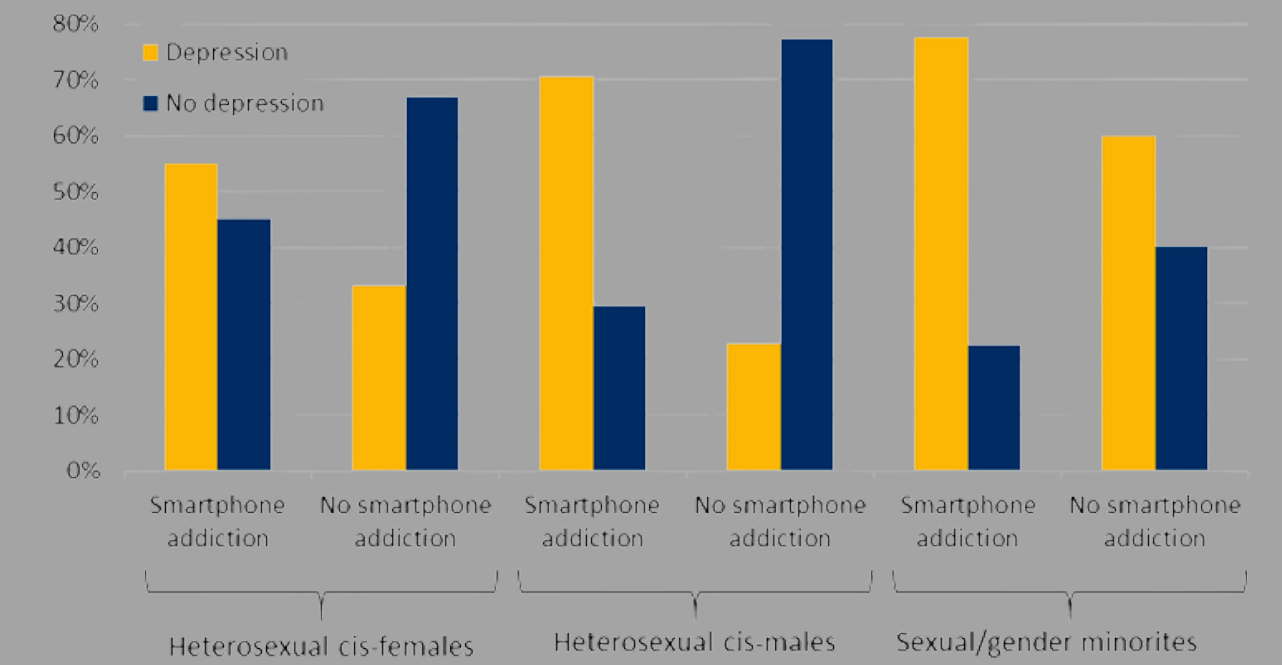


Figure 2. Prevalence of depression stratified by smartphone addiction and SGM status

References and Article



CONCLUSION

- Suggest that smartphone addiction is common among Rhode Island's young adults
- Burden of disease is shared equally across young adult sub-groups
- Smartphone addiction may be associated with depression, anxiety, and suicide ideation
- The relationship between smartphone addiction and depression may be strongest among heterosexual cis-males
- Screening and interventions integrated into clinical care and smartphone apps are needed, with particular attention to socially isolating apps that young men are more likely to use.



Center for Student Research & Interdisciplinary Collaboration