Personality Correlates of the Fear of Missing Out (FoMO)

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Introduction

- The internet and early challenges with advancing social media technology
- Smartphone Use & Problematic Use
- What is the Fear of Missing Out (FoMO)
- FoMO & personality
- Future directions
AOL, Netscape, & the Dial-Up Internet

- Social Connection
- Services
- Internet
- Communication
- Stimulation Seeking

Seeking Services
The Original Devices

Source: Wikimedia Commons
Social Networking in the Millennium
By 1998 reports indicated problematic internet use similar to substances with some similar negative outcomes (Young, 1998).

Merit for Inclusion in DSM-V but… (Block, 2008)

Internet Addiction (IA, or, better, Internet Use Disorder) global prevalence rate hit 6%
Technological Advances & New Challenges

Internet Gaming Disorder, behavioral disorders, & DSM V
...And now the Smartphone

- How many times do Americans check their cell phones daily?
  - 8 billion

- How often does the average user check their cell phone per day?
  - 46x

- How long before you checked your phone in this workshop?

Source: Time Magazine (Dec. 2015)
Source: Time, Dec. 2015
How long is the interval between waking up and looking at your phone?

- 40% say within 5 minutes
- 18% say immediately

Source: USA edition, Deloitte Global Mobile Consumer Survey
How long is the interval between looking at your phone for the last time and preparing to sleep?

- 30% say 5 minutes before bed
- 50% check in the middle of the night

What is the first thing accessed on a smartphone daily?

- 35% Text Messages or IM
- 22% Email
- 12% Social Media

Smartphones, Social Media, & Emerging Concerns

Facebook → Instagram → Twitter
Easy access to social media has led to overuse for some users

Most studies on Facebook users

Some users experience difficulty controlling their time on Facebook (Lee, Cheoung, & Thadani, 2012)
Facebook Studies

- Lower Self-Esteem
- Lower Subjective Well-being
- Psychological Well-being
- Social & Academic
- Depression
- Anxiety

Most studies since 2008 generally indicate strong relationships exist between one’s personality and overuse or problematic use of social media.

As the need for narcissistic validation increased so did the amount of time spent on Facebook.

Lower self-esteem was moderately associated with higher check-ins on Facebook.

Source: Mehdizadeh, 2010
Fear of Missing Out (FoMO)

- A “pervasive apprehension that others might be having rewarding experiences from which one is absent.” (Przybylski et al., 2013)
- An intense desire to stay continually connected with what others are doing.
Fear of Missing Out (FoMO)

- Huffington Post
- Time
- Anxiety & Depression Association of America
- The New York Times
FoMO Characteristics

Preoccupation with social media often to the exclusion of other social interactions

Mood & Anxiety

Psychosocial issues

Loss of control

Increasing need to use social media

Withdrawal Effects
The FoMO Studies

- Worthman (2011)
- JWT Intelligence (2012)
- Przybylski (2013)
- Haeto (2013)
- Alt (2017)
Research Questions

► Is there a relationship between certain personality traits and levels of FoMO?
► Is there a relationship between the quality of life a person experiences and their levels of FoMO?
► How well do the two measures predict FoMO?
Method: Procedures

- 114 undergraduate students
- Demographic Form
- Fear of Missing Out Scale (Przybylski et al., 2013)
- Quality of Life (Burckhardt & Anderson, 2003)
- Big Five Inventory (John & Srivastava, 1999)
Method: Statistical Analyses

- Assumption Tests
- Correlations
- Multiple Regression
Results: Demographics

- 72% Female
- 97% 18-21 years old
- 74% White
- 63% Freshman; 10% Seniors
Results: Personality & FoMO

People who reported a higher than average degree of FoMO also experienced a moderate level of Neurotic symptomatology

$r = .336, n = 114, p < .01$
People who tended to be less Agreeable reported a higher than average degree of FoMO

\[ r = -0.258, \ n = 114, \ p < .01 \]
Quality of life demonstrated a small, negative, significant relationship with FoMO.

\[ r = -0.192, \ n = 114, \ p < 0.05 \]
Results: Predict FoMO

Big Five Personality Traits + Quality of Life did not predict FoMO
Results: Predict FoMO

Neuroticism did predict FoMO

\[ F(2, 11)= 9.093, \ p < .05 \]

\[ R^2 = .141 \]
Secondary Correlations

Quality of life was moderately associated with extraversion
$r = .377, n = 114, p < .01$
Secondary Correlations

Agreeableness was moderately associated with Quality of life

$r = .413$, $n = 114$, $p < .01$
Secondary Correlations

Conscientiousness was moderately & positively associated with Quality of life $r = .374$, $n=114$, $p < .01$

Neuroticism was moderately & negatively associated with Quality of life $r = -.327$, $n=114$, $p < .01$
Secondary Correlations

Conscientiousness was moderately & positively associated with agreeableness
$r = .406, n=114, p < .01$

Agreeableness had a small, negative association with neuroticism
$r = -.292, n=114, p < .01$
## Secondary Correlations

### Social Media

#### TABLE 1
Pearson Product-Moment Correlations Between Social Media & FoMO

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</table>
Discussion – The Take Away

- Technological advances have made it possible for us to stay connected regardless of location and time BUT...

- It also appears to attract some people with heightened worries about staying connected and “being in the know.”
Discussion - The Take Away

- Neuroticism seems to play a key role in understanding FoMOT
- Disagreeable young people tend to report higher levels of FoMOT
- Quality of Life did not add to the explanation of FoMOT
Limitations

- Not a full representative sample
- FoMO scale
- Quality of Life Scale
Future Directions

- FoMO Phase Two
  - Personality Assessment Screener (PAS)
  - Narcissistic Personality Inventory (NPI)
  - Ryff Scales of Psychological Well-being (RSPW)
Thank you!
Questions?
References


References