



FoMO and Technology Interactions Among Adolescents

UW Health
American Family
Children's Hospital

Abigail Hommer; Reese H. Hyzer MEd; Megan A. Moreno, MD, MEd, MPH

University of Wisconsin - Madison

School of Medicine and Public Health, Department of Pediatrics

Department of Pediatrics
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

INTRODUCTION

- Over 90% of adolescents use social media daily
- FoMO (fear of missing out) is defined as the "pervasive apprehension that others might be having rewarding experiences from which they are absent"
- Adolescent well-being has been negatively correlated with FoMO
- Specific technology interactions such as creating content, commenting, and direct messaging are commonly used
- FoMO has not been explored among a variety of technology interactions

The purpose of this study is to assess the associations between FoMO and technology interactions, along with differences among gender and age.

METHODS

DESIGN & PARTICIPANTS

This cross-sectional survey study was IRB approved by UW Madison. A national sample of adolescents (12-17 years) were recruited via Qualtrics panels

MEASURES

Adolescents' Digital Technology Interactions and Importance Scale (ADTI)

- Validated scale with 18 questions, where scores indicate perceived importance
- Three subscales: (1) technology to bridge online and offline preferences and experiences; (2) technology to go outside one's identity or offline environment; (3) technology for social connection
- Responses rated on a scale of 1-5, 1 (not at all important) to 5 (extremely important). Cronbach's $\alpha = 0.947$.

Fear of Missing Out (FoMO) Scale

- 10 question survey, focused on feelings of FoMO
- Higher scores indicate higher FoMO
- Responses are rated on a scale of 1-5, 1 (not at all true to me) to 5 (extremely true to me). Cronbach's $\alpha = 0.926$.

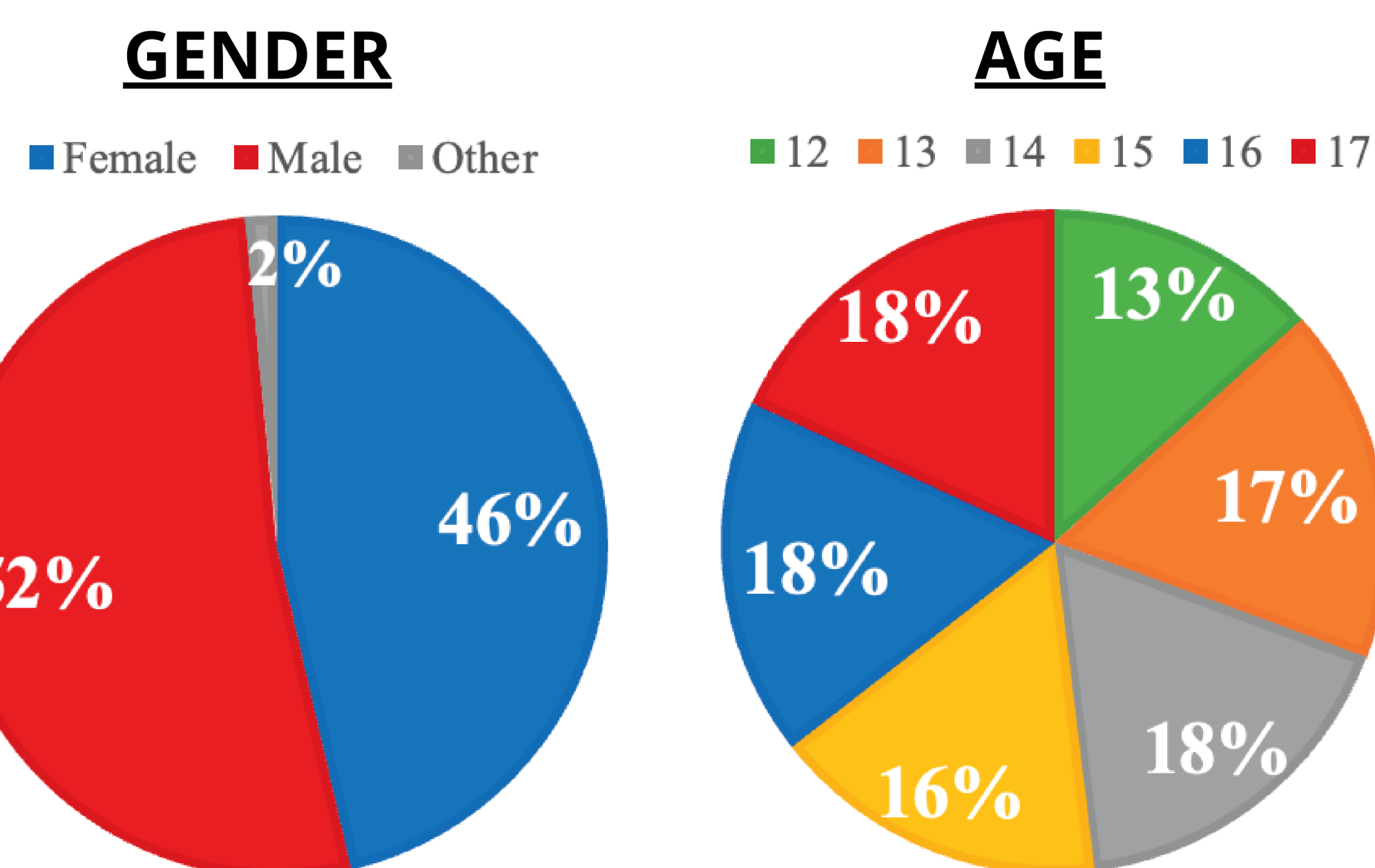
ANALYSIS

- Pearson correlations tested associations between the FoMO and ADTI scores
- An independent samples T-test assessed differences in gender and FoMO
- ANOVA with a Tukey Post Hoc tested differences in FoMO scores between ages

RESULTS

DEMOGRAPHICS

There were a total of 4,592 participants.

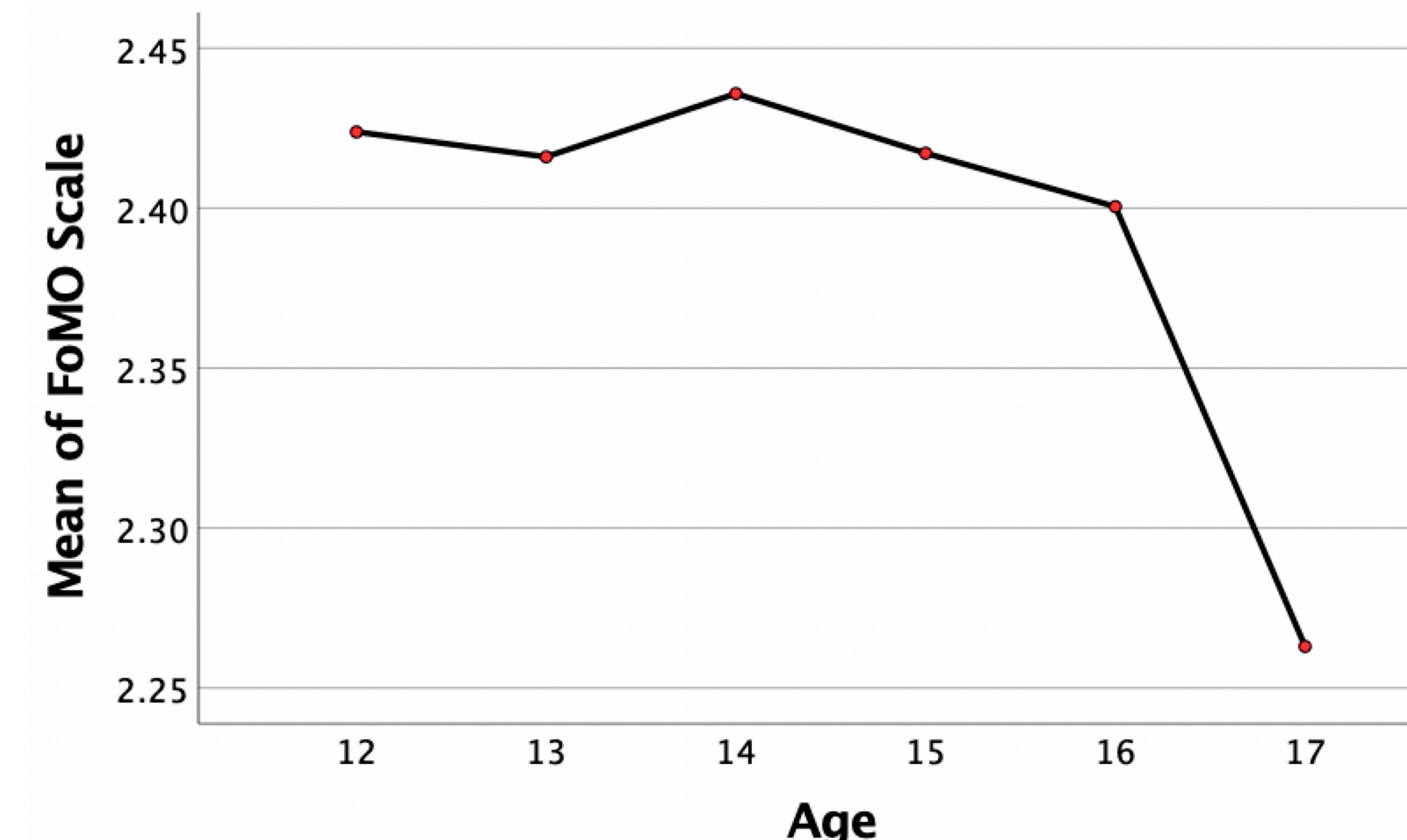


FoMO & ADTI

		ADTI Scale 1	ADTI Scale 2	ADTI Scale 3	ADTI Total
FoMO Avg.	Pearson Correlation	.537	.561	.490	.603
	Sig. (2-tailed)	.000	.000	<.001	.000
	N	4592	4592	4592	4592

- FoMO was positively correlated with all three subscales of ADTI

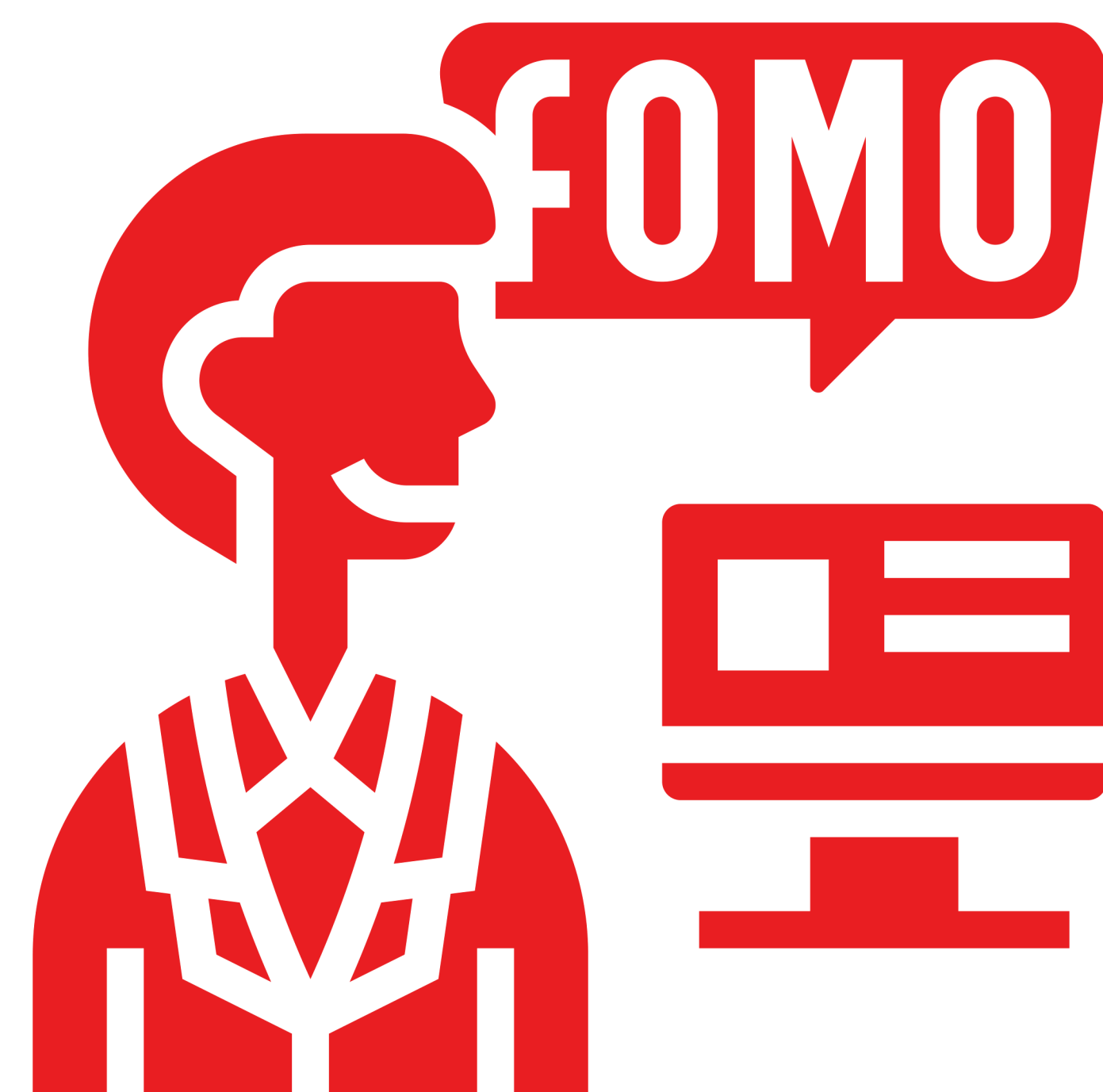
FoMO & AGE



FoMO & GENDER

	N	Mean	Std. Deviation
Female	2130	2.385	0.9234
Males	2392	2.398	1.038

- FoMO did not differ significantly among females and males, $t(4520) = -.431, p = .666$



- FoMO scores differed significantly across ages, $F(5, 4570) = 3.31, p = .006$
- Age 13 reported significantly higher feelings of FoMO compared to age 17 ($p = .007$)

Age	N	Mean	Std. Deviation
12	611	2.416	1.054
13	792	2.425	0.998
14	797	2.440	0.982
15	749	2.417	1.003
16	798	2.404	0.965
17	829	2.270	0.913

CONCLUSIONS

MAIN FINDINGS

- Adolescents' scores on the FoMO scale were significantly correlated with total ADTI scores
 - The second subscale of ADTI, *technology to go outside one's identity or offline environment*, was most significantly correlated with FoMO scores
- Gender was not associated with differences in feelings of FoMO
- FoMO scores differed among adolescents of different ages.
 - Specifically, younger adolescents (ages 13 & 14) reported more feelings of FoMO compared to older adolescents (age 17)
- A possible explanation may be due to identity development during adolescence.
- Many adolescents use the internet as a form of self-development, possibly resulting in higher technology prioritization

IMPLICATIONS

- Adolescents who deem interactions on social media and technology use as more important may be more prone to FoMO.
 - Existing FoMO may lead adolescents to prioritize technology use.
- FoMO for adolescents may lessen as they age.
 - Parents should be attentive to the potential negative impacts of FoMO during the earlier years of adolescence

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CONTACT INFORMATION

Abigail Hommer
arhommer@wisc.edu

Megan A. Moreno, MD, MEd, MPH
moreno@wisc.edu

