Are Smartphones Addictive?
Examining The Cognitive-behavior Model Of Motivation, Leisure Boredom, Extended Self, and Fear Of Missing Out On Possible Smartphone Addiction

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Does Smartphone Addiction Exist?
Scholars have not reached an agreement on whether smartphone activities are addictive because:
(1) Inconsistent conceptualizations and measurements
Solution: re-structure smartphone addiction
(2) Contradictory results using self-reported data
Solution: use more robust methodology for data collection such as data donation method (Wu-Ouyang and Chan, 2022)
(3) A theoretical orientation
Solution: apply a theoretical framework to understand people’s motivations to phone addiction

Possible Smartphone Addiction (PSA):
A multidimensional syndrome reserved for people who have a potential tendency to smartphone addiction and feel occasional uncontrollable addictive symptoms, including five dimensions.

<table>
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<tr>
<th>Positive disposition</th>
<th>Compulsivity</th>
<th>Withdrawal</th>
<th>Perceived social benefits and controls</th>
<th>Negative outcomes</th>
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<tbody>
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<td>An individual’s obsessive thoughts about smartphones or using smartphones to facilitate changes in feelings.</td>
<td>The inability to control, reduce, or cease phone usage behaviors, along with a sense of guilt about their smartphone usage.</td>
<td>The degree of difficulties of staying away from smartphones.</td>
<td>Individuals’ perception of smartphone use as entailing greater social benefits.</td>
<td>The mental distraction and physical problems resulting from one’s smartphone usage, including attentional lapses, sleep disturbance.</td>
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Motivations: Why Do People Get Addicted to Smartphones?
Despite accumulating discussion, only a small number of studies have applied the cognitive-behavior model of addiction (CBM, Davis, 2001) as a theoretical basis to examine the underlying mechanisms of smartphone addiction. This study addresses this gap by applying CBM to uncover both the distal (leisure boredom and fear of missing out) and proximal causes (extended self) of smartphone addiction.

Methodology and Analysis
- The final sample was recruited by a professional Chinese online research company.
- Quota sampling was employed on the age and education.
- Final participants were 777 from China across different provinces and cities, and were closely resembled the demographics of people in China.
- CFA was used for PSA, correlation, regression, and Structural equation modelling were used for final analyses.

Conclusion
- H1-H6 (CBM, Davis, 2001) as a theoretical framework for data collection such as data donation method (Wu-Ouyang and Chan, 2022)
- This study empirically supported CBM and found that smartphone motivations and psychosocial factors (FoMo, Leisure boredom), lead to a cognitive change (extended self), and in turn foster PSA.
- This study challenged the assumptions of U&G and media dependency theories, which suggest that audiences are not always active and goal-oriented.
- All the standardized coefficients starting from amotivation were higher than that from motivation to all study variables.
- Although amotivation leads to higher PSA, they both strongly influence PSA, indicating that when smartphone use becomes excessive no matter using consciously or unwittingly, they will be linked to higher FoMo, higher leisure boredom, higher extended self, and finally cause possible addictive behaviors and influence life circumstances.

References