



Personality and Nomophobia: The Role of Dysfunctional Obsessive Beliefs

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Abstract

Background and objectives: The development of new technologies (ICTs), and specifically the invention of smartphones, has offered users enormous benefits. However, the use of this technology is sometimes problematic and can negatively affect people's lives. Nomophobia has been defined as the fear of being unreachable by means of a smartphone and is considered a disorder of the modern world. The present study aims to provide additional evidence of the relationship between personality traits and nomophobia. Moreover, this research explores dysfunctional obsessive beliefs as another possible antecedent. Finally, this study also examines the effect of the combination of these antecedents on nomophobia.

Method: The study sample comprised Spanish workers (males: 44.54%; females: 55.46%) in the city of Tarragona and its surroundings.

Results: Our results showed that nomophobia is directly related to personality traits such as extraversion, and that dysfunctional obsessive beliefs play a role in the development of nomophobia. Moreover, our study confirms that the combination of personality traits and dysfunctional obsessive beliefs can affect the degree of nomophobia experienced.

Discussion and Conclusions: Our study contributes to the body of literature that examines how psychological variables of personality can be predictors of nomophobia. Additional research is needed to better understand the determinants of nomophobia

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