

**Ethics Approval Number:** 2012/104

**Study Title:** An examination of the relationships between smartphone use, psychological contract, nomophobia and workers' psychological well-being

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**Summary of the study:** This study investigated the relationships between smartphone usage, mobile phone dependence, people's sense of commitment to their jobs, psychological well-being, and the relatively new phenomenon of "nomophobia" (fear of being without a mobile phone). Sixty three participants were completed an anonymous online survey. Participants were all employed, all had smartphones, and all used those smartphones for work-related tasks. How people used their phone was related to their psychological well-being. People who felt pressured to stay connected to their mobile phone for work, even outside of work hours, scored higher on measures of depression, anxiety, and stress, than did people who did not use or chose to use their phone for work outside of work hours. The findings also suggested that the way the user views their interaction with their smartphone is associated with levels of depression and stress, as opposed to the amount of time they spend using the smartphone, and prompts further investigation into the unwritten expectations of connectedness between employers and employees. Scores on a new measure created to assess nomophobia in this study were related to an existing measure of mobile phone dependence and to psychological well-being, and this new measure may be useful in future research.