

Depression, Impulse Control Disorder, and Life Style According to Smartphone Addiction

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Abstract

We examined depression, impulse control disorder, and life style by degree of smartphone addiction. Chi-square tests and ANOVA were used to identify significant variables. CART was used to generate a decision making diagram of variables affecting smartphone addiction. The severe smartphone addiction group had rates of depression and impulse control disorder than the initial smartphone group.

Keywords:

Smartphone; Behavior, Addictive; Depressive Disorder

Introduction

Smartphones are convenient, many people are using them resulting in tolerance, addiction or difficulties in daily life, depression, learning disability, and impulse control disorders. Smartphone addiction is a serious problem [1,2], especially in the field of information technology [3]. We aimed to predict factors affecting smartphone addiction.

Methods

University students (n=132) answered questions about: smartphone addiction, depression, impulse control disorder, and lifestyle. Participants were classified into smartphone addiction groups (normal/suspected/serious), and depression and impulse control disorder groups (normal/poor/serious). Chi-square and ANOVA were used to identify significant variables. CART was used to generate a decision making diagram of variables affecting smartphone addiction.

Results

Men were more addicted to smartphones than women ($p=0.029$). Those in the more severe smartphone addiction groups slept less than 6 hours a night ($p<0.001$) and exercised less ($p=0.011$) than those in the less severe addiction groups (Figures 1 and 2). Severe smartphone addiction groups had more depression ($p=0.005$) and impulse control ($p<0.001$) than the initial addiction group ($p=0.005$). The initial smartphone addiction group had higher impulse control than the normal addiction group ($p=0.002$). Those in the more severe smartphone addiction groups were more likely to objectively indicate having smartphone addiction ($p=0.007$).

Conclusion

Problematic smartphone use increases depression and anxiety. Effectively use requires education to change user preceptions.

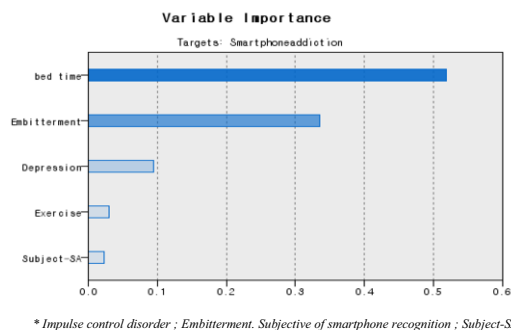


Figure 1 – Vaible importance of CART Modeling



Figure 2 – Expand all Vaible of CART Modeling

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