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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

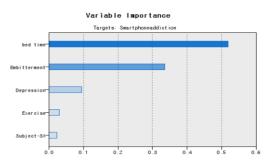
University students (n=132) answered questions about: smartphone addiction, depression, impulse control disorder, and lifestyle. Participants were classified into smartphone addiction groups (normal/suspected/serious), and depression and impulse control disorder groups (normal/poor/serious). Chi-square 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

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



* Impulse control disorder; Embitterment. Subjective of smartphone recognition; Subject-SA

Figure 1 - Vaiable importance of CART Modeling

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    □- Embitterment <= 26.50 [Mode: 2]
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  bed time in [less than 5 hour more than 7 hour 1 [Mode: 31]
       — Subjective recognition "Smartphone addiction" in [Yes] [Mode: 3] ⇒ 3.0
        - Subjective recognition "Smartphone addiction" in [No] [Mode: 2] ⇒ 2.0
  bed time in [5 ~ 6 hour 6 ~ 7 hour irregular] [Mode: 2]

    bed time in [5 ~ 6 hour 6 ~ 7 hour] [Mode: 2] ⇒ 2.0

      bed time in [irregular] [Mode: 2]

    Subjective recognition "Smartphone addiction" in [Yes] [Mode: 1] ⇒ 1.0

    Subjective recognition "Smartphone addiction" in [No Do not know] [Mode: 2] ⇒ 2.0

- Embitterment > 26.50 [Mode: 3]
  - bed time in [less than 5 hour 5 ~ 6 hour 6 ~ 7 hour] [Mode: 3]
      Embitterment <= 44 [Mode: 3]
         - Depression <= 36 [Mode: 31
               --- Subjective recognition "Smartphone addiction" in [Yes No] [Mode: 2] ⇒ 2.0
              --- Subjective recognition "Smartphone addiction" in [Do not know] [Mode: 3] ⇒ 3.0
          — Depression > 36 [Mode: 3] ⇒ 3.0
         Embitterment > 44 [Mode: 2] ⇒ 2.0
      · bed time in [irregular] [Mode: 1] ⇒ 1.0
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Figure 2 - Expand all Vaiable of CART Modeling

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