

FOMO

GER1000 E09 04

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Main Findings

- Experiment group = ↓ in loneliness & depression
- Control & Experimental groups = ↓ in FOMO & anxiety
- Negative correlation

“Limiting social media use to approx. 30 mins per day may lead to significant improvement in well-being”



Design

Control Group:

Use social media as usual

Treatment Group:

Limit use to 10 mins per platform
per day

Randomized Assignment used	“143 graduates...were randomly assigned to either limit Facebook, Instagram and Snapchat use to 10 minutes, per platform, per day, or to use social media as usual”
Double Blinding not used	“I was in the control group and I was definitely more conscious that someone was monitoring my usage. I ended up using less”
Confounding Effect	Age, Type of Social Networking Sites (SNS), and Time

Sampling

Target Population:

All the undergraduates enrolled in the University of Pennsylvania.



Sampling frame:

Consists mainly of students studying psychology courses.



Sampling Type:

- Non-probability sample that is not representative of the population
- Could lead to potential pitfalls
 - Biased results
 - Unreliable

Sampling Method:

Rolling basis

Supporting Evidence

“ A total of 143 subjects (108 women, 35 men) were recruited from a **pool of undergraduates at the University of Pennsylvania**, and began the study on a **rolling basis**. Seventy-two subjects participated in the fall semester, and 71 in the spring. The subject pool consisted of students enrolled in **psychology courses** for which they could participate in studies **to earn course credit**. ”

Measurement

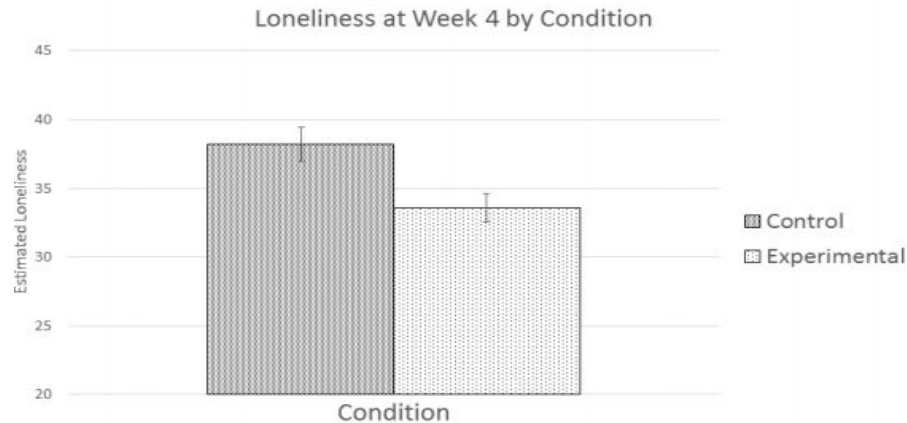
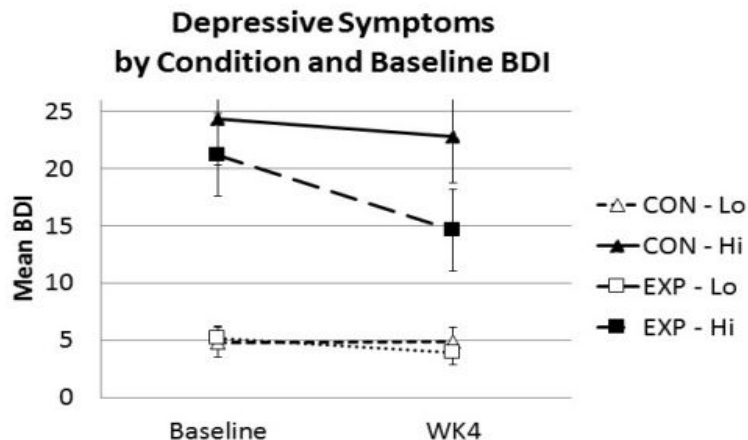


FIGURE 3. Depressive symptoms by condition and baseline BDI.

FIGURE 2. Loneliness at week 4 by condition.

Main Treatment:

Limit Facebook, Instagram and Snapchat use to 10 minutes, per platform, per day.

Main response:

Subjective well-being surveys were used to assess participant's response to treatment. Seven validated scales were used.

Validated scales include:

Social Support, Fear of Missing Out, Loneliness, Anxiety, Depression, Self-esteem, Autonomy and Self Acceptance.

Measurement

Possible Bias

- Desire to please may be present
- No indication of confidentiality or anonymity in the research

Practical difficulties

- Significant attrition(79% of the subjects left) after students gained credits for their participation in the study.
- Participants could still access social media elsewhere