# بسم الله الرحمن الرحيم


MONA MAGHRABY

# شبكة المعلومات الجامعية

# التوثيق الالكتروني والميكروفيلم

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# جامعة عين شمس

# التوثيق الإلكتروني والميكروفيلم

# قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات

# يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار

***MONA MAGHRABY***

# Prevalence of Smartphone Addiction and its Correlates in a Sample of Ain Shams University Students

Thesis

*Submitted for Partial Fulfillment of M.D. Degree in Psychiatry*

By

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# List of Abbreviations

| Abb. | Full term |
|---|---|
| ADAMHA | Alcohol, Drug Abuse and Mental Health Administration |
| APA | American Psychiatric Association |
| BAI | Beck anxiety inventory |
| BDI | Beck depression Inventory |
| BFAS | Bergen Facebook Addiction Scale |
| CBT | Cognitive behavioral therapy |
| CERM | Questionnaire of Experiences related to the Cell (Cuestionario de Experiencias relacionadas con el móvil) |
| COS | Cell Phone Over-Use Scale |
| CPAS | Cell-Phone Addiction Scale for Korean Adolescents |
| CPDQ | Cellular Phone Dependence Questionnaire |
| C-SSRS | Columbia Suicide Severity Rating Scale |
| DASS | Depression Anxiety Stress Scale |
| DENA | Questionnaire to Detect New Addictions (Cuestionario de Detección de Nuevas Adicciones) |
| DRD2 | Dopamine receptor gene |
| DSM-V | Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition |
| ECPUS | Excessive Cellular Phone Use Survey |
| FSS | Fagerstrom Smoking Scale |
| FTND | Fagerström Test for Nicotine Dependence |
| ICD-10 | International Classification of Diseases, Tenth Edition |
| ICD-8 | International Classification of Diseases |
| ILO | International Labour Office |

# List of Abbreviations cont...

| Abb. | Full term |
|---|---|
| ITU | International Telecommunication Union |
| KBUTK | Cell-Phone Addiction Assessment Questionnaire |
| LTP | Long-term potentiation |
| MAT | Mobile Addiction Test |
| MIUI | Mobile Internet Usage Index |
| MPAA | Mobile Phone Activities and Addiction of Parents |
| MPAI | Mobile Phone Addiction Index |
| MPAS | Mobile Phone Addiction Scale |
| MPDQ | Mobile Phone Dependence Questionnaire |
| MPIQ | Mobile Phone Involvement Questionnaire |
| MPPUS | Mobile Phone Problem Use Scale |
| MPPUS | Mobile Phone Problem Use Scale |
| MPUB | Mobile Phone Usage Behavior Scale |
| MP-UQ | Mobile Phone Use Questionnaire |
| MPUS | Mobile Phone Usage Scale |
| MRCPAS | Manolis/Roberts Cell-Phone Addiction Scale |
| NSSI | Non-Suicidal Self-injury |
| OCD | Obsessive-compulsive disorder |
| PCPU-Q | Problem Cellular Phone Use Questionnaire |
| PKMzeta | Protein kinase M zeta |
| PMPUQ | Problematic Mobile Phone Use Questionnaire |
| PSQI | Pittsburgh Sleep Quality Index |
| PUMP | Problematic Use of Mobile Phones |

# List of Abbreviations cont...

| Abb. | Full term |
|---|---|
| SAMI | Smartphone Addiction Measurement Instrument |
| SAS | Smartphone Addiction Scale |
| SAS-SV | Smartphone Addiction Scale, Short version |
| SMS-PUDQ | SMS Problem Use Diagnostic Questionnaire |
| SPAI | Smartphone Addiction Inventory |
| SPAQ | Smartphone Addiction Questionnaire |
| SPSS | Statistical package for social science |
| STDS | Self-perception of Text-message Dependency Scale |
| TMDS | Text-message Dependency Scale |
| TMG | Test Messaging Gratification Scale |
| TMP | Test of Mobile Phone Dependence |
| VTA | Ventral Tegmental Area |
| WHO | World Health Organization |

# INTRODUCTION

The 21st century has witnessed ever-increasing technological advances leaving an imprint on all aspects of life. One of these advances is the smartphone and its numerous applications or apps offering quick access to the Internet and social media through various apps such as WhatsApp, Facebook, Twitter and Skype. The smartphone has also facilitated the transmission of SMSs and fax, and navigating the Internet. Furthermore, the smartphone includes entertainment such as games, mobile Camera, video, Bluetooth, multimedia, radio, Youtube, movies, GPS, and other applications ***(Abo-Jedi, 2008).***

Despite the many uses and advantages of smartphones, there are disadvantages. Smartphones can distract drivers who talk or text on the phone while driving, potentially leading to traffic accidents ***(Cazzulino et al., 2014).*** Smartphone use is also a distractor among pedestrians while walking or crossing the street ***(Schwebel et al., 2012; Thompson et al., 2013).*** Smartphone use is associated with neck and shoulder pain because of one's posture while using a smartphone ***(Shan et al., 2013),*** as well as hand dysfunction ***(İNal et al., 2015).*** Mobile phone use is associated with poor physical fitness ***(Lepp et al., 2013; Rebold et al., 2016),*** and worse academic performance ***(Lepp et al., 2014; Prabu et al., 2015).***

As a result, terms such as "Smartphone addiction" ***(Casey, 2012; Lee et al., 2014)*** "mobile phone addiction"

***(Park, 2005; Ahmed et al., 2011; Szpakow et al., 2011)*** "problematic mobile phone use" ***(Billieux et al., 2008; Takao et al., 2009),*** "mobile phone dependence" ***(Satoko et al., 2009; Choliz, 2012),*** "compulsive mobile phone use" ***(Matthews et al., 2009)*** and "mobile phone overuse" ***(Perry and Lee, 2007),*** have all been used to describe more or less the same phenomenon, that is, individuals engrossed in their Smartphone use to the extent that they neglect other areas of life. The most commonly used terms to describe this kind of addiction are "mobile phone addiction" and, recently, "Smartphone addiction".

Smartphone addiction is considered as the inability to control the smartphone use despite negative effects on users. The use of a smartphone not only produces pleasure and reduces feelings of pain and stress but also leads to failure to control the extent of use despite significant harmful consequences in financial, physical, psychological, and social aspects of life ***(Shaffer, 1996; Van Deursen et al., 2015; Young, 1999).***

Smartphone addiction is considered to be rooted in Internet addiction due to the similarity of the symptom and negative effects on users ***(Goldberg, 1996; Young, 1998).***

Smartphone addiction could be categorized as a behavioral addiction. Behavioral and chemical addictions have seven core symptoms in common, that is, salience, tolerance,