Negative Emotional States as Predictors for FoMO

Abbie Bliss, Kaitlyn Yuzeitis, Taylor Sandlie, and Dr. Nikki Honzel
What is FoMO?

Fear of missing out (FoMO) is the feeling of being anxious, depressed, and/or angry when an event may be currently happening elsewhere.
Negative emotional states

- **Depression:**
  - The feeling of sadness, losing interest in activities you once enjoyed

- **Anxiety:**
  - Experiencing worry, unease, and nervousness

- **Stress:**
  - A state of mental or emotional strain or tension
METHODS

● **Participants**
  ○ 181 Carroll College Students

● **Measurements**
  ○ The Big Five Inventory
  ○ DASS
  ○ FoMO Scale
Depression between Introverts and Extraverts

![Bar Chart]

- Depression Average Score
  - Introversion: 14
  - Extroversion: 10

**Personality Type**

(t(174) = 1.933, p=0.055)
Stress between Introverts and Extraverts

(t(174) = 1.548, p=0.124)
Anxiety between Introverts and Extraverts

(t(174) = 2.887, p=0.084)
Fear of Missing Out between Introverts and Extraverts

(t(174) = -0.876, p=0.382)
Fear of Missing Out When Considering Stress

R² = 0.14255
Conclusion

- Introverts were more depressed and anxious *
- Stress predicted level of FoMO
- Stress is high in academics; may be contributing to FoMO

It's going on right now and I'm missing it!
Future Research

- Different types of stress as predictors for FoMO
- Specific days of the week as predictors for FoMO
Methods & Results

- Fear score was the only significant predictor for FoMO
- PAS scores were a marginal predictor for FoMO