

Apr 25th, 2:15 PM - 2:30 PM

Negative Emotional States as Predictors for FoMO

Kaitlyn Yuzeitis
kyuzeitis@carroll.edu

Abbie Bliss
abliss@carroll.edu

Taylor Sandlie
tsandlie@carroll.edu

Nikki Honzel
nhonzel@carroll.edu

Follow this and additional works at: <https://scholars.carroll.edu/surf>

Part of the [Social Psychology Commons](#)

Yuzeitis, Kaitlyn; Bliss, Abbie; Sandlie, Taylor; and Honzel, Nikki, "Negative Emotional States as Predictors for FoMO" (2019). *Carroll College Student Undergraduate Research Festival*. 112.
<https://scholars.carroll.edu/surf/2019/all/112>

This Event is brought to you for free and open access by Carroll Scholars. It has been accepted for inclusion in Carroll College Student Undergraduate Research Festival by an authorized administrator of Carroll Scholars. For more information, please contact tkratz@carroll.edu.

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



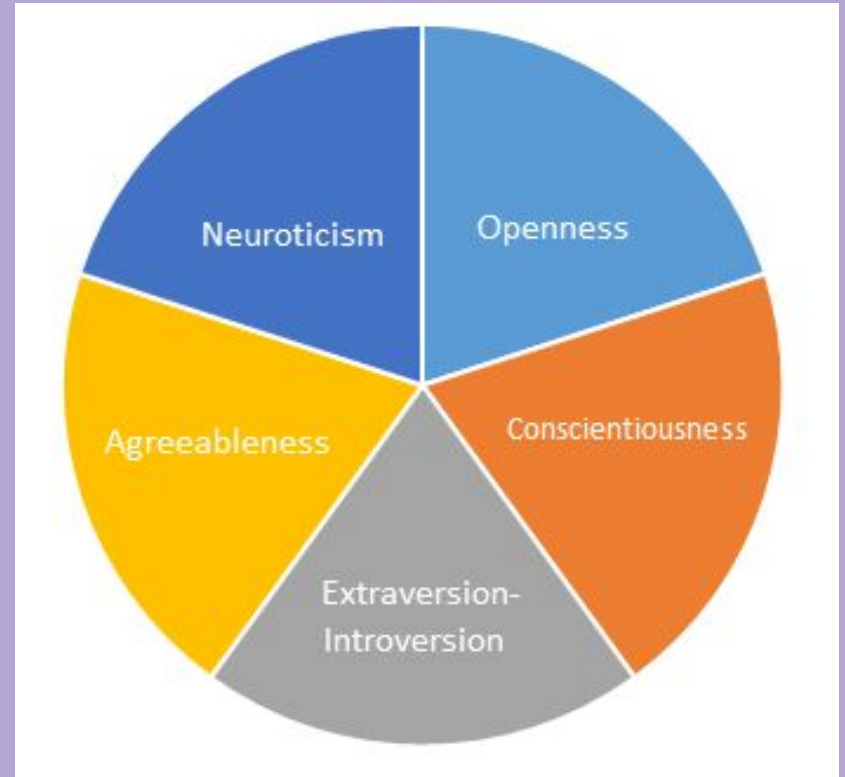
METHODS

- **Participants**

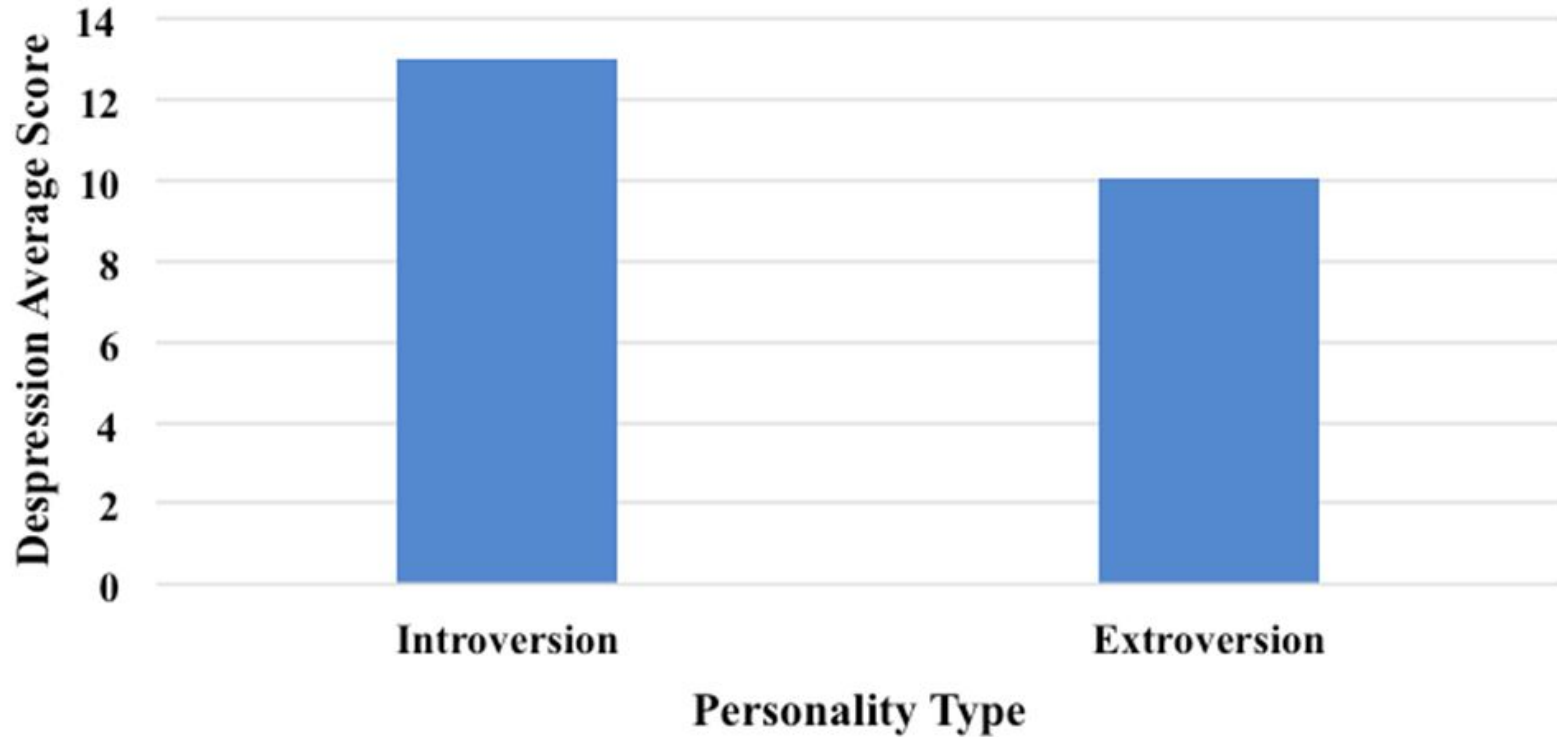
- 181 Carroll College Students

- **Measurements**

- The Big Five Inventory
- DASS
- FoMO Scale



Depression between Introverts and Extraverts



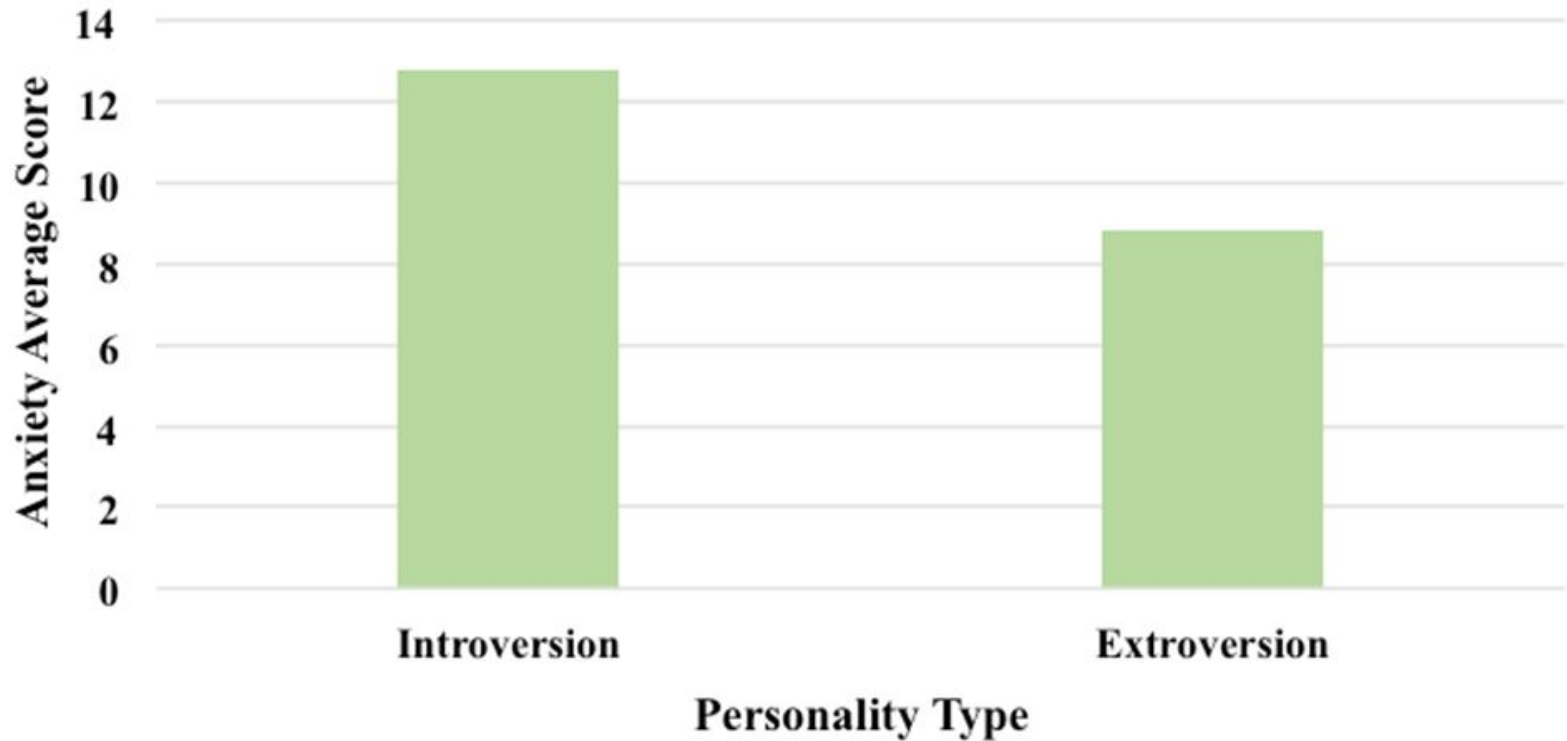
$(t(174) = 1.933, p=0.055)$

Stress between Introverts and Extraverts



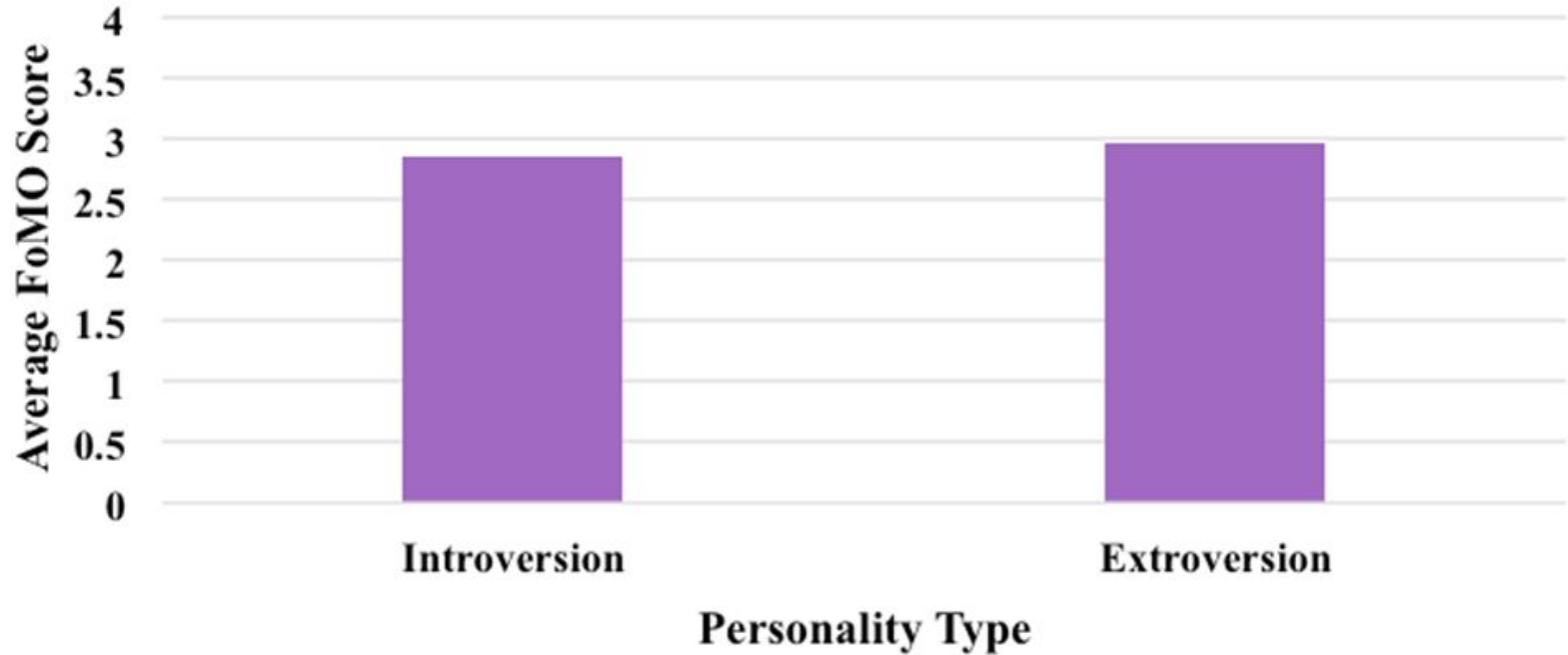
($t(174) = 1.548, p=0.124$)

Anxiety between Introverts and Extraverts



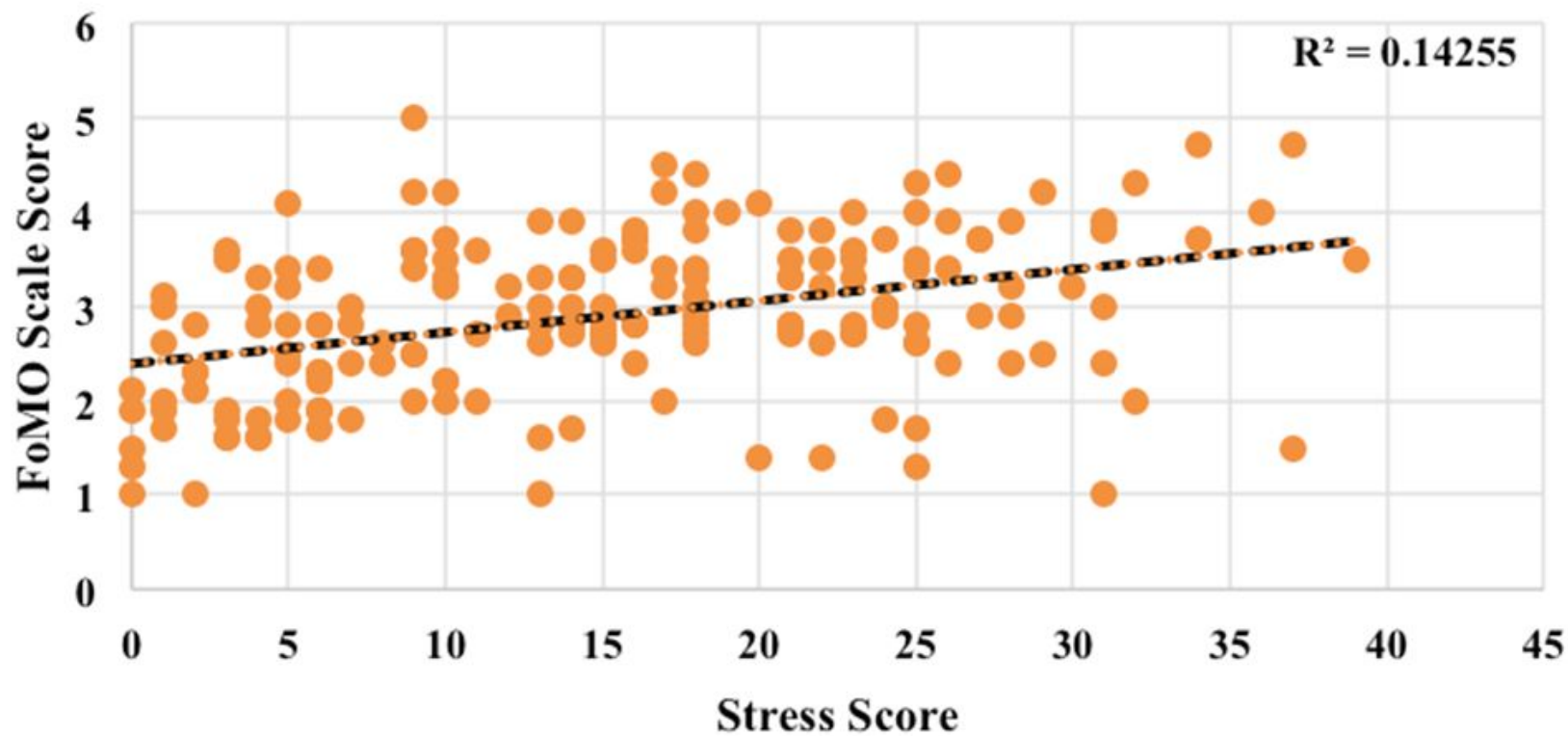
($t(174) = 2.887, p=0.084$)

Fear of Missing Out between Introverts and Extraverts



($t(174) = -0.876, p=0.382$)

Fear of Missing Out When Considering Stress



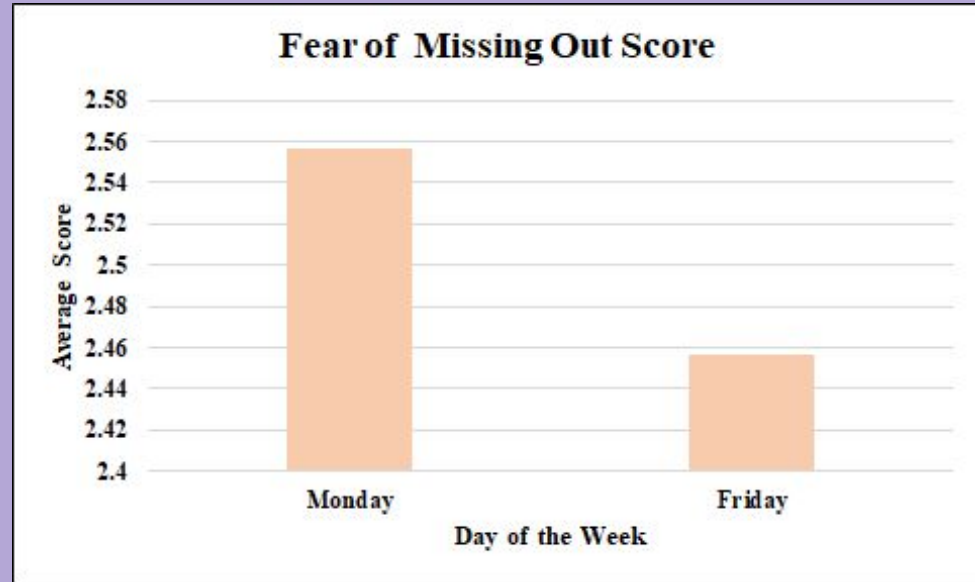
CONCLUSION

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

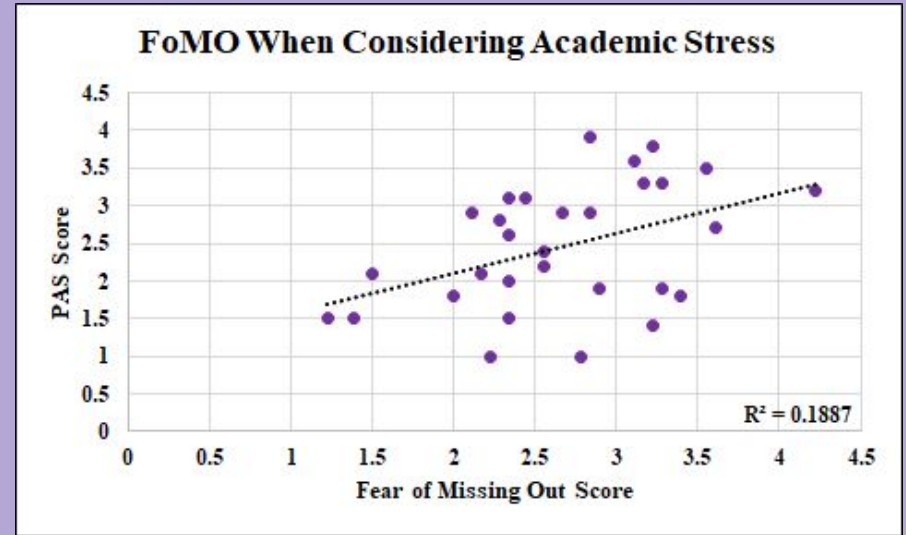
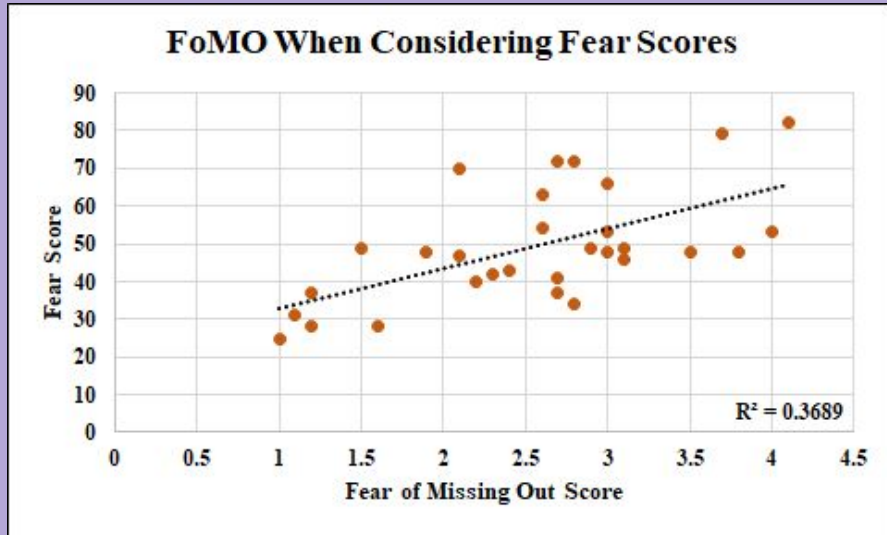


FUTURE RESEARCH

- 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