

# NEGATIVE EMOTIONAL STATES AS PREDICTORS FOR FOMO

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# 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



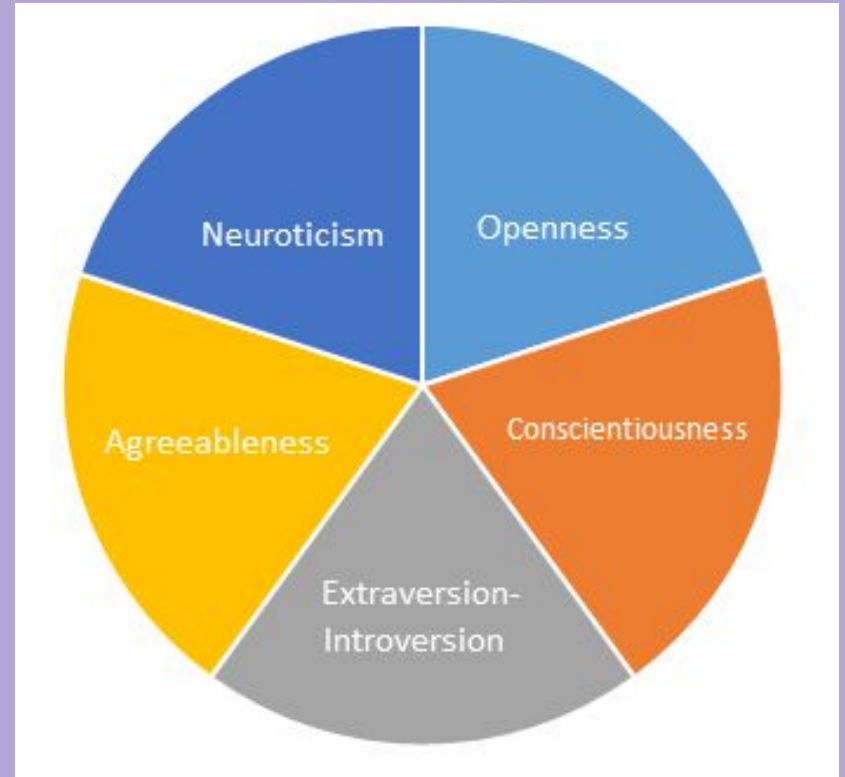
# METHODS

- **Participants**

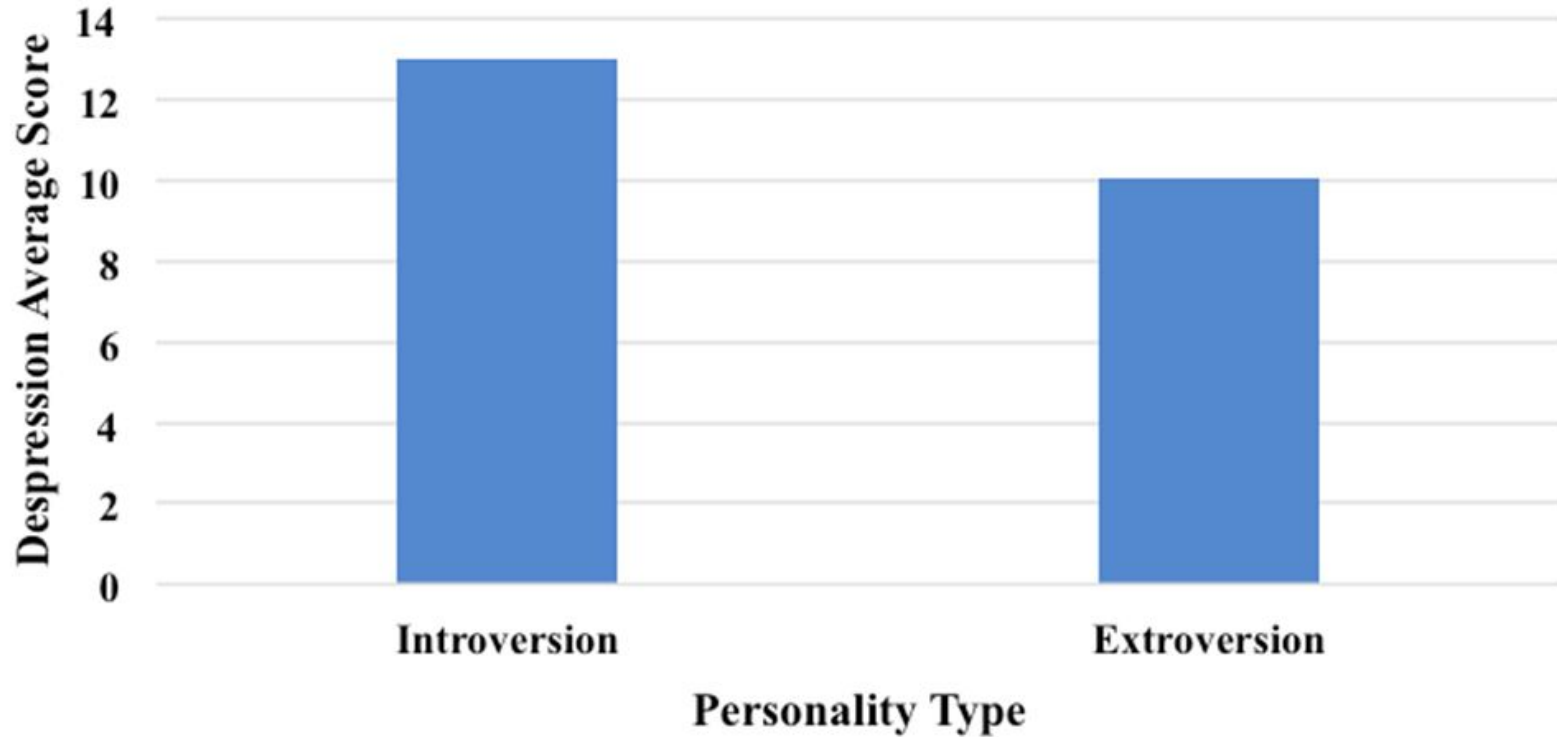
- 181 Carroll College Students

- **Measurements**

- The Big Five Inventory
- DASS
- FoMO Scale

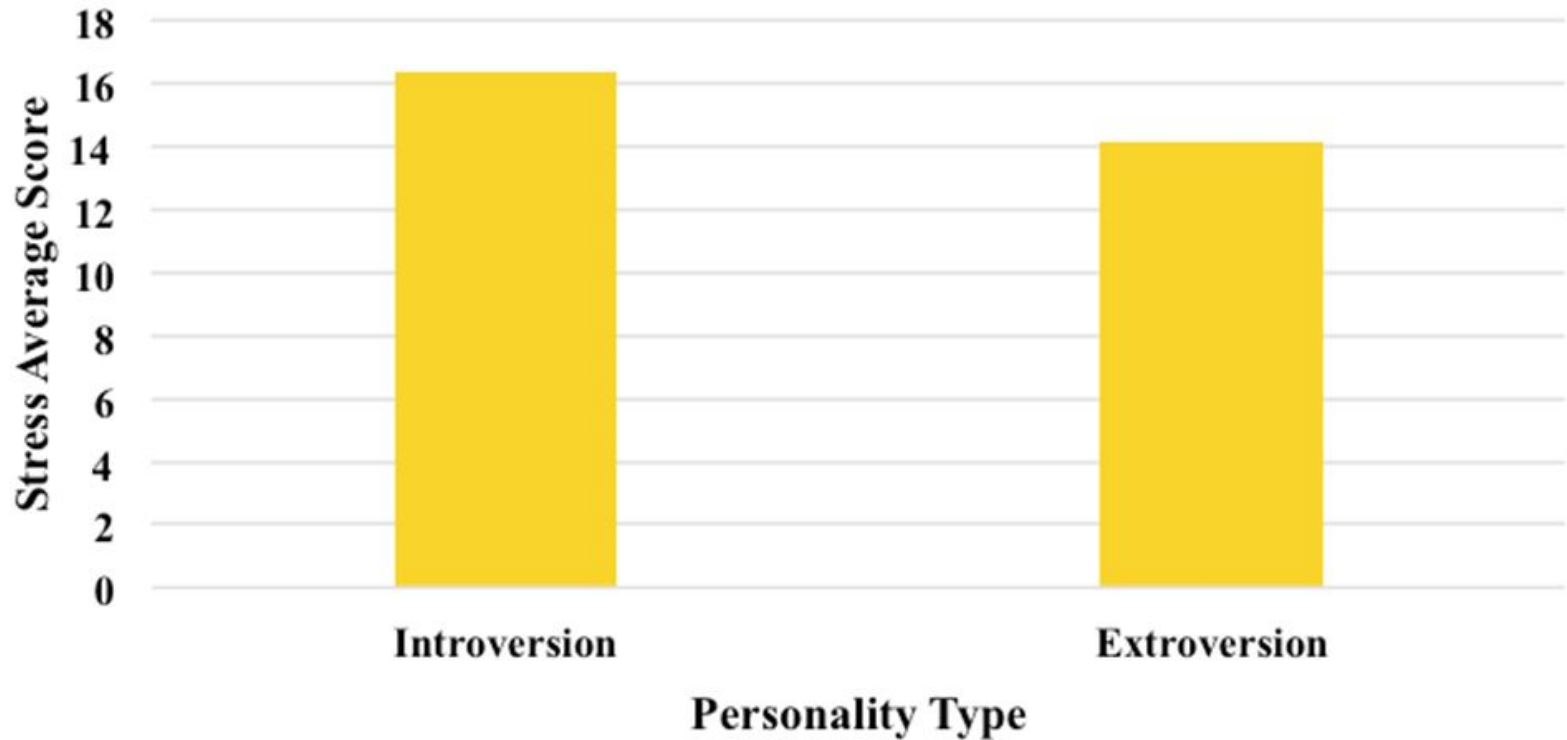


## Depression between Introverts and Extraverts



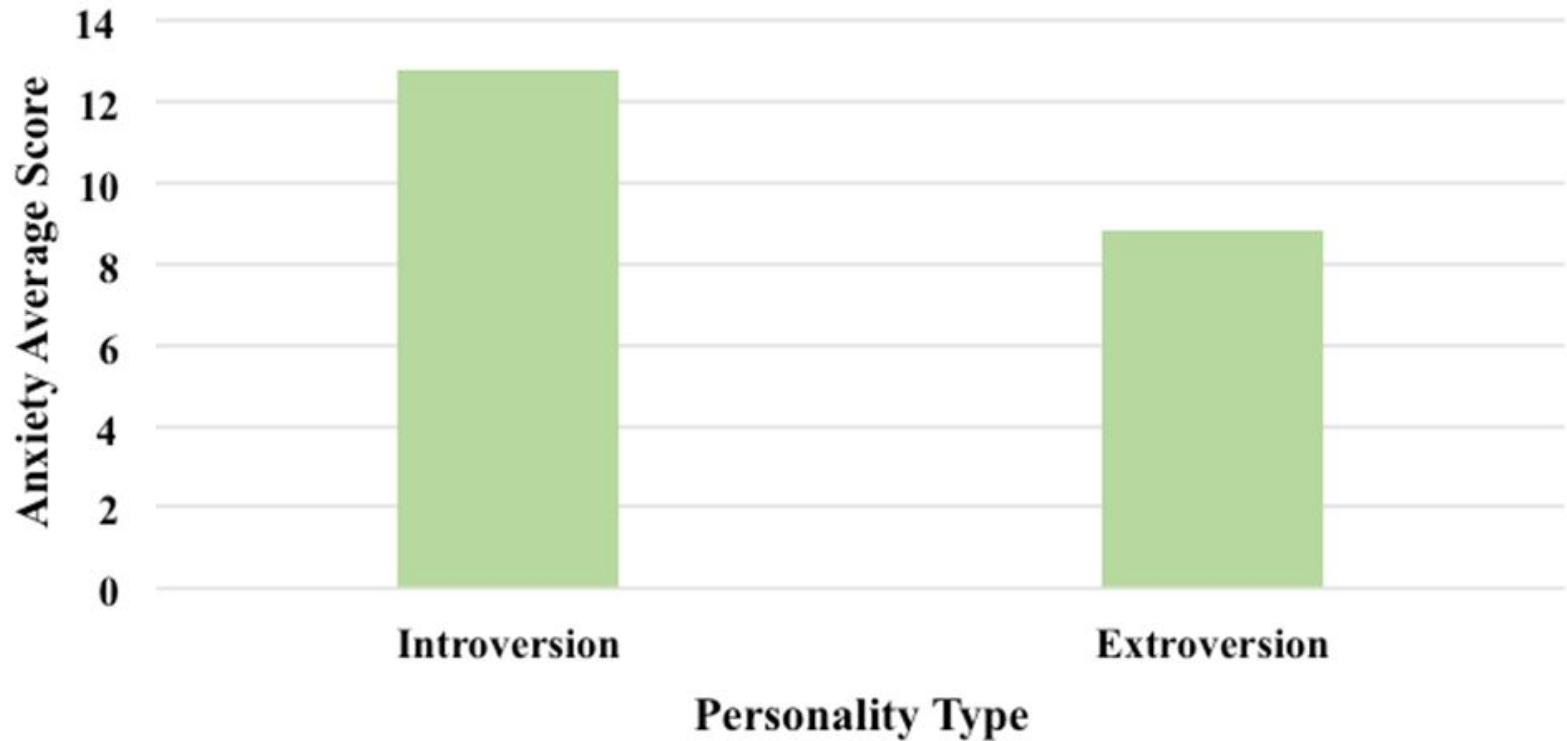
$(t(174) = 1.933, p=0.055)$

## Stress between Introverts and Extraverts



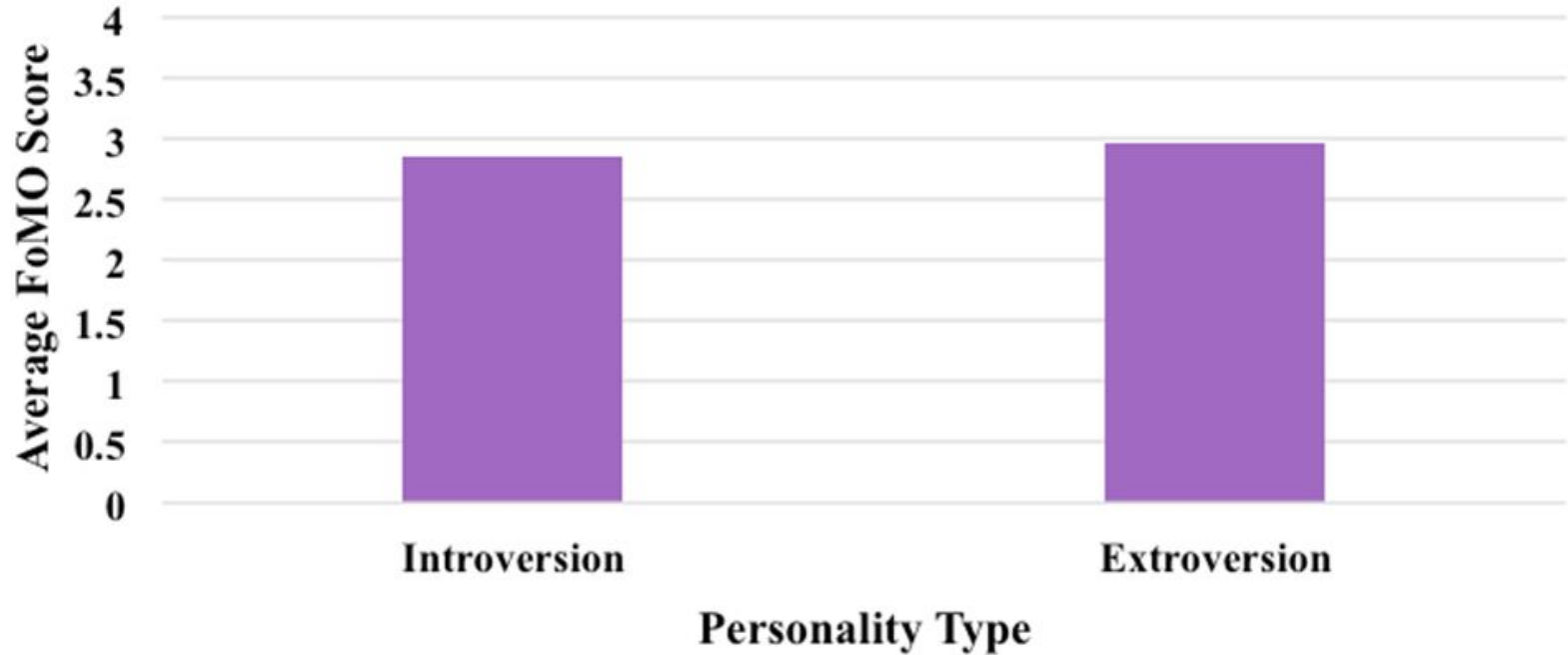
( $t(174) = 1.548, p=0.124$ )

## Anxiety between Introverts and Extraverts



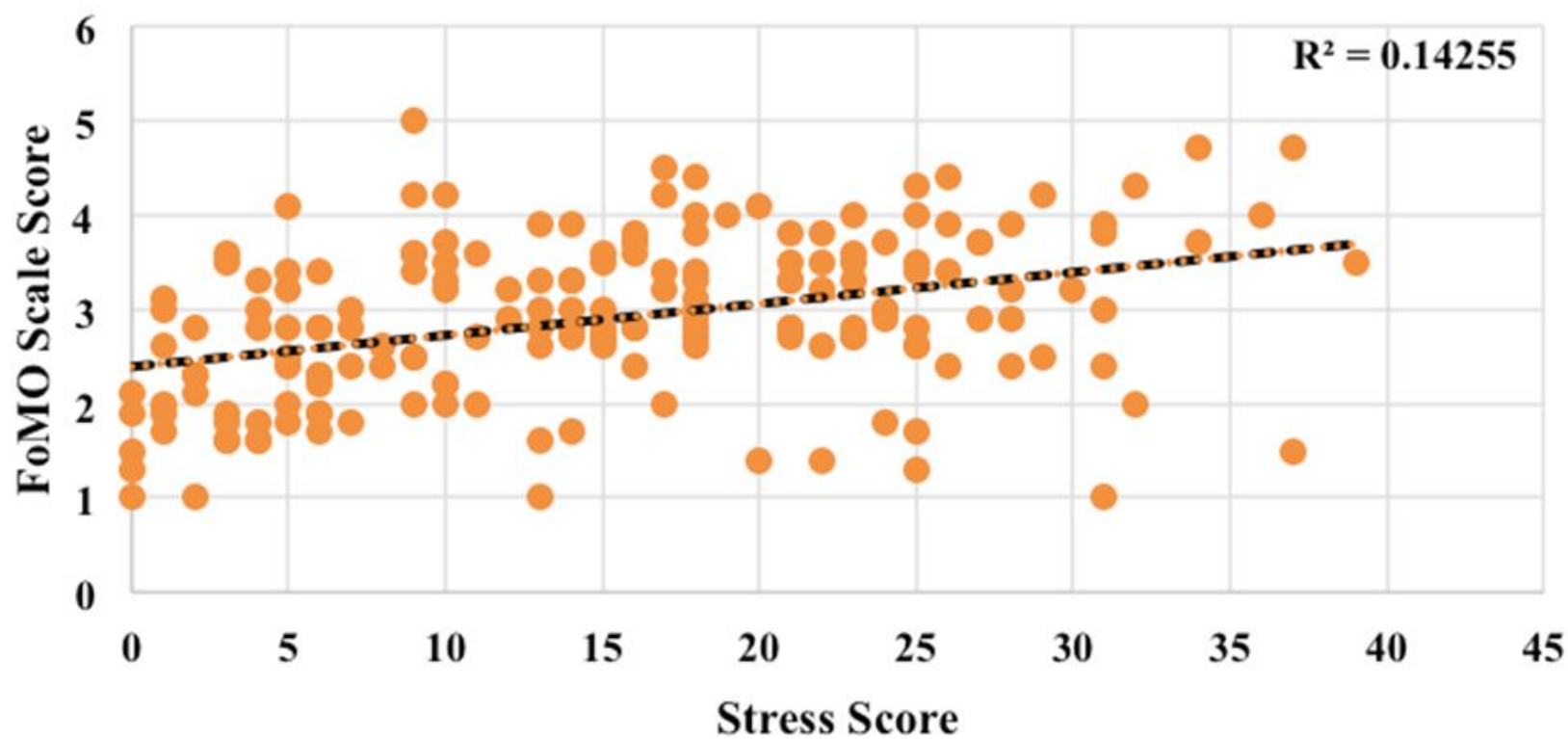
( $t(174) = 2.887, p=0.084$ )

# Fear of Missing Out between Introverts and Extraverts



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

## Fear of Missing Out When Considering Stress



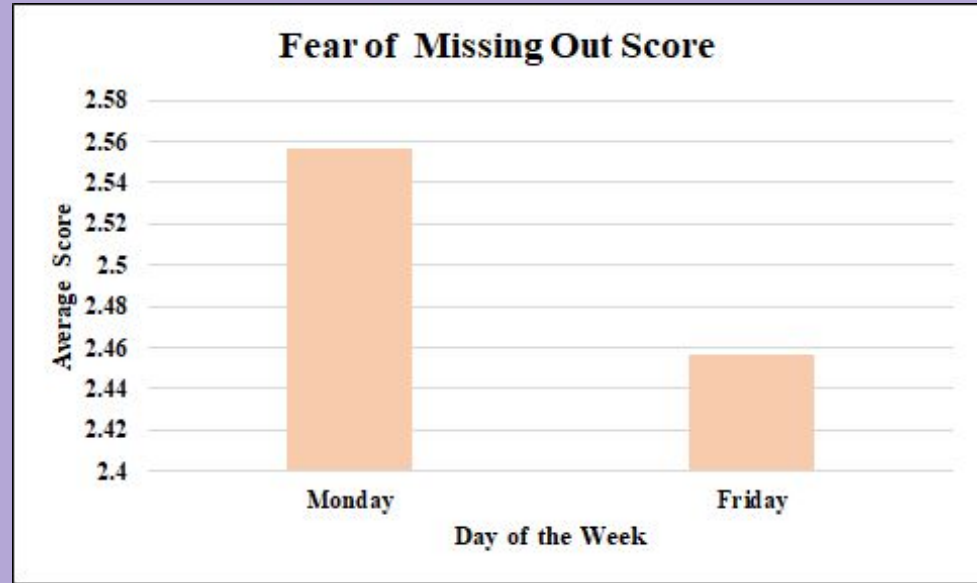
# CONCLUSION

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

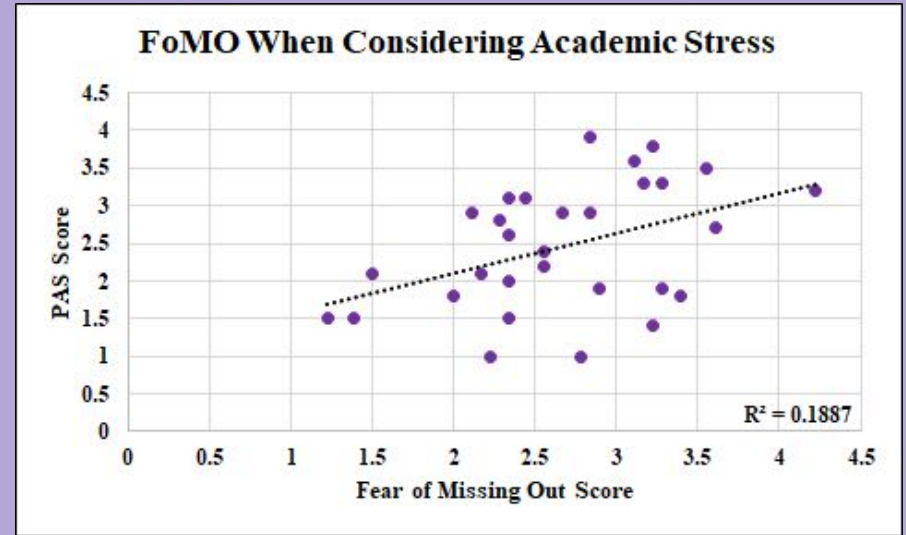
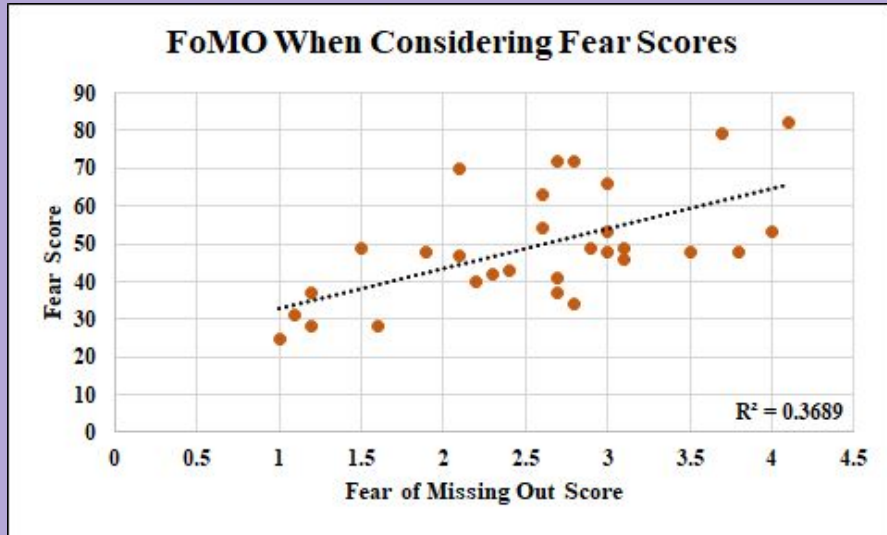


# FUTURE RESEARCH

- 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