

# Investigating the relationship between mobile phone usage and emotions. A pilot study using the experienced sampling method

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON43472

### Source

ToetsingOnline

### Brief title

ESM pilot: mobile phones and psychology

### Condition

- Other condition

### Synonym

change in emotions

### Health condition

veranderingen in affect (geen aandoeningen)

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Medisch Universitair Ziekenhuis Maastricht

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** affect, experienced sampling method, mobile phone, psychology

## Outcome measures

### Primary outcome

The PsyMate questionnaire is a series of multiple choice questions about the present affect (three positive, five negative), the present context and activities (physical activity, occupation, presence of other people), physical discomfort (fatigue, concentration level, pain) and mobile phone usage (frequency, frustration when unable to use phone) since the last beep. Positive affect: cheerful, mentally fit and relaxed. Negative affect: irritated, bored, lonely, stressed and worrying. The answers will be registered using a 7-point Likert scale, ranging from 'not' to 'very'.

### Secondary outcome

not applicable

## Study description

### Background summary

There are indications for mobile phone effects on psychological and neuropsychological functioning. Most multiple publications report effects on 'mobile phone addiction'. A methodological problem in these studies is the collection of data in retrospect. With the PsyMate application it is possible to prevent this type of bias. By collecting real-life data in a longitudinal

design with a 2x N=1 pilot study, we can obtain an impression of the relationship between mobile phone usage and emotion/behavior efficiently.

## **Study objective**

The objective of this study is to investigate whether there is a relation between smartphone usage and psychological parameters in young adults. Taking into accordance the type of research (explorative, observational) and the present state of literature (to our knowledge the relationship between mobile phones and psychological effects has not been studied before using ESM) it is hard to form hypotheses. It is expected that the undesired absence of one's phone will lead to an enlarged stresslevel. Furthermore, we expect that an increase of phone usage will lead to more depressive symptoms, less concentration and sleep disturbance. Last, it is expected that loneliness will lead to increased phone usage.

## **Study design**

A longitudinal pilot study, in which the participant will be exposed to multiple assessments each day (10x), during a 3 months period.

## **Study burden and risks**

Participants will be invited to the research location twice for a briefing (30 minutes) and a debriefing session (30 minutes). Furthermore they will be asked to fill out the PsyMate questionnaire on a daily base after every beep. It is expected this will cost a time investment of approximately 15 minutes per day. The questionnaires are generally experienced as a small burden (in previous PsyMate research performed by this department). Participation is not associated with health risks.

## **Contacts**

### **Public**

Medisch Universitair Ziekenhuis Maastricht

Vijverdalseweg 1  
Maastricht 6226NB  
NL

### **Scientific**

Medisch Universitair Ziekenhuis Maastricht

Vijverdalseweg 1  
Maastricht 6226NB

NL

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

20-25 years old, healthy, good understanding of dutch language, smartphone user

### Exclusion criteria

psychiatric diagnosis, pregnancy

## Study design

### Design

**Study type:** Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

### Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 01-09-2016

Enrollment: 2  
Type: Actual

## Ethics review

Approved WMO  
Date: 19-05-2016  
Application type: First submission  
Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL55632.068.15