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The psychometric properties of the Bangla Nomophobia Questionnaire

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ABSTRACT

Nomophobia (the fear of being without a mobile phone or being unable to use it) is an area of growing research interest. The 20-item Nomophobia Questionnaire (NMP-Q) is the most popular instrument to assess nomophobia. However, there is no validated scale to assess nomophobia in Bangladesh. The present study translated and validated the NMP-Q into Bangla. A cross-sectional study using convenience sampling was conducted among 585 university students. The study collected data on socio-demographics, behavioural health, academic attainment, nomophobia, smartphone addiction, and Facebook addiction. Confirmatory factor analysis was performed to validate the scale's factor structure. The four-factor structure was supported by confirmatory factor analysis (CFA). Cronbach alphas were 0.915 for the total scale, 0.88 for Factor 1 (not being able to communicate), 0.83 for Factor 2 (losing connectedness), 0.71 for Factor 3 (not being able to access information), and 0.78 for Factor 4 (giving up convenience). Convergent validity was supported by significant associations between nomophobia and both smartphone addiction and Facebook addiction. Measurement invariance across gender was supported in multigroup CFA. The findings indicated that the NMP-Q Bangla appears to be a psychometrically valid and reliable instrument and can be used for further studies to assess nomophobia among Bangladeshi students.

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Introduction

Nomophobia ('no mobile phobia') is the fear of an individual being without a mobile phone or unable to use it (Bhattacharya et al., 2019). Nomophobia appears to have been prevalent in recent times, with the prevalence ranging between 6% and 73% (León-Mejía et al., 2021). It has also been reported that moderate nomophobia (scoring 60-99 out of 140 on the NMP-Q) has ranged from 25.7% to 73.3% (León-Mejía et al., 2021). Similarly, a systematic review and meta-analysis study reported a 70.76% prevalence of severe nomophobia (scoring 100-140 out of 140 on the NMP-Q) (Humood et al., 2021). Nomophobia showed a significant association with depression (Sharma et al., 2019), low self-esteem (Servidio 2023), hyperactivity and oppositional problems (Kuscu et al., 2021), stress (Bhattacharya et al., 2019), poor quality of life (Sharma et al., 2019), poor self-compassion (Terzioğlu et al., 2023), and low academic achievement (Ahmed et al., 2019; Rodríguez-García et al., 2020; Wolfers et al., 2020).

Because of increasing research into nomophobia across the world and its seemingly high prevalence, the NMP-Q has been translated and validated into numerous languages, including

Italian (Adawi et al., 2019), Arabic (Al-Balhan et al., 2018), Persian (Lin et al., 2018), European Portuguese (Galhardo et al., 2020), Spanish (González-Cabrera et al., 2017), Lebanese (Farchakh et al., 2021), and Chinese (Gao et al., 2020). Additionally, the NMP-Q has been validated in a few studies comprising university students. For example, the scale was validated with students in Kuwait (Al-Balhan et al., 2018) and Malaysia (Tung et al., 2022). These studies reported that the NMP-Q had a four-factor structure which was not being able to communicate (Factor 1), losing connectedness (Factor 2), not being able to access information (Factor 3), and giving up convenience (Factor 4).

Nomophobia has been strongly associated with patterns of smartphone use. For example, previous studies suggested that increasing daily smartphone use can lead to exhibiting more nomophobic behaviors (Kara et al., 2021), such as frequent smartphone checking (Bartwal and Nath 2020; Jilisha et al., 2019), duration of smartphone use (Al-Shaikh et al., 2019; Bartwal and Nath 2020; Copaja-Corzo et al., 2022; Erdem et al., 2017; Jilisha et al., 2019; Kaur et al., 2021; Schwaiger and Tahir 2020), and the number of smartphone applications used (Eren et al., 2020). Additionally, a significant positive relationship between nomophobia and smartphone addiction has been reported among different populations, including Turkish adolescents (Yildiz Durak 2019), junior and senior high school students (Buctot et al., 2020), and nursing students (Çobanoğlu et al., 2021).

Smartphones are often the most used devices to access social media (Jilisha et al., 2019). Previous research has demonstrated that social media addiction is positively associated with nomophobia (Yıldız Durak 2018), and dependency on social media is a significant predictor of nomophobia (Ayar et al., 2018). Additionally, previous studies have reported the association between Facebook addiction and nomophobia. For example, a significant positive relationship was reported between Facebook addiction and nomophobia among Moroccan middle and high school students (Louragli et al., 2019). In contrast, an inverse association was reported between Facebook addiction and nomophobia among Nigerian health training institution students (Alhaji et al., 2021).

Previous studies have examined the relationship between gender and nomophobia, and have reported contradictory findings. For example, a survey among first-year medical college institutions in India reported no significant association between gender and level of

nomophobia (Farooqui et al., 2018). In contrast, female Turkish college students had significantly higher scores on nomophobia than males suggesting a significant gender difference (Yildirim et al., 2016). Similarly, preservice teachers showed a significant gender difference with nomophobia, with females reporting higher scores (Essel et al., 2022). These findings suggest that nomophobia may differ by gender. It should also be noted that the measurement invariance of the NMP-Q across gender was performed among Iranian schoolchildren (Lin et al., 2018). Findings indicated that scores on the Persian NMP-Q were gender invariant. However, this may not be the case across different populations. Therefore, testing the measurement invariance of the NMP-Q among other populations is important.

As aforementioned, nomophobia is associated with depression, low self-esteem, poor self-compassion, hyperactivity and oppositional problems, stress, poor quality of life, and low academic achievement. Despite the many adverse effects, few studies have been carried out in Bangladesh. A small-scale study among 132 undergraduate students in Bangladesh reported that 70% had moderate level of nomophobia (Tabassum and Goni 2020). However, there is no validated scale to assess nomophobia among university students in Bangladesh. Therefore, the present study translated and psychometrically validated the Nomophobia Questionnaire into Bangla (*NMP-Q Bangla*) utilizing a university student sample. In addition, the present study also examined the measurement invariance of the NMP-Q across gender. Such a study is likely to facilitate further research regarding nomophobia in a Bangladeshi context.

Methods

Participants and study procedure

A cross-sectional survey was used to collect data between March 20 and March 31, 2022, among [Institution name was blinded for review]. For data collection, five research assistants collected data from every faculty or institution of the university to ensure participation from every unit in the study using convenience sampling. Additionally, the university accommodation building was also targeted to collect data. Approximately 640 participants were approached, and after eliminating the incomplete surveys, the data of 585 participants were retained for the study. Therefore, the response rate was approximately 91%.

Adaptation of the Nomophobia Questionnaire (NMP-Q) into Bangla

The NMP-Q was translated into Bangla using a culturally-adapted method (Beaton et al., 2000). A forward and backward translation procedure was followed. First, the NMP-Q was translated into Bangla by three individuals who had expertise in the fields of public health and psychology. After discussing with them, the final Bangla version was prepared. Then three different translators with expertise in English back-translated the scale into English. The research team then evaluated all versions of the scale in developing the final Bangla NMP-Q. Initial pre-testing was then conducted among 50 participants to check the understandability and readability of the questionnaire. If the participants had difficulty understanding any NMP-Q items, they were further modified by the research team in focused group discussions to finalize them. The pilot testing data was excluded from the formal analysis.

Inclusion and exclusion criteria

The inclusion criteria were being a student Jahangirnagar University (either undergraduate or postgraduate), and having a smartphone. Students who were not studying at the university were excluded.

Measures

Socio-demographic information

Socio-demographic information was collected relating to age, gender, relationship status, academic year of study, and monthly family income (less than 15000 Bangladeshi Taka (BDT) ≈ less than $161; 15000 to 30000 BDT ≈ $161 to $321; and more than 30000 BDT ≈ more than $321. BDT from USD was converted using the exchange rate at the time of writing

Bangla Nomophobia Questionnaire (NMP-Q Bangla)

The NMP-Q (Caglar Yildirim and Correia 2015) was developed to measure nomophobia severity. The scale comprises 20 items with four dimensions: (i) *not being able to communicate*; (ii) *losing connectedness*, (iii) *not being able to access information*, and (iv) *giving up convenience*. Items (e.g., "*I would feel nervous because I could not instantly communicate with my family and/or friends"*). The items are responded to on a seven-point scale from 1 (*strongly disagree*) to 7 (*strongly agree*). The total score ranges from 20 to 140; a higher score indicates greater nomophobia. The psychometric properties of the NMP-Q Bangla are presented in the Results section. The *NMP-Q Bangla* is provided in the Appendix.

Smartphone Application-Based Addiction Scale (SABAS)

The SABAS (Csibi et al., 2018) was developed to assess the risk of becoming addicted to smartphone applications. The scale comprises six items relating to the core components of addiction (e.g., salience, mood modification, tolerance, withdrawal symptoms, conflict, and relapse). Items (i.e., *"My smartphone is the most important thing in my life"*) are responded to on a six-point scale (1=*strongly disagree* to 6=*strongly agree*) with a score ranging from 6 to 24; a higher score indicates a greater risk of being addicted to smartphone applications. The scale was previously used in the Bangladeshi context (Hosen et al., 2021). The Cronbach's alpha was 0.78 for the present study.

Bergen Facebook Addiction Scale (BFAS)

The BFAS (Andreassen et al., 2012) was used to assess Facebook addiction. The scale comprises six items also evaluates the same six components of addiction as the SABAS. Items (e.g., *"Felt an urge to use Facebook more and more"*) are responded to on a five-point scale (1=*very rarely* to 5=*very often*) with a score ranges from 5 to 30. A score of ≥18 is deemed to determine problematic Facebook use. The scale was previously used in the Bangladeshi context (Al-Mamun et al., 2022; Mamun and Griffiths, 2019). Cronbach's alpha was 0.86 for the present study.

Ethical considerations

Informed consent was taken from the participants before data collection. Participants were informed about the study purpose and nature of the study. The confidentiality of their data was also ensured. The study adhered to the Helsinki Declaration. They were only included if they were willing to participate in the study. Additionally, they had the right to withdraw their participation whenever they wanted during the survey. The ethics committee of the Department of Public Health & Informatics at Jahangirnagar University approved the project on March 8, 2022.

Statistical analysis

Data were analyzed using the SPSS (Statistical Package for Social Science) version 25 and SPSS AMOS (Analysis of Moment Structure) version 23. Descriptive statistics (i.e., frequency, percentages, mean, SD) were computed using SPSS. For psychometric analysis of the NMP-Q

Bangla, confirmatory factor analysis (CFA) was performed using AMOS software. The normal distribution of the data was confirmed by observing the skewness, kurtosis, normality plot, and histogram. For item-level analysis, mean, SD, skewness, kurtosis, corrected item-total correlation, and Cronbach's alpha if the item deleted were reported. The reliability of the scale and its sub-dimensions was investigated using Cronbach's alpha coefficient. CFA was performed to examine the structural validity of the NMP-Q Bangla. Modification indices were used to examine if particular items showing residual covariance could influence the overall model fit. Modification indices were performed to provide the best overall model fit to support the structural validity of the NMP-Q. The model fit was observed by the χ^2/df statistics, the Comparative Fit Index (CFI), the Goodness Fit Index (GFI), the Tucker Lewis Index (TLI), the Root Mean Square Error of Approximation (RMSEA), and the Standardized Root Mean Square Residual (SRMR). A CFI and the TLI >0.9, along with RMSEA and SRMR <0.08, indicate a satisfactory model fit (Bentler 1990; Hu and Bentler 1999). In addition, a GFI value >0.8 is suggested to be an acceptable fit (Forza and Filippini, 1998; Greenspoon and Saklofske, 1998). The convergent validity of the scale was investigated by examining its relationship with the other scales (i.e., SABAS, BFAS) through the Pearson correlation and computing the average variance extracted (AVE >0.5), and composite reliability (CR >0.6) (Fornell and Larcker 1981).

Multigroup CFA was performed to examine the measurement invariance across gender. Three models such as the configural model (i.e., the original model), a metric invariance model (assuming all factor loadings to be equal across gender), and a scalar invariance model (assuming all factor loadings and items to be equal across gender) were constructed in the multigroup CFA. The fit indices of the model were compared using the CFA, RMSEA, and SRMR, where ΔCFI $\geq$ 0.01, ΔRMSEA $\geq$0.015, and ΔSRMR $\geq$0.03 in the model comparisons indicated a significant decrease in the model fit testing for measurement invariance (Chen 2007).

Results

Characteristics of the participants

Data from 585 participants were analyzed; their mean age was 22.52 years (SD=1.53). Of these, 54.7% were females, 73.7% were single, 84.4% had a family monthly income between 15000 to 30000 BDT, and 46% were in the second year of their degree **(Table 1)**.

Table 1: Distribution of the study variables

Study variables	Total (n, %)
Socio-demographic information	
Age (Mean ± SD) = 22.52 ± 1.53	
Gender	
Male	265; 45.3%
Female	320; 54.7%
Relationship status	
Single	431; 73.7%
In a relationship	154; 26.3%
Monthly family income (BDT)	
Less than 15000	78; 13.3%
15000 to 30000	494; 84.4%
More than 30000	13; 2.2%
Academic year	
First-year	22; 3.8%
Second year	269; 46%
Third year	124; 21.2%
Fourth-year	148; 25.3%
Master's	22; 3.8%

Table 2: Properties of the NMP-Q Bangla items

NMP-Q item	Mean	SD	Skewness	Kurtosis
Item 1	4.80	1.60	-.737	-.292
Item 2	5.03	1.75	-1.008	-.087
Item 3	3.90	1.72	-.037	-1.095
Item 4	5.01	1.74	-.943	-.143
Item 5	4.02	1.93	-.126	-1.319
Item 6	3.98	1.86	-.181	-1.220
Item 7	4.36	1.86	-.440	-1.001
Item 8	4.00	1.86	-.171	-1.284
Item 9	4.37	1.76	-.404	-.999
Item 10	4.84	1.66	-.806	-.297
Item 11	4.95	1.65	-.964	-.038
Item 12	4.74	1.67	-.679	-.579
Item 13	4.91	1.63	-.895	-.158
Item 14	4.83	1.60	-.831	-.204
Item 15	4.58	1.69	-.542	-.793
Item 16	3.93	1.80	-.097	-1.190
Item 17	3.97	1.83	-.184	-1.207
Item 18	4.27	1.74	-.379	-.969

Item 19	4.46	1.76	-.564	-.850
Item 20	3.61	1.85	.114	-1.220

Table 3: Factor loadings of all the items in each factor of the NMP-Q Bangla

NMP-Q item	Factor loadings	Factors	Cronbach's alpha
Item 15	0.67	Factor 1 (Not being able to communicate)	0.886
Item 10	0.75		
Item 14	0.74		
Item 12	0.79		
Item 13	0.82		
Item 11	0.75		
Item 20	0.62	Factor 2 (Losing connectedness)	0.824
Item 19	0.56		
Item 18	0.71		
Item 17	0.81		
Item 16	0.79		
Item 3	0.45	Factor 3 (Not being able to access information)	0.714
Item 1	0.58		
Item 4	0.77		
Item 2	0.71		
Item 9	0.53	Factor 4 (Giving up convenience)	0.779
Item 6	0.73		
Item 7	0.64		
Item 8	0.69		
Item 5	0.62		

Reliability analysis

Table 2 presents the properties of the nomophobia items. All the items had a skewness and kurtosis value in the ±2.0 range, indicating they were normally distributed. Factor loadings for each item are presented in **Table 3**. All of the factor loadings were greater than 0.32, indicating the factor loadings were acceptable (Tabachnick et al., 2007). Cronbach's alpha was used to investigate internal consistency. The Cronbach's alpha for each sub-dimension is greater than the acceptable value, 0.70 indicating acceptable internal consistency (**Table 3)**. Factor 1 (not being able to communicate) was 0.88, Factor 2 (losing connectedness) was 0.83, Factor 3 (not being able to access information) was 0.71, and Factor 4 (giving up convenience) was 0.78.

Table 4: Reliability analysis of NMP-Q

NMP-Q item	Corrected Item-total correlation	Cronbach's alpha if an item deleted	Overall Cronbach's alpha
Item 1	.401	.915	0.915
Item 2	.450	.914	

Item 3	.493	.913	
Item 4	.552	.911	
Item 5	.502	.913	
Item 6	.604	.910	
Item 7	.552	.911	
Item 8	.589	.910	
Item 9	.503	.912	
Item 10	.651	.909	
Item 11	.596	.910	
Item 12	.670	.909	
Item 13	.672	.909	
Item 14	.646	.909	
Item 15	.641	.909	
Item 16	.600	.910	
Item 17	.610	.910	
Item 18	.610	.910	
Item 19	.505	.912	
Item 20	.493	.913	

Table 4 showed the reliability analysis of nomophobia items. Corrected item-total correlations were above 0.40, indicating all items correlated with the total. The Cronbach's alpha if an item were deleted was above 0.90, showing excellent internal consistency; therefore, no item needs to be deleted (Field and Miles 2009). The overall Cronbach's alpha was 0.915 for the scale in the present study **(Table 4)**.

Validity analysis

Confirmatory factor analysis was used to examine the structural validity of the NMP-Q Bangla using the four-factor model: $\chi^2/df = 3.237$ ($p<0.001$), GFI = 0.912, CFI = 0.930, TLI = 0.917, RMSEA = 0.062, and SRMR = 0.058). The GFI value was >0.8 (Forza and Filippini, 1998; Greenspoon and Saklofske, 1998), CFI was >0.9 (Bentler 1990), and RMSEA and SRMR <0.08 (Bentler 1990; Hu and Bentler 1999). These analyses indicated a satisfactory model fit, and that the Bangla NMP-Q was structurally valid.

Pearson's correlation coefficients were calculated to investigate the associations between nomophobia, the sub-dimension of nomophobia, smartphone addiction, and Facebook addiction **(Table 5)**. The NMP-Q score was significantly correlated with its sub-dimensions and all other variables included in the analysis. These findings indicated strong convergent validity. The Average Variance Extracted value (AVE) and Composite Reliability (CR) were

also calculated. The AVE was 0.48, and the CR was 0.94, supporting convergent validity (Fornell and Larcker 1981).

Table 5: Pearson correlation coefficients among scales and NMP-Q factors

Variables	Mean± SD	1	2	3	4	5	6	7
NMP-Q Factor 1 (1)	24.27 ± 6.77	1						
NMP-Q Factor 2 (2)	24.81 ±8.00	0.584**	1					
NMP-Q Factor 3 (3)	24.62±6.76	0.598**	0.625**	1				
NMP-Q Factor 4 (4)	14.83±4.17	0.516**	0.354**	0.464**	1			
NMP-Q total (5)	88.55±21.71	0.838**	0.840**	0.860**	0.648**	1		
SABAS (Smartphone addiction) (6)	20.79±5.71	0.453**	0.553**	0.510**	0.346**	0.592**	1	
BFAS (Facebook addiction) (7)	15.12±5.83	0.260**	0.443**	0.400**	0.186**	0.421**	0.454**	1

** $p<0.01$; * $p<0.05$; SABAS = Smartphone Application-Based Addiction Scale; BFAS = Bergen Facebook Addiction Scale

Measurement invariance across gender

Measurement invariance across gender was conducted using the multigroup CFA. Table 6 reported that the gender-based configural invariance was supported (χ^2/df= 2.39, CFI=0.915, RMSEA= 0.049, SRMR= 0.070). The CFI value was close to 0.9 (Bentler 1990), suggesting an acceptable model fit. Regarding metric invariance, changes in CFI, RMSEA, and SRMR did not substantially worsen the model fit (ΔCFI=0.002, ΔRMSEA=0.001, ΔSRMR= 0.003). Similarly, model fit was not significantly decreased regarding scalar invariance (ΔCFI= 0.002, ΔRMSEA= 0, ΔSRMR = 0) **(Table 6)**.

Table 6: Measurement invariance across gender

Model description	χ^2 (df)	CFI	RMSEA	SRMR	$\Delta\chi^2$ (df)	ΔCFI	ΔRMSEA	ΔSRMR
Configural invariance	766.683 (320)	0.915	0.049	0.070	-	-	-	-

Metric invariance	790.762 (336)	0.913	0.048	0.066	24.079 (16)	0.002	0.001	0.003
Scalar invariance	815.734 (352)	0.911	0.048	0.066	24.972 (16)	0.002	0	0

Discussion

The present study investigated the psychometric properties of NMP-Q Bangla comprising Bangladeshi university students. The Cronbach's alpha of the overall scale was excellent (α=0.915). The construct validity of the scale was confirmed by the confirmatory factor analysis confirming the four-factor structure found in the original version (Caglar Yildirim and Correia, 2015) and other language versions, including Persian (Lin et al., 2018), Arabic (Al-Balhan et al., 2018), European Portuguese (Galhardo et al., 2020), and Spanish (González-Cabrera et al., 2017). However, a three-factor structure was found in an Italian sample (Adawi et al., 2019). Consequently, most studies (including the findings of the present study) align with the original four-factor structure.

As aforementioned, the reliability analysis showed that Cronbach's alpha coefficient of the total scale was 0.915, whereas the NMP-Q subscales showed good to very good reliability ranging from 0.75 to 0.88 in the present study. Similar findings had been reported in previous studies. For instance, the Cronbach's alpha for the NMP-Q was 0.95 in Spain (González-Cabrera et al., 2017), 0.945 in Italy (Adawi et al., 2019), 0.948 in Lebanon (Farchakh et al., 2021), 0.92 in Iran (Lin et al., 2018), and 0.925 in China (Gao et al., 2020), whereas a slightly lower alpha score (0.879) was reported among Kuwait university students sample (Al-Balhan et al., 2018).

The reliability of the NMP-Q Bangla was also assessed by computing the average variance extracted (AVE) and composite reliability (CR). The results showed that the AVE was 0.47, and the CR was 0.94. Similar findings were reported in a previous study conducted among an adolescent population with a CR value of 0.96 (Galhardo et al., 2022). The present study also reported a significant relationship between smartphone addiction, Facebook addiction, and nomophobia which can be explained by the fact that nomophobia and smartphone addiction share some common characteristics (Bragazzi and Del Puente, 2014) such as persistent smartphone use, carrying around a phone charger all the time, feeling anxious about the possibility of losing phone and network coverage, making frequent calls or checking messages,

not being able to turn off the smartphone for more than 24 hours, and communicating with new technologies rather than in-person interactions (Bian and Leung, 2015; Bragazzi and Del Puente, 2014; Park 2005).

These behaviors also share common consequences. For example, addicted to social media, smartphone addiction, and nomophobia significantly correlate with psychological distress, such as depression, anxiety, and stress (Terzioğlu and Uğurlu, 2021; Tung et al., 2022). Additionally, nomophobia and social media addiction are potential predictors of adolescent insomnia problems (Lin et al., 2021). Previous study has also suggested that nomophobia and social media addiction are significantly associated (Yıldız Durak 2018), which aligns with the present study findings.

In addition, the present study showed that the instrument was non-invariant across gender. Similar findings were reported among 3,216 high school-going children in Iran aged 13-19 years, suggesting NMP-Q items have meaningful comparisons to both males and females (Lin et al., 2018). However, previous studies have reported a significant gender difference in nomophobia (Essel et al., 2022; Yildirim et al., 2016). The differences are likely due to other factors unrelated to the scale items such as females being more likely than males to have problematic behaviors related to smartphone use (e.g., problematic social media use) (Andreassen et al., 2016).

The study also has some limitations. The test-retest reliability of the scale was not examined here and should be carried out in future studies. The study comprised a sample from a single institution and may not represent all Bangladeshi university students. In addition, self-reported data (especially on variables such as daily smartphone use) and convenience sampling techniques using a modest sample size also limit the study's findings. Moreover, there were only a few first-year students because they were not on campus during the data collection time because they were attending class online. Further studies are needed to test the proposed model and confirm the psychometric properties of the NMP-Q in the Bangladeshi context.

Conclusion

The present study confirmed that the NMP-Q Bangla appears to be a psychometrically valid and reliable instrument for further studies to be carried out in Bangladesh. The scale will help

assess nomophobia among university students to identify who is at risk of developing this problem. However, further study is needed to replicate the findings in the Bangladeshi context.

Availability of data

Data are available from the following link:
https://figshare.com/articles/dataset/NMPQ_data_sav/21507951
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Competing interests

The authors have no competing interests.

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Appendix

Nomophobia/মোবাইল ফোন না থাকার আতঙ্ক

বিবৃতি	একদম দ্বীমত	দ্বীমত	কিছু টা দ্বীমত	নিরপেক্ষ	কিছুটা একমত	একমত	একদম একমত
1. আমার স্মার্টফোনটিতে অবিচ্ছিন্নভাবে তথ্য অ্যাক্সেস করতে না পারলে আমার অস্বস্তি লাগবে।							
2. যখন আমি আমার স্মার্টফোনে তথ্য খোঁজ করতে চেয়েছিলাম তখন করতে না পারলে আমি বিরক্ত হব।							
3. আমার স্মার্টফোনে সংবাদ (যেমন, দৈনিক ঘটনাগুলি, আবহাওয়া ইত্যাদি) পেতে ব্যর্থ হওয়া আমাকে নার্ভাস করে দেবে।							
4. আমি যখন আমার স্মার্টফোনটি এবং / অথবা এর মধ্যে থাকা সুবিধাগুলো চাইলেও ব্যবহার করতে না পারি, তখন আমি বিরক্ত হই।							
5. আমার স্মার্টফোনে ব্যাটারির চার্জ ফুরিয়ে যাওয়া আমাকে ভয় দেখায়।							
6. যদি আমার টাকা শেষ হয়ে যায় বা মাসিক ডেটা প্যাকেজের মেয়াদ শেষের দিকে যায়, তবে আমি আতঙ্কিত হব।							
7. যদি আমার কাছে ডেটা সংযোগ না থাকে বা Wi-Fi এর সাথে সংযোগ স্থাপন করতে না পারি, তবে আমি ক্রমাগত আমার কাছে সিগন্যাল রয়েছে কিনা বা কোনও Wi-Fi নেটওয়ার্ক খুঁজে পেয়েছি কি না তা পরীক্ষা করে দেখতাম।							
8. আমি যদি আমার স্মার্টফোনটি ব্যবহার না করতে পারি তবে আমি কোথাও আটকে যাওয়ার ভয় পাব।							
9. আমি যদি কিছুক্ষণের জন্য আমার স্মার্টফোনটি চেক করতে না পারি তবে আমি এটি চেক করতে চাইব।							
10. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বেগ বোধ করব কারণ আমি তাত্ক্ষণিকভাবে আমার পরিবার এবং / অথবা বন্ধুদের সাথে যোগাযোগ করতে পারিনি।							
11. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি চিন্তিত হব কারণ আমার পরিবার এবং / অথবা বন্ধুবান্ধব আমার কাছে পৌঁছাতে পারেনি।							
12. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি নার্ভাস বোধ করব কারণ আমাকে করা মেসেজ এবং কলগুলি আমি গ্রহণ করতে সক্ষম হব না।							
13. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বিগ্ন হব কারণ আমি আমার পরিবার এবং / অথবা বন্ধুদের সাথে যোগাযোগ রাখতে পারিনি।							
14. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বিগ্ন হব কারণ কেউ আমার কাছে পৌছাতে চেষ্টা করেছিল কিনা তা আমি জানতে পারি নি।							

15. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বেগ বোধ করব কারণ আমার পরিবার এবং বন্ধুদের সাথে আমার অবিচ্ছিন্ন সংযোগটি নষ্ট হয়ে যাবে।							
16. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি নার্ভাস হব কারণ আমার অনলাইন পরিচয়টি থেকে আমার সংযোগ বিচ্ছিন্ন হয়ে যাবে।							
17. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি অস্বস্তি বোধ করব কারণ আমি সামাজিক মিডিয়া এবং অনলাইন নেটওয়ার্কগুলির সাথে তাল মিলিয়ে চলতে পারব না।							
18. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বেগ বোধ করব কারণ আমি আমার সংযোগগুলি এবং অনলাইন নেটওয়ার্কগুলি থেকে আপডেটের জন্য আসা আমার বিজ্ঞপ্তিগুলি পরীক্ষা করতে পারব না।							
19. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি উদ্বেগ বোধ করব কারণ আমি আমার ইমেইল বার্তাগুলি দেখতে পারব না।							
20. আমার সাথে আমার স্মার্টফোন না থাকলে, আমি অদ্ভুত বোধ করব কারণ আমি কী করব জানি না।							