Page 2951 - 2974

INTERNATIONAL JOURNAL OF LAW MANAGEMENT & HUMANITIES

[ISSN 2581-5369]

Volume 9 | Issue 3

2026

Mapping the Development of Nomophobia Research: A Bibliometric Analysis of Scopus-Indexed Literature

CHAITALI SARKAR*, RUMKI DAS**, AND SIMA PAL***

ABSTRACT

This paper examines the intellectual structure and research trajectory of nomophobia, or "No Mobile Phone Phobia," the psychological distress experienced when individuals are unable to access or use their mobile phones, through a bibliometric analysis of Scopus-indexed literature published between 2010 and 2026. Drawing on the conceptualisation of nomophobia advanced by Yildirim and Correia, which identifies four dimensions, namely not being able to communicate, loss of connectedness, not being able to access information, and giving up convenience, the study analyses 677 publications retrieved from the Scopus database on 9 March 2026. The data were exported in CSV format and examined using VOSviewer (version 1.6.20) to generate bibliometric networks and visualisations covering publication trends, keyword co-occurrence, citation patterns, author collaborations, organisational contributions, country-wise impact, and source analysis. The findings indicate a significant increase in nomophobia research, particularly after 2017, with the most prominent themes being nomophobia, smartphone addiction, anxiety, mental health, and social media use. Authors such as Mark D. Griffiths, Nicola Luigi Bragazzi, Chung-Ying Lin, and Triantoro Safaria emerged as influential contributors, while Turkey and India showed the highest citation impact. The study highlights the growing multidisciplinary nature of nomophobia research and its increasing relevance to understanding the effects of smartphone dependence in modern society.

Keywords: *Nomophobia, Smartphone Addiction, Bibliometric Analysis, Scopus, VOSviewer, Mental Health.*

I. INTRODUCTION

The term "nomophobia" is an abbreviation of "No Mobile Phone Phobia." It was coined in 2008 following a study commissioned by the United Kingdom Post Office and conducted by the research firm YouGov.[1] That study reported that approximately 53 per cent of British mobile phone users felt anxious when they lost their phones, ran out of battery, or fell out of network

* Author is a Research Scholar at the Department of Education, Assam University, Silchar, Assam, India.
** Author is a Research Scholar at the Department of Education, Assam University, Silchar, Assam, India.
*** Author is the Head of the Department of Education, Assam University, Silchar, Assam, India.

 [ISSN 2581-5369]

coverage.[2] The survey also indicated that 58 per cent of men and 47 per cent of women reported feelings of anxiety and distress, and that 55 per cent of participants experienced anxiety of a similar kind when they were unable to remain in contact with their loved ones.[3] In terms of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), nomophobia resembles the phobia of a specific object. It is a psychological dysfunction triggered by obsessive mobile phone usage in a maladaptive manner that results in anxiety. It may also trigger restlessness and distress that indirectly affect mental health adversely. Nomophobia is associated, directly or indirectly, with introverted personalities, characterised by spending considerable time with mobile phones while experiencing social anxiety, addiction to impulsive behaviour, and the fear of missing out (FOMO). Mobile devices provide instant gratification and communication, which can lead to addictive and compulsive behaviour as well as to nomophobia.

One of the early definitions described nomophobia as the fear of becoming technologically incommunicable, distant from mobile phones, computers, the internet, and the communication possibilities they provide.[4] Nomophobia operates much like a situational phobia arising from the unavailability of smartphone facilities. It bears a significant negative relationship with mindfulness and psychological resilience, where psychological resilience mediates the relationship between nomophobia and mindfulness.[5] Nomophobia is highly prevalent among the younger generation, who are regarded as digital natives. Because of digital advancement and modern technological growth, many young people have become absorbed in social media, gaming, and gambling, and have grown disconnected from real social life. People often avoid social contact and direct communication even when attending a social gathering, spending their time instead on their mobile phones, a behaviour known as phubbing. Alongside mental health concerns such as severe depression, nomophobia is associated with various forms of physical health deterioration, including fatigue, high blood pressure, sweating, weight loss, and insomnia.

There is, at present, a high level of dependency on smartphones; an individual can reach almost any solution with a single click in seconds. People often place an idealised faith in the supremacy of technology to provide any kind of information, anywhere and at any time. Young

[1] Sandeep Bhattacharya, Md. Abu Bashar, Abhishek Srivastava & Amarjeet Singh, NOMOPHOBIA: No Mobile Phone Phobia, 8 J. Fam. Med. & Primary Care 1297, 1297 (2019).
[2] Id. at 1297.
[3] Id.
[4] Mehmet Kara, High School Intensity of Mobile Social Media and Nomophobia: Investigating the Mediating Role of Flow Experience, 8 Participatory Educ. Rsch. 409, 409 (2021).
[5] Ibrahim Arpaci & Sakine Gundogan, Mediating Role of Psychological Resilience in the Relationship Between Mindfulness and Nomophobia, 48 Brit. J. Guid. & Couns. 782, 782 (2020).

 [ISSN 2581-5369]

people, in particular, are accustomed to treating technological dependency as an inevitable part of daily life. They are frequently attached to the constant checking of the internet and suffer anxiety at the prospect of disconnecting from technological and online privileges; they feel more comfortable and secure in their virtual world than in competing and communicating in the actual social world.

Although this is a universal phenomenon, it intensified during the COVID-19 pandemic. Owing to the risk of viral infection, social distancing and lockdowns were strictly observed. Because of this social isolation, people came to depend on mobile phones and internet services to maintain connectivity with family and friends and to remain informed about the progress of the pandemic. People were compelled to engage with technology in order to keep their mental health steady, and over time they made their coping strategies dependent on technology as the social environment gradually changed. Front-line workers during the COVID-19 pandemic, such as nurses, became increasingly dependent on mobile phones because they were largely disconnected from their families and social lives and faced continuous anxiety about being infected. They chose to engage with virtual experiences, which in some cases resulted in anxiety, panic disorder, asthma, and sleep disturbance.[6]

The literature on nomophobia indicates that the condition is not confined to young citizens but also arises across different age groups and professions, including business people, nurses, engineers, and members of the general public, who gradually develop this behaviour over time because of a high dependency on technology in every sphere of life, such as business, health, banking and finance, and education. Mobile phone dependency and nomophobia symptoms also produce relatively significant issues for the cost of daily living, since they may entail high expenses for mobile data charges and substantial budgets for electronic devices.

Psychological factors are implicated when a person overuses a mobile phone, including low self-esteem and panic disorder, and these may also encompass nomophobic symptoms.[7] Nomophobia is best described as a disorder of contemporary digital and virtual society, referring to the discomfort, anxiety, nervousness, or anguish caused by being out of contact with a mobile phone. Nomophobic behaviour also derives from smartphone addiction, the frequent habit of checking smartphones, and the tendency to fear losing the source of communication and

[6] Emanuele Vitale, No Mobile Phone Phobia Among Young Italian Nurses During the COVID-19 Pandemic: A Cohort Observational Study Based on Gender, Age, Work Experience and Shiftwork, 8 Italian J. Gender-Specific Med. 97, 97 (2022).

[7] Sandeep Bhattacharya, Md. Abu Bashar, Abhishek Srivastava & Amarjeet Singh, supra note 1, at 1298.

 [ISSN 2581-5369]

information, failure anxiety, or the fear of missing out. Yildirim and Correia identified and described four dimensions of nomophobia:[8]

first, not being able to communicate, that is, feeling nervous because of being unable to receive messages; second, losing connectedness, that is, feeling nervous because of being disconnected from one's online identity; third, not being able to access information, that is, feeling uncomfortable without immediate access to information through one's phone; and fourth, giving up convenience, which also reflects the tendency to check mobile phone notifications.[9]

Nomophobia has thus proved a highly suitable topic for bibliometric analysis. Such an analysis can reveal the prevalence of nomophobia through publication trends across different years, the keywords most commonly used to describe its symptoms, the authors and co-authors involved, and the organisations and countries that have been most frequently cited, together with the sources, documents, and bibliometric coupling among authors, documents, sources, and organisations.

II. Research questions

To conduct the bibliometric analysis, this paper formulated a set of research questions for examining and verifying the research trend on nomophobia indexed in the Scopus database.

RQ1. What is the number of research studies published from 2010 to 2026 (March) in the field of nomophobia?

RQ2. What are the keywords most frequently used to identify the aspects of nomophobia?

RQ3. Which countries, institutions, and authors, together with their co-authors, demonstrate the highest research productivity and citation impact in the nomophobia literature?

RQ4. Which sources, documents, and organisations most substantially serve as the core knowledge base for nomophobia research?

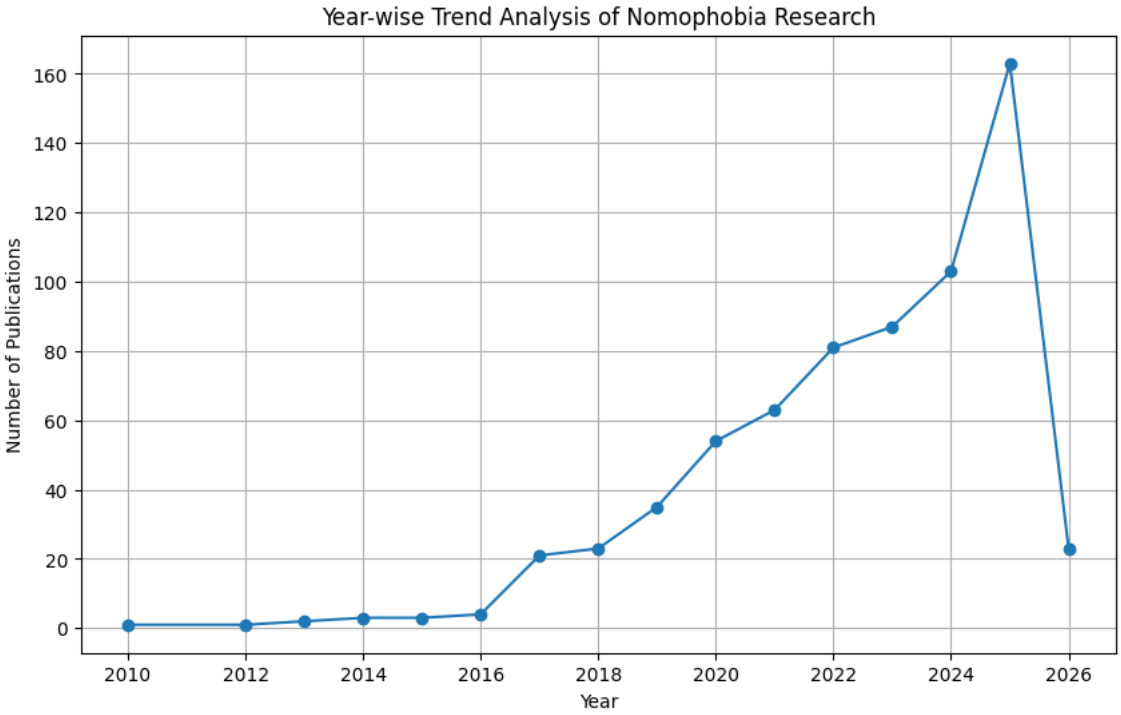
III. Aims and objectives of the study

The first objective is to study the trend of research on nomophobia in relation to the evolution of time and year. The second is to discuss and characterise the specific keywords frequently used to study the various aspects of nomophobia research. The third is to analyse the authors, co-authors, and countries that have contributed most substantially to the field of nomophobia

[8] Caglar Yildirim & Ana-Paula Correia, Exploring the Dimensions of Nomophobia: Development and Validation of a Self-Reported Questionnaire, 49 Comput. Hum. Behav. 130, 132 (2015).
[9] Triantoro Safaria, Nina Eka Saputra & Diah Putri Arini, Data on the Model of Loneliness and Smartphone Use Intensity as a Mediator of Self-Control, Emotion Regulation and Spiritual Meaningfulness in Nomophobia, 49 Data in Brief 109479 (2023).

 [ISSN 2581-5369]

research. The fourth is to describe the sources, documents, and organisations that have contributed to the field of research related to nomophobia.



IV. Methodology of the Study

This study is descriptive in nature and is based on secondary data. Data collection on 9 March 2026 yielded 677 nomophobia records from Scopus, which were saved as a CSV file and processed in VOSviewer (version 1.6.20) to generate the bibliometric maps that answer the research questions. The collected information was analysed in the form of several visualisations relating to keyword frequency, author citation impact, co-author citation impact, country citation impact, the authenticity of sources and documents, and the collaborative networks of different organisations, in order to chart the growth and significant impact of the field of nomophobia. Several factors are responsible for the influential behavioural syndrome that affects nomophobia, including the physiological and psychological factors that shape its influence.

Rank	Keyword	Frequency
1	Nomophobia	460
2	Smartphone	90
3	Anxiety	65
4	Smartphone Addiction	57
5	Addiction	49
6	Students	31
7	Loneliness	29

 [ISSN 2581-5369]

8	Depression	29
9	Mental Health	27
10	University Students	27
11	Nursing Students	27
12	Adolescents	26
13	Smartphones	26
14	Mobile Phone	25
15	Social media	24
16	Phubbing	22
17	Stress	21
18	Internet Addiction	21
19	Mobile Phone Addiction	21
20	Internet	21

The data were collected from the Scopus database accessed through Assam University, Silchar, and the CSV file enabled the creation of tabular formats, trend analysis, and graphical representation of the data set in order to fulfil the specific objectives and outcomes of the study.

V. YEAR-WISE TREND ANALYSIS OF RESEARCH RELATED TO NOMOPHOBIA

The publication analysis shows a decade-long growth curve. Between 2010 and 2016, output ranged from one to four papers per year, reflecting an emerging field. In 2017, output reached 21 papers, the first surge, followed by 35 papers in 2019 and 54 papers in 2020, a steady rise. Trend analysis from 2021 to 2024 shows output increasing from 63 to 103 papers, making nomophobia a multidisciplinary topic spanning psychology, education, health, and communication. Peak output reached 163 papers in 2025, signalling growing concern over smartphone dependence among youth. The 2026 count of 23 papers is incomplete owing to pending Scopus indexing. The overall trend indicates a continuous expansion of nomophobia research from a niche to a mainstream field that studies smartphone dependency and its mental health effects. The apparent reduction in the 2026 publication rate may be attributable to incomplete data collection or to papers being withdrawn from the Scopus database. As a whole, however, it can be generalised that researchers have already become attentive to a developing and emerging issue that carries a negative impact arising from modern technological growth in the twenty-first century lifestyle and from a high dependency on smartphone activities, which may produce physiological and psychological effects in daily life.

 [ISSN 2581-5369]

VI. Frequency of keywords in nomophobia research

The keyword analysis shows that nomophobia is the principal focus of research in this field, appearing in 460 publications. Other commonly used keywords, such as smartphone, smartphone addiction, addiction, and mobile phone addiction, suggest that studies on nomophobia are closely linked to concerns about excessive smartphone use and technology-related addictive behaviours. The frequent use of terms such as anxiety, depression, stress, and mental health indicates that many researchers are interested in understanding how smartphone dependence affects psychological well-being. In addition, keywords such as students, university students, nursing students, and adolescents show that most studies have focused on young people, particularly those in educational settings. Overall, the findings suggest that nomophobia research mainly explores the relationship between smartphone use, mental health issues, and the experiences of student and youth populations.

The following table shows the author keywords ranked by the total number of citations received by the publications in which they appeared.

Rank	Keyword	Total Citations
1	Nomophobia	7,601
2	Smartphone Addiction	2,283
3	nomophobia*	1,612
4	Smartphone	1,586
5	Addiction	1,510
6	Anxiety	1,180
7	Social Networking Sites	1,159
8	Mobile Phone	1,120
9	Social Media	1,113
10	FOMO (Fear of Missing Out)	1,060
11	Internet Addiction	1,013
12	Dating	962
13	Gaming	962
14	Microblogging	962
15	Recommendations	962
16	Situational Phobia	829
17	Panic	725
18	NMP-Q	709
19	Nomophobia Questionnaire	672
20	Adolescents	662

 [ISSN 2581-5369]

Period	Main Research Topics	What Researchers Mainly Studied
2010-2014	**Nomophobia, Mobile Phone**	**Research in this timeframe completely rivet on understanding and defining nomophobia as the fear or anxiety of being without a mobile phone.**
2015–2017	**Nomophobia, Smartphone, Students**	**Studies increasingly examined smartphone use among students and explored how nomophobia was developing within educational settings.**
2018–2020	**Smartphone Addiction, Anxiety, Internet Addiction**	**Researchers shifted their attention to the psychological effects of excessive smartphone use, particularly addiction, anxiety, and internet-related behavioral problems.**
2021–2023	**Mental Health, Depression, Social Media, Phubbing**	**The focus expanded to broader mental health concerns, including depression, social media use, and the impact of phubbing on interpersonal relationships.**
2024–2025	**Anxiety, Students, Social Media, Phubbing, Internet Addiction**	**Recent studies have concentrated on the relationship between digital behavior and psychological well-being, examining anxiety, academic performance, social media engagement, and internet addiction among students.**

Keyword	Peak Year	Frequency
Nomophobia	2025	112
Smartphone Addiction	2021	13
Anxiety	2025	24
Depression	2024	8
Social Media	2025	13
Internet Addiction	2025	10

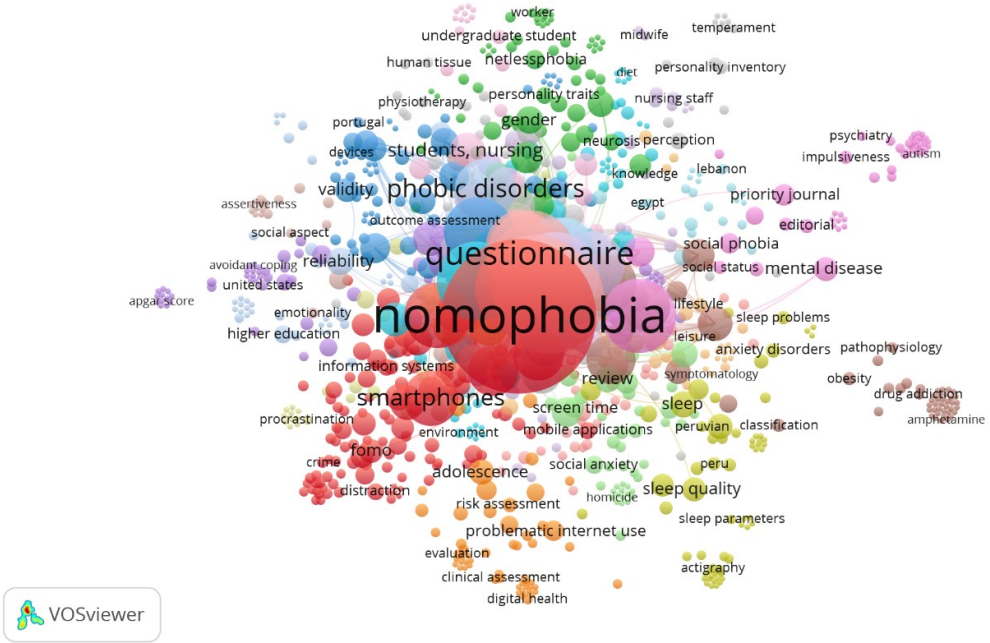
 [ISSN 2581-5369]

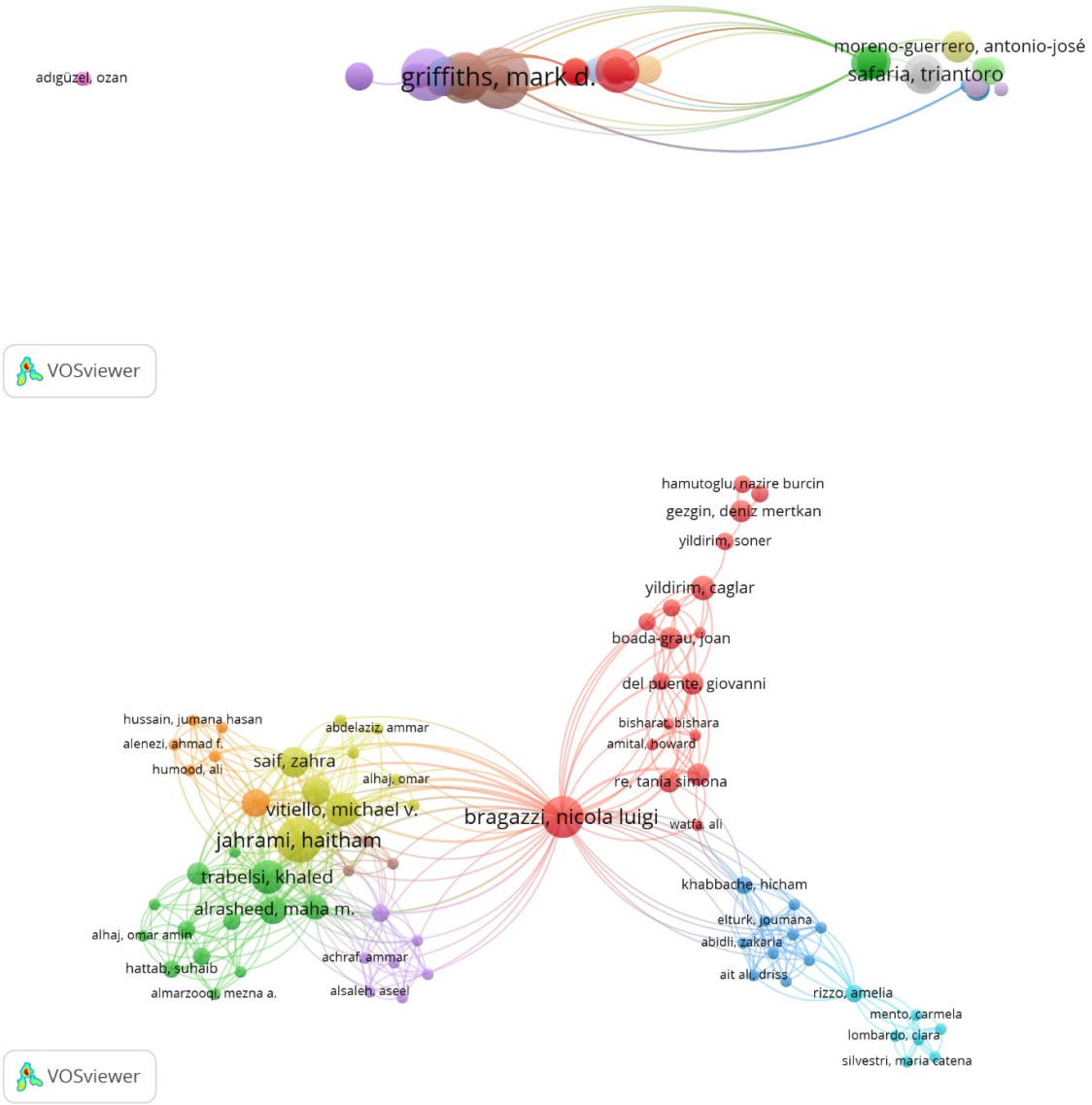
Phubbing	2025	12
Students	2025	37

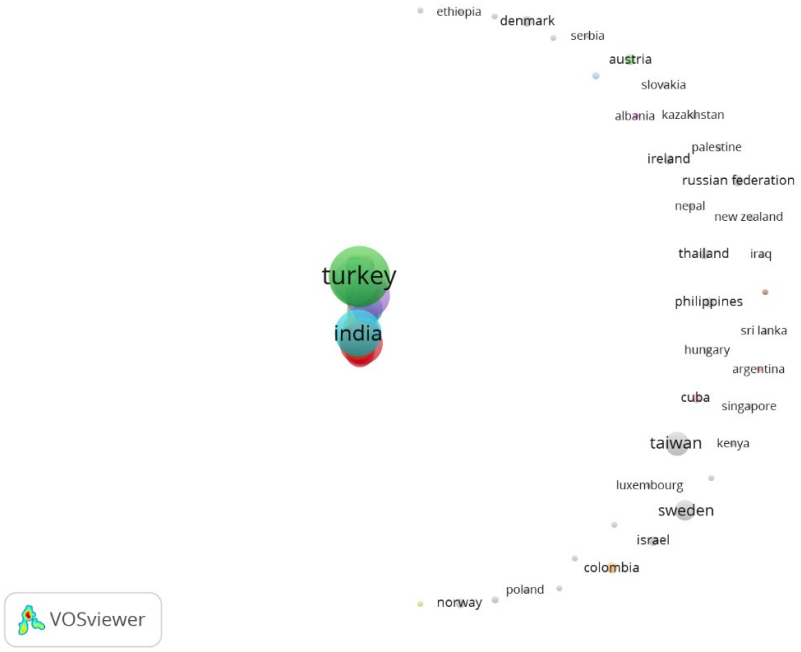
The citation analysis of keywords shows that nomophobia is the most influential topic in the research literature, receiving a total of 7,601 citations. Other highly cited keywords, including smartphone addiction, smartphone, addiction, and anxiety, indicate a strong connection between nomophobia, excessive technology use, and psychological well-being. The frequent citation of terms such as social media, social networking sites, fear of missing out (FOMO), and internet addiction reflects a growing body of research highlighting the effects of digital technologies on mental health and social behaviour. Taken together, the evidence demonstrates that nomophobia research is multidisciplinary, drawing attention from fields such as psychology, education, communication, and public health.

A. Keyword evolution by year and the most active years for major keywords

The keyword evolution analysis shows how research on nomophobia has developed over time. Between 2010 and 2018, the study of nomophobia was largely confined to excessive smartphone use and internet addiction. From 2021 onwards, the nature of the research was transformed in an interdisciplinary direction, addressing mental, sociological, and psychological issues related to phubbing, depression, anxiety, and mental well-being.

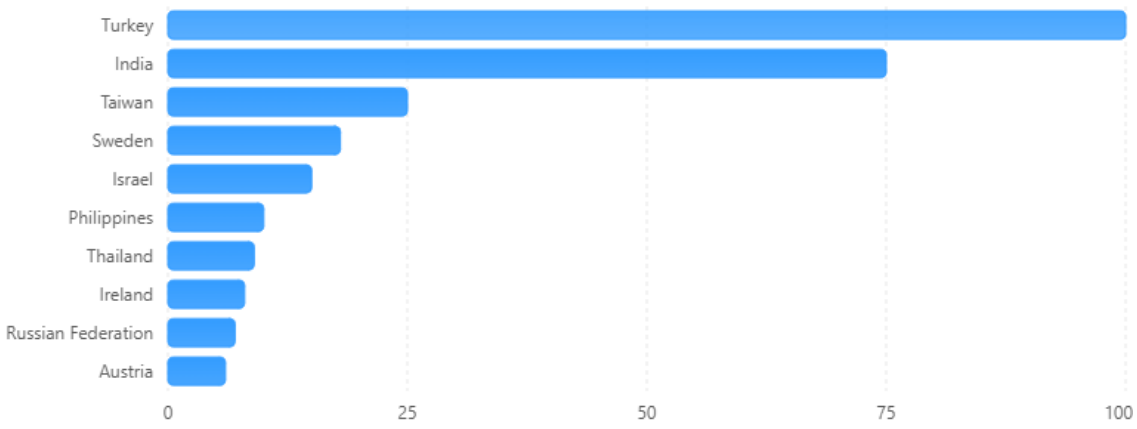


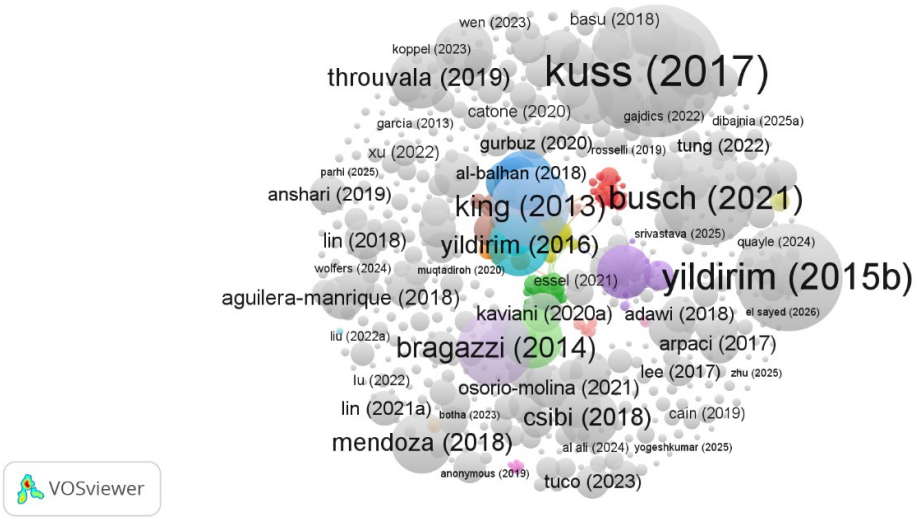

adıgüzel, ozan
griffiths, mark d.
moreno-guerrero, antonio-josé
safaria, triantoro
VOSviewer
hamutoglu, nazire burcin
gezgin, deniz mertkan
yildirim, soner
yildirim, caglar
boada-grau, joan
del puente, giovanni
bisharat, bishara
amital, howard
re, tania simona
watfa, ali
hussain, jumana hasan
alenezi, ahmad f.
humood, ali
abdelaziz, ammar
saif, zahra
alhaj, omar
vitiello, michael v.
jahrami, haitham
trabelsi, khaled
alrasheed, maha m.
alhaj, omar amin
hattab, suhaib
almarzooqi, mezna a.
achraf, ammar
alsaleh, aseel
bragazzi, nicola luigi
khabbache, hicham
elturk, joumana
abidli, zakaria
ait ali, driss
rizzo, amelia
mento, carmela
lombardo, clara
silvestri, maria catena
VOSviewer



Relative country citation impact in nomophobia research

Country influence based on relative node size observed in the VOSviewer citation network.





The keyword co-occurrence map provides a clearer understanding of the subsets of the nomophobia syndrome, illustrated through different colours and conventions. The varying sizes, colours, and shapes of the clusters reflect the emerging co-occurrence relationships surrounding nomophobia, which is developing strongly as a field. In the visualisation generated by VOSviewer, nomophobia is distinctly represented, allowing its co-existence with other keywords to be clearly identified. The co-occurrence of the keyword "questionnaire" reflects the validation of measurement tools through questionnaires designed to gauge the intensity of nomophobic behaviour across different sample groups.

The clusters are distinguished by vibrant colours, each corresponding to a specific theme of nomophobic behaviour. The red cluster denotes FOMO and the smartphone-addictive behaviour of adolescents. The cluster adjoining the red one contains keywords such as mental disease, psychiatry, autism, impulsiveness, and social phobia, clearly indicating a strong scholarly interest in relating nomophobia to various psychological and psychiatric conditions. The blue cluster signifies the assessment of psychological and behavioural outcomes through validity, reliability, and outcome assessment. The green cluster highlights the relationship between nomophobia and categorical variables, specifically gender, different sample groups such as undergraduate students and other workers, and their personality traits. The yellow cluster indicates the effect of nomophobia on sleep, namely sleep deprivation and sleep quality, which are triggered by extensive attachment to mobile phones. The orange cluster focuses on health-related issues arising from technological dependency in the digital era, as well as on risk assessment closely associated with attention span, quality of life, and mental wellness.

Overall, the network demonstrates that nomophobia research is highly interdisciplinary. The connections among keywords drawn from psychology, psychiatry, education, public health,

digital health, and the behavioural sciences show that researchers are examining the phenomenon from multiple perspectives in order to understand its causes, effects, and implications more fully.

VII. Distribution of authors who contributed most substantially to nomophobia research

Of 2,293 authors, only 493 were found to be substantially connected and associated with one another in the field of nomophobia research. The remainder were observed to be disconnected from one another and so did not form part of the associated structure of this emerging trend of study. Mark D. Griffiths has made a remarkable contribution to the field, and the cluster represents his extensive influence, large-scale citation, and strong network with other authors whose notable work relates to digital networks and the high dependency on smartphone connectivity, with a focus on nomophobic behaviour. Two further authors, Triantoro Safaria and his collaborators, also play a pivotal role in the field and maintain an influential network with other authors. Similarly, Antonio-José Moreno-Guerrero is positioned close to Safaria and exhibits strong citation connections, highlighting his importance within the field. One study appears to deviate from the main structure and reflects a relatively sparse authorship network, associated with Ozan Adıgüzel.

VIII. Distribution of the co-author network in nomophobia research

The co-authorship network indicates that, out of 1,000 authors, only 73 maintain a strong, established collaborative network among themselves. The vibrant colours of the clusters signify the division of the network into a main theme and sub-themes, distinctly reflecting the numerous interdisciplinary strands of research in this area. Nicola Luigi Bragazzi appears as a connecting link, forming a strong networking bond through which a large number of authors cite work on nomophobia.

Other highly collaborative authors include Haitham Jahrami, Michael V. Vitiello, Khaled Trabelsi, and Zahra Saif, who form a large interconnected cluster on the left side of the map, signifying a strong collaboration network in this field with particular reference to behavioural changes arising from smartphone addiction.[10] A red cluster is centred on Nicola Luigi Bragazzi

[10] Haitham Jahrami, Feten Fekih-Romdhane, Zahra Saif, Nicola Luigi Bragazzi, Seithikurippu R. Pandi-Perumal, Ahmed S. BaHammam & Michael V. Vitiello, A Social Media Outage Was Associated with a Surge in Nomophobia, and the Magnitude of Change in Nomophobia During the Outage Was Associated with Baseline Insomnia, 4 Clocks & Sleep 508, 508 (2022).

 [ISSN 2581-5369]

and includes authors such as Tania Simona Re, Giovanni Del Puente, Joan Boada-Grau, and Çağlar Yıldırım, while a blue cluster includes authors such as Hicham Khabbache, Joumana Elturk, Zakaria Abidli, and Amelia Rizzo, indicating a strong network of co-authorship within specific sub-themes of the nomophobia behavioural syndrome.

IX. Country-wise citation impact in nomophobia research

The country-wise distribution of research on nomophobia indicates that output is large and highly concentrated in Turkey and India. It may be inferred that the substantial research output on smartphone dependency and the addictive behaviour associated with nomophobia constitutes a major share of the scholarly articles cited in Scopus-indexed journals. Taiwan, Sweden, Israel, the Philippines, Thailand, and Ireland demonstrate moderate citation influence. These countries have helped raise nomophobia research to a global level, even though the number of studies originating within them remains lower than that of Turkey and India.

Austria, Denmark, Serbia, Ethiopia, Slovakia, Kazakhstan, Palestine, Nepal, New Zealand, Iraq, Sri Lanka, Argentina, Singapore, Kenya, Luxembourg, Colombia, Poland, and Norway show comparatively lower citation counts and research output in the field of nomophobia.

X. Documents most cited in nomophobia research

The analysis of the citation network reveals that the study by Kuss and Griffiths is the most prominent in the field, receiving the highest number of citations among all publications.[11] Other key studies, including Yildirim and Correia, King and others, and Bragazzi, together with Rodríguez-García and others, Yildiz Durak, Peris and others, and Kaviani and others, appear to occupy intermediate positions in the network and have played an important role in the development of nomophobia research. These highly cited publications provide the theoretical foundations and research frameworks that serve as a guide for further studies on nomophobia, smartphone addiction, and digital technology use. The strong citation connections clearly indicate a quality of research in this area that helps to investigate the psychological and behavioural impact of smartphone dependence.

Other influential works in the field have explored related themes such as smartphone addiction, mental health issues, social media engagement, sleep quality, and problematic internet use. This pattern highlights the increasing academic interest in understanding the broader psychological, behavioural, and health-related effects of excessive smartphone dependence.

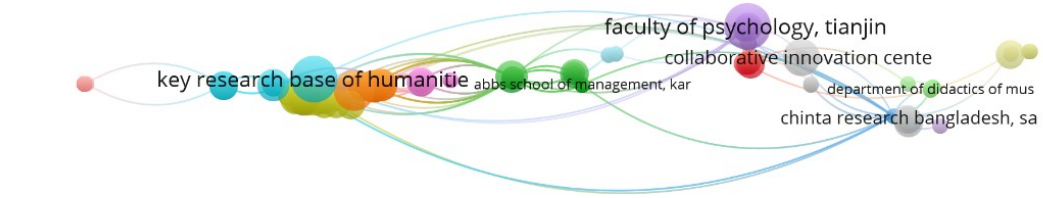
[11] Daria J. Kuss & Mark D. Griffiths, Social Networking Sites and Addiction: Ten Lessons Learned, 14 Int'l J. Env't Rsch. & Pub. Health 311, 311 (2017).

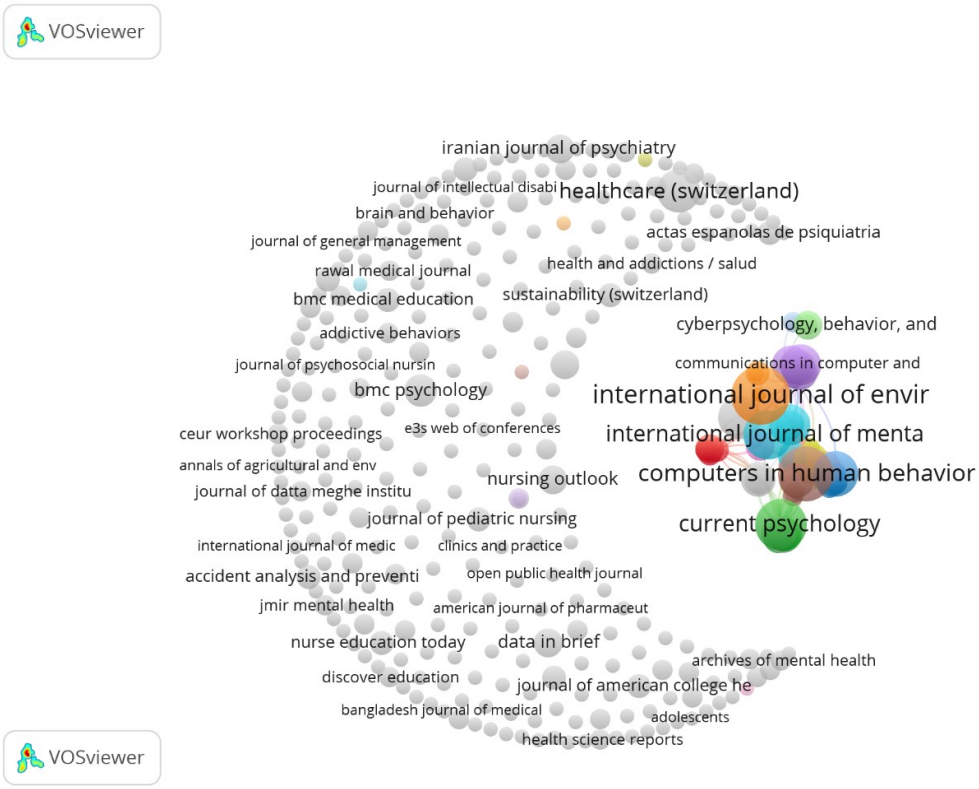
 [ISSN 2581-5369]

Based on the document type field in the Scopus dataset, the distribution of publication types is as follows. The document type analysis shows that journal articles are the most common form of publication in nomophobia research, with 569 articles accounting for 85.31 per cent of the total records. This indicates that the field is largely supported by original research studies published in peer-reviewed journals. Conference papers account for 26 publications (3.90 per cent), suggesting that researchers also share their findings through academic conferences, though to a limited extent. Review articles contribute 24 publications (3.60 per cent). Other publication types, such as book chapters, letters, editorials, data papers, errata, notes, and conference reviews, represent only a small portion of the literature. The results suggest that nomophobia research has developed into a well-established field, with most studies published in peer-reviewed journals.

Document Type	Number of Documents	Percentage (%)
Article (Full Research Papers)	569	85.31
Conference Paper	26	3.90
Review Article	24	3.60
Book Chapter	21	3.15
Letter	9	1.35
Editorial	6	0.90
Data Paper	5	0.75
Erratum	3	0.45
Note	2	0.30
Conference Review	2	0.30
Total	667	100

 [ISSN 2581-5369]





XI. Organisations most cited and most influential in nomophobia research

The organisation identified as Key Research Based Humanities serves a pivotal role in establishing collaborative research links with other renowned organisations for the expansion of knowledge in the field of nomophobia. The Faculty of Psychology at Tianjin appears as a major collaborator, indicating its active involvement in research partnerships and a strong contribution to the field. Similarly, the Collaborative Innovation Centre plays a significant role

in creating links between institutions for collaborative research. The Abbs School of Management and Chinta Research Bangladesh occupy notable positions within the network, indicating their contribution to interdisciplinary research related to smartphone use, digital behaviour, and psychological well-being. Smaller institutions appear with fewer collaborative links and more localised research activity.

XII. Sources most cited and most influential in nomophobia research

The analysis shows that Computers in Human Behavior, the International Journal of Environmental Research and Public Health, and the International Journal of Mental Health and Addiction are among the leading journals in nomophobia research. These journals have received the highest number of citations, occupy central positions in the citation network, and play an important role in advancing knowledge in this field. Other influential journals, such as Current Psychology, Cyberpsychology, Behavior, and Social Networking, and Healthcare, have also made significant contributions to studies on smartphone addiction, mental health, and digital behaviour. Overall, the findings demonstrate that nomophobia research is multidisciplinary in nature, particularly in psychology, public health, the behavioural sciences, nursing, and technology-related fields.

XIII. Conclusion

This bibliometric study shows that a wide-ranging field of research on nomophobia has developed and evolved over time, as reflected in the publications indexed in Scopus. The results show a marked increase in the number of studies, especially after 2017, indicating growing interest in the topic. This rise in research reflects increasing concern about the psychological, behavioural, and social effects associated with excessive smartphone use and dependence in today's digitally connected world.

The findings show that nomophobia has developed into a broad and multidisciplinary area of research that draws attention from fields such as psychology, public health, the behavioural sciences, education, nursing, and technology studies. As smartphones and digital technologies become an integral part of daily life, understanding their impact on individuals' well-being will remain an important research trend. Future research should explore long-term trends, compare findings across different cultures and populations, develop effective intervention strategies, and examine the psychological consequences of smartphone dependence in order to gain a deeper understanding of this growing phenomenon.

 [ISSN 2581-5369]

XIV. BIBLIOGRAPHY

1. Filomena A. Agüero-Espinoza et al., Nomophobia and Self-Esteem: The Influence of Digital Media on the Leisure Activities of Peruvian Adolescents, 18 Open Pub. Health J. (2025).
2. Ibrahim Arpaci, Culture and Nomophobia: The Role of Vertical Versus Horizontal Collectivism in Predicting Nomophobia, 35 Info. Dev. 96 (2019).
3. Ibrahim Arpaci, Gender Differences in the Relationship Between Problematic Internet Use and Nomophobia, 41 Current Psych. 6558 (2022).
4. Ibrahim Arpaci & Sakine Gundogan, Mediating Role of Psychological Resilience in the Relationship Between Mindfulness and Nomophobia, 48 Brit. J. Guid. & Couns. 782 (2020).
5. Ibrahim Arpaci, Mustafa Baloğlu & Şahin Kesici, A Multi-Group Analysis of the Effects of Individual Differences in Mindfulness on Nomophobia, 35 Info. Dev. 333 (2019).
6. Ibrahim Arpaci, Mustafa Baloğlu, Hatice Irem Özteke Kozan & Şahin Kesici, Individual Differences in the Relationship Between Attachment and Nomophobia Among College Students: The Mediating Role of Mindfulness, 19 J. Med. Internet Rsch. (2017).
7. Mehmet Kemal Aydin & Mustafa Kuş, Nomophobia and Smartphone Addiction Amidst COVID-19 Home Confinement: The Parallel Mediating Role of Digital Gaming and Social Media Tools Usage Across Secondary School Students, 14 Frontiers Psych. (2023).
8. Saurabh Kumar Basu et al., Predictors of Sleep Quality Among Emerging Adults in India: Exploring the Role of FoMO, Nomophobia and Evening Chronotype, Annals Neurosciences (2025).
9. Sudip Basu, Suneela Garg, Mongjam Mehta Singh & Charu Kohli, Addiction-Like Behavior Associated with Mobile Phone Usage Among Medical Students in Delhi, 40 Indian J. Psych. Med. 446 (2018).
10. Sandeep Bhattacharya, Bound by Pixels: A Bibliometric Journey (2010-2024) Through Nomophobia (Rsch. Square, Preprint, 2025).
11. Sandeep Bhattacharya, Md. Abu Bashar, Abhishek Srivastava & Amarjeet Singh, NOMOPHOBIA: No Mobile Phone Phobia, 8 J. Fam. Med. & Primary Care 1297 (2019).

 [ISSN 2581-5369]

12. Ángel Javier Braña Sánchez & María de la Villa Moral Jiménez, Nomophobia and FOMO in the Use of Smartphone in Young People: The Role of Anxiety to Be Connected, 23 Health & Addictions 117 (2023).

13. Peter A. Busch & Stephen McCarthy, Antecedents and Consequences of Problematic Smartphone Use: A Systematic Literature Review of an Emerging Research Area, 114 Comput. Hum. Behav. art. 106414 (2021).

14. Ciprian-Marius Ceobanu, Andrei-Lucian Marian & Roxana Apostolache, Glimpse on 21st Century New Phobias: A Predictive Model of Nomophobia, 11 Frontiers Pub. Health (2023).

15. Manuel A. Garcia et al., Psychosocial and Personality Trait Associates of Phubbing and Being Phubbed in Hispanic Emerging Adult College Students, 43 Current Psych. 5601 (2024).

16. Verónica García-Masip, Beatriz Sora, María José Serrano-Fernandez, Joan Boada-Grau & Bert Lampert, Personality and Nomophobia: The Role of Dysfunctional Obsessive Beliefs, 20 Int'l J. Env't Rsch. & Pub. Health (2023).

17. Patricia Garcia-Portocarrero et al., Validity and Network Structure of the Nomophobia Questionnaire in Peruvian Medical Students, 26 Educación Médica (2025).

18. Deepak Gupta et al., Nomophobia and Its Association with Stress and Coping Styles Among Undergraduate Students of a Medical College in New Delhi: A Brief Analysis, 40 Indian J. Soc. Psych. 267 (2024).

19. Lorena Gutiérrez-Puertas, Verónica V. Márquez-Hernández & Gabriel Aguilera-Manrique, Adaptation and Validation of the Spanish Version of the Nomophobia Questionnaire in Nursing Studies, 34 CIN: Comput. Informatics Nursing 470 (2016).

20. Lorena Gutiérrez-Puertas et al., The Effect of Cell Phones on Attention and Learning in Nursing Students, 38 CIN: Comput. Informatics Nursing 408 (2020).

21. Rabia Güveli, Elçin Balci & Mualla Bayraktar, Nomophobia, Loneliness and Depressive Symptom Levels of Adults Living in a District of Türkiye, 103 Medicine (2024).

22. Fatemeh Hatami et al., Nomophobia and Its Association with Sleep Quality, Communication Skills, and Stress Among Nursing Students: A Cross-Sectional Study, 19 Iranian J. Psychiatry & Behav. Scis. (2025).

 [ISSN 2581-5369]

23. Wei Hong, Jingwen Liu, Ruibo Liu, Yi Ding & Xue Yang, A Network Analysis of Nomophobia Among Chinese Adolescents: Differences in Gender and Developmental Stages, 19 Comput. Hum. Behav. Reps. (2025).

24. Haitham Jahrami, The Relationship Between Nomophobia, Insomnia, Chronotype, Phone in Proximity, Screen Time, and Sleep Duration in Adults: A Mobile Phone App-Assisted Cross-Sectional Study, 11 Healthcare (2023).

25. Haitham Jahrami, Severe Nomophobia Is a Predictor of Poor Road Safety Among Motorists, 42 Arab Gulf J. Sci. Rsch. 1101 (2024).

26. Haitham Jahrami, Unlocking the Potential: Exploring the Opportunities for Occupational Therapists in Cyberpsychology, 37 H.K. J. Occupational Therapy 3 (2024).

27. Haitham A. Jahrami et al., Sleep Dissatisfaction Is a Potential Marker for Nomophobia in Adults, 98 Sleep Med. 152 (2022).

28. Haitham Jahrami et al., The Association Between Symptoms of Nomophobia, Insomnia and Food Addiction Among Young Adults: Findings of an Exploratory Cross-Sectional Survey, 18 Int'l J. Env't Rsch. & Pub. Health (2021).

29. Haitham Jahrami et al., Global Research Evidence on Nomophobia During 2008-2022: A Bibliometric Analysis and Review, 29 Psych., Health & Med. 889 (2024).

30. Haitham Jahrami et al., A Social Media Outage Was Associated with a Surge in Nomophobia, and the Magnitude of Change in Nomophobia During the Outage Was Associated with Baseline Insomnia, 4 Clocks & Sleep 508 (2022).

31. Haitham Jahrami, Zahra Saif, Khaled Trabelsi, Nicola Luigi Bragazzi & Michael V. Vitiello, Internal Consistency and Structural Validity of the Nomophobia Questionnaire (NMP-Q) and Its Translations: A Systematic Review with Meta-Analysis, 9 Heliyon (2023).

32. Haitham Jahrami et al., The Validation of the Nomophobia Questionnaire Using a Modern Psychometric Approach: An Item Response Theory Analysis of 5087 Participants, 15 Brain & Behav. (2025).

33. Haitham Jahrami et al., The Prevalence of Mild, Moderate, and Severe Nomophobia Symptoms: A Systematic Review, Meta-Analysis, and Meta-Regression, 13 Behav. Scis. (2023).

 [ISSN 2581-5369]

34. Mehmet Kara, High School Intensity of Mobile Social Media and Nomophobia: Investigating the Mediating Role of Flow Experience, 8 Participatory Educ. Rsch. 409 (2021).

35. Mehmet Kara, Kemal Baytemir & Filiz Inceman-Kara, Duration of Daily Smartphone Usage as an Antecedent of Nomophobia: Exploring Multiple Mediation of Loneliness and Anxiety, 40 Behav. & Info. Tech. 85 (2021).

36. Fareed Kaviani, Kristie Young & Sjaan Koppel, Using Nomophobia Severity to Predict Illegal Smartphone Use While Driving, 6 Comput. Hum. Behav. Reps. (2022).

37. Rabia Khalid, Faiza Amjad, Aysha Hashim & Qurat-Ul-Ain, Text Neck Syndrome, an Emerging Public Health Threat During COVID-19 Situation, 47 Rawal Med. J. 527 (2022).

38. Daria J. Kuss & Mark D. Griffiths, Social Networking Sites and Addiction: Ten Lessons Learned, 14 Int'l J. Env't Rsch. & Pub. Health 311 (2017).

39. Kelvin K. Lai, Xiaoyu Zhuang & Ting Kin Ng, Psychometric Properties of the Chinese Version of the Multidimensional Smartphone Use Scale, 44 Current Psych. 17185 (2025).

40. Suet Ann Lai et al., Social Support as a Mediator in the Relationship Between Perceived Stress and Nomophobia: An Investigation Among Malaysian University Students During the COVID-19 Pandemic, 42 Current Psych. 21659 (2023).

41. Li Li et al., Nomophobia Questionnaire (NMP-Q) Across China, Bangladesh, Pakistan, and Iran: Confirmatory Factor Analysis, Measurement Invariance, and Network Analysis, 23 Int'l J. Mental Health & Addiction 1054 (2025).

42. Tianci Li et al., Association Between Trajectories of Problematic Mobile Phone Use and Chronotype Among Chinese College Students, 134 Addictive Behavs. (2022).

43. Yu Lin & Xiang Zhou, Bedtime Smartphone Use and Academic Performance: A Longitudinal Analysis from the Stressor-Strain-Outcome Perspective, 3 Comput. & Educ. Open (2022).

44. Yu Lin, Yongqiang Liu, Wei Fan, Virpi Kristiina Tuunainen & Shaobo Deng, Revisiting the Relationship Between Smartphone Use and Academic Performance: A Large-Scale Study, 122 Comput. Hum. Behav. (2021).

45. Wei Liu et al., Associations of Problematic Internet Use, Weight-Related Self-Stigma, and Nomophobia with Physical Activity: Findings from Mainland China, Taiwan, and Malaysia, 19 Int'l J. Env't Rsch. & Pub. Health (2022).

 [ISSN 2581-5369]

46. Xin Liu, Tongtong Liu, Xinyu Liu, Xiaoyan Lu & Yang Li, Data on Mobile Phone Use, Adaptability and Adult Attachment Among College Students in China, 43 Data in Brief (2022).

47. Yang Liu, Xiaoxiao Wang, Jingyu Zhai, Fang Luo & Tao Xin, The Effect of Neuroticism on Problematic Smartphone Use: A Mediation Model of Self-Control for Males and Females, 17 Cyberpsychology (2023).

48. Jia Luo, Shasha Ren, Yang Li & Tongtong Liu, The Effect of College Students' Adaptability on Nomophobia: Based on Lasso Regression, 12 Frontiers Psychiatry (2021).

49. Jianhong Ma & Chang Liu, Evaluation of the Factor Structure of the Chinese Version of the Nomophobia Questionnaire, 40 Current Psych. 1367 (2021).

50. Francisco D. Martínez-Martínez, Higinio González-García & Joaquín González-Cabrera, Student's Social Networks Profiles, Psychological Needs, Self-Concept and Intention to Be Physically Active, 30 Behav. Psych. 757 (2022).

51. Antonio-José Moreno-Guerrero, Francisco-Javier Hinojo-Lucena, Juan-Manuel Trujillo-Torres & Antonio-Manuel Rodríguez-García, Nomophobia and the Influence of Time to REST Among Nursing Students: A Descriptive, Correlational and Predictive Research, 52 Nurse Educ. Prac. (2021).

52. Antonio-José Moreno-Guerrero, Jesús López-Belmonte, José-Antonio Romero-Rodríguez & Antonio-Manuel Rodríguez-García, Nomophobia: Impact of Cell Phone Use and Time to Rest Among Teacher Students, 6 Heliyon (2020).

53. Marilena Mousoulidou, Elena Constantinidou, Andri Christodoulou & Michailina Siakalli, The Prevalence of Nomophobia in Cyprus and Its Relationship with Coping Styles, 16 Frontiers Psych. (2025).

54. Thao Nguyen, Quynh Ngoc Nguyen, Nam P. Nguyen & Uyen B. Nguyen, Smartphone Use, Nomophobia, and Academic Achievement in Vietnamese High School Students, 14 Computs. Hum. Behav. Reps. (2024).

55. Jia Nie, Pengcheng Wang & Li Lei, Why Can't We Be Separated from Our Smartphones? The Vital Roles of Smartphone Activity in Smartphone Separation Anxiety, 109 Computs. Hum. Behav. (2020).

 [ISSN 2581-5369]

56. Evgeni Nikolaev & Marina Kulygina, "My Smartphone Is Following Me": Medical and Psychological Discourse of Using Mobile Communication Devices: Part 2, 11 Psychiatry, Psychotherapy & Clinical Psych. 126 (2020).

57. Jessica Ortega-Barón et al., Fear of Missing Out in an Online Context and Dysfunctional Risks in Adolescents, 2025 Hum. Behav. & Emerging Techs. (2025).

58. Jessica Ortega-Barón, Joaquín González-Cabrera, Juan Manuel Machimbarrena & Irene Montiel, Safety.net: A Pilot Study on a Multi-Risk Internet Prevention Program, 18 Int'l J. Env't Rsch. & Pub. Health (2021).

59. Jessica Ortega-Barón et al., Efficacy of a Multi-Risk Internet Prevention Program: Safety.net, 29 Revista de Psicodidáctica 97 (2024).

60. Jessica Ortega-Barón, Juan Manuel Machimbarrena, Irene Montiel & Joaquín González-Cabrera, Viral Internet Challenges Scale in Preadolescents: An Exploratory Study, 42 Current Psych. 12530 (2023).

61. Özlem Özbay, Uğur Doğan, Ozan Adıgüzel & Sevil Cinar Özbay, Modeling Factors Associated with Academic Procrastination in University Students, Psych. Reps. (2025).

62. Bülent Ozdemir, Ozcan Cakir & Irshad Hussain, Prevalence of Nomophobia Among University Students: A Comparative Study of Pakistani and Turkish Undergraduate Students, 14 Eurasia J. Mathematics, Sci. & Tech. Educ. 1519 (2018).

63. Maite Peris, Carmen Maganto & Maite Garaigordobil, Risk Scale of Adolescent Addiction to Social Networks and the Internet: Reliability and Validity (ERA-RSI), 5 Revista de Psicología Clínica con Niños y Adolescentes 30 (2018).

64. Irene Ramos-Soler, Carmen López-Sánchez & María del Carmen Quiles-Soler, Adaptation and Validation of the Yildirim & Correia Nomophobia Scale in Spanish Students of Compulsory Secondary Education, 17 Health & Addictions 201 (2017).

65. Antonio-Manuel Rodríguez-García, Marina García-Carmona, José Marín-Marín & Antonio-José Moreno-Guerrero, Nomophobia and Academic Performance: Prevalence and Correlates in Young People, 27 Revista Fuentes 107 (2025).

66. Antonio-Manuel Rodríguez-García, José Marín-Marín, Juan Antonio López-Núñez & Antonio-José Moreno-Guerrero, Do Age and Educational Stage Influence No-Mobile-Phone Phobia?, 18 Int'l J. Env't Rsch. & Pub. Health (2021).

67. José A. Rosales-Huamani et al., Determining Symptomatic Factors of Nomophobia in Peruvian Students from the National University of Engineering, 9 Applied Scis. (2019).

 [ISSN 2581-5369]

68. Triantoro Safaria, Nina Eka Saputra & Diah Putri Arini, Data on the Model of Loneliness and Smartphone Use Intensity as a Mediator of Self-Control, Emotion Regulation and Spiritual Meaningfulness in Nomophobia, 49 Data in Brief (2023).

69. Emanuele Vitale, No Mobile Phone Phobia Among Young Italian Nurses During the COVID-19 Pandemic: A Cohort Observational Study Based on Gender, Age, Work Experience and Shiftwork, 8 Italian J. Gender-Specific Med. 97 (2022).

70. Caglar Yildirim & Ana-Paula Correia, Exploring the Dimensions of Nomophobia: Development and Validation of a Self-Reported Questionnaire, 49 Comput. Hum. Behav. 130 (2015).

*****

 [ISSN 2581-5369]