

# Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out

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**Original paper:**

Oberst, U., Wegmann, E., Stodt, B., Brand, M., & Chamarro, A. (2017). Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out. *Journal of Adolescence*, 55, 51–60. <https://doi.org/10.1016/j.adolescence.2016.12.008>

**Link:**

<https://www.sciencedirect.com/science/article/pii/S0140197116301774>

Project created for the class:  
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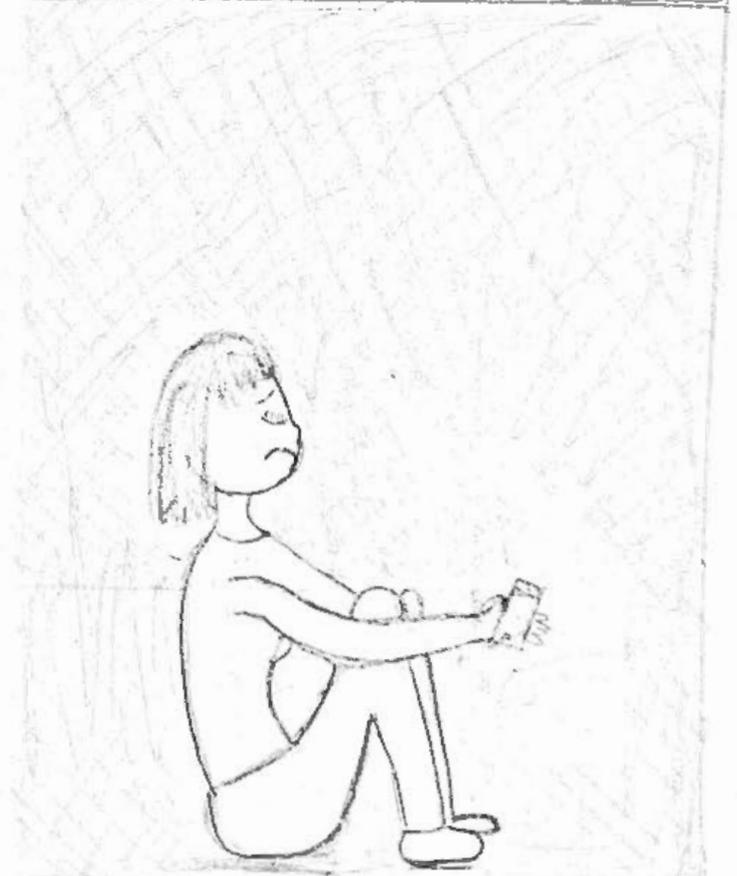
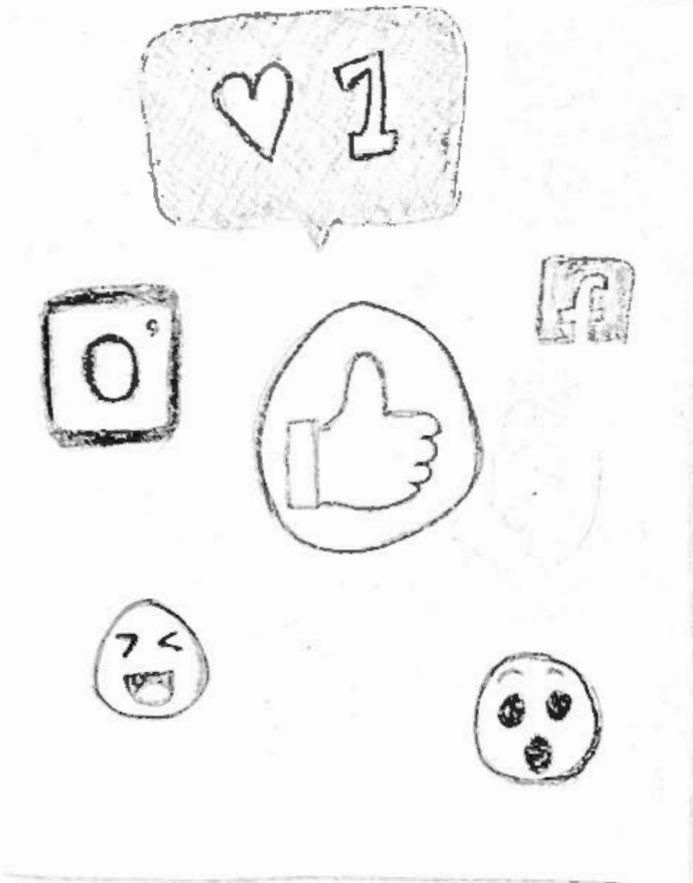
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The younger generations are raised with smartphones, online social networking sites and online video games. Parents and teachers worry about the intensive use of these technologies among adolescents.

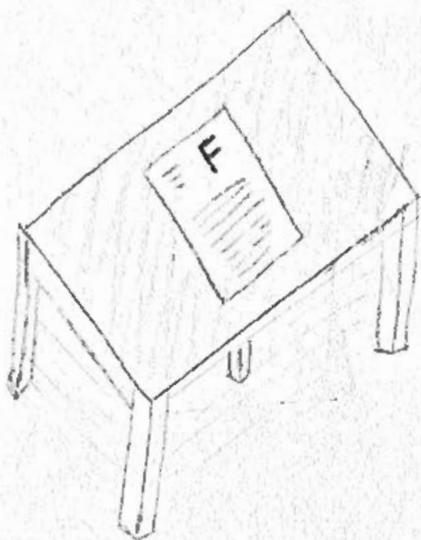


The rewarding features in social networking sites leads to adolescents checking and engaging with their phone obsessively.

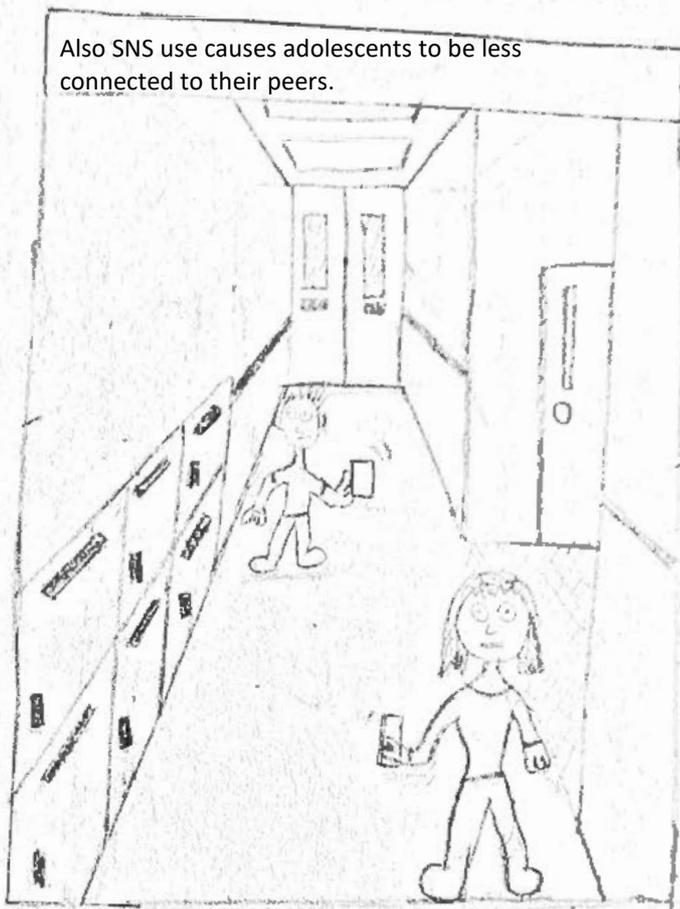
There are several studies showing an association between the time that adolescents spent on social networking sites (SNS) and certain aspects in their lives.



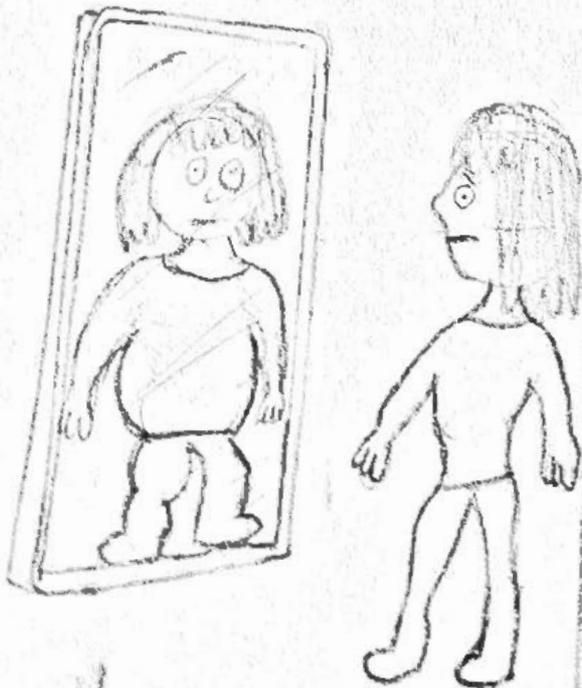
One of those is the association that more SNS use leads to lower grade point averages.



Also SNS use causes adolescents to be less connected to their peers.



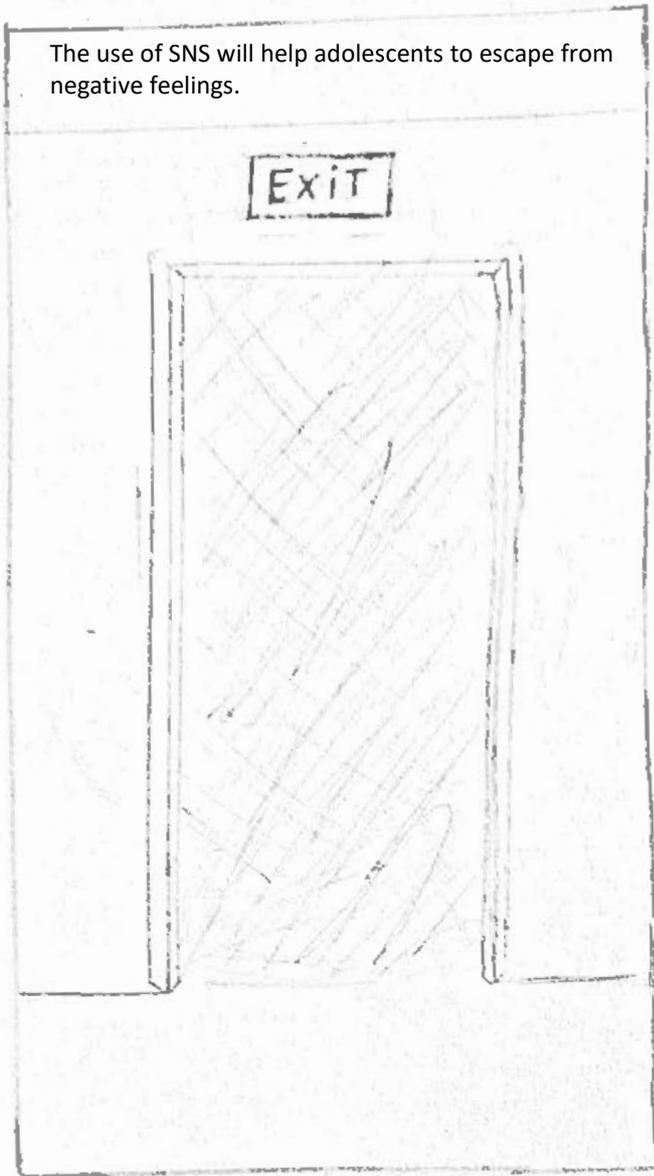
Moreover, there is an association between lower self-esteem and the use of SNS.



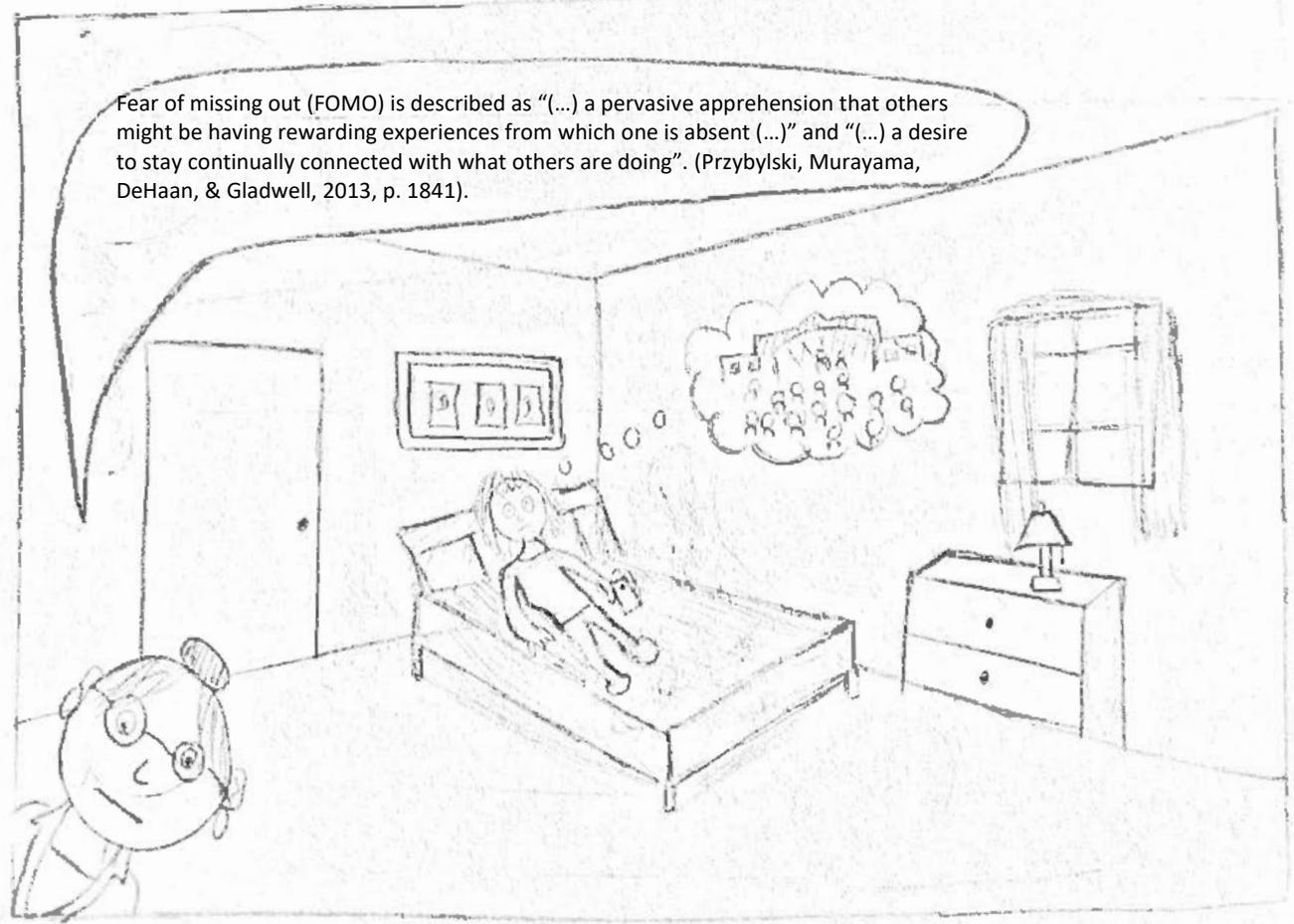
And there seems to be an association between time spend on SNS and higher depression.



The use of SNS will help adolescents to escape from negative feelings.



Fear of missing out (FOMO) is described as "(...) a pervasive apprehension that others might be having rewarding experiences from which one is absent (...)" and "(...) a desire to stay continually connected with what others are doing". (Przybylski, Murayama, DeHaan, & Gladwell, 2013, p. 1841).



In our study we focus on adolescents in South American countries, because in these countries studies about this topic are rare.



We would like to look at the link between the psychopathological aspect and the negative consequences of smartphone use.



We think that this relationship is mediated by FOMO. But there is of course only one way to find out!

