

## Abstracts of the 2021 Technology, Mind, & Society Conference

### **The experience of FoMO in adolescence: Examining the relationship between basic psychological needs and the fear of missing out**

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Given that in adolescence, the desire for autonomy, relatedness, and competence are inextricably linked to technology use, the purpose of this study was to investigate how adolescents' basic psychological needs were related to their experiences of the Fear of Missing Out (FoMO). A secondary purpose was to determine how screen time was associated with adolescents' experiences of FoMO, and whether this varied by age, gender, or ethnicity. Data was collected online from adolescents' (46.6% girls) grade 8-12 ( $m = 15.07$  years) in two high schools in British Columbia, Canada ( $n = 1053$ ). Using the Basic Psychological Need Satisfaction and Frustration Scale for Children, the Fear of Missing Out Scale, and their devices' Screen Time App, findings from a Hierarchical Linear Regression indicated that adolescents' age, gender, and ethnicity were not significantly associated with their experiences of FoMO. However, adolescents' self-reported screen time was significantly related to FoMO ( $B = .001$ ,  $SE = .000$ ,  $p < .001$ ). Moreover, frustration of the needs for autonomy ( $B = 1.66$ ,  $SE = .037$ ,  $p < .001$ ), competence ( $B = .152$ ,  $SE = .030$ ,  $p < .001$ ), and relatedness ( $B = .290$ ,  $SE = .039$ ,  $p < .001$ ), were each significantly associated with FoMO. For needs satisfaction, only relatedness was significantly related to FoMO ( $B = .109$ ,  $SE = .038$ ,  $p < .005$ ). Findings from this work contribute to the conceptualization of FoMO as a deficit in basic psychological needs satisfaction and emphasizes the complexity of these experiences in adolescence (i.e., feeling satisfied in relationships and still experiencing FoMO).