
Self-assessment checklist for smartphone addiction symptoms:

Smartphone Addiction Checklist

- I check my phone repeatedly without a clear reason.
- I feel anxious, restless, or irritable when I can't use my phone.
- I use my phone late into the night, even when I should be sleeping.
- I lose track of time while scrolling or using apps.
- I feel phantom vibrations or think I hear notifications when there are none.
- I reach for my phone immediately after waking up.
- I use my phone during meals or conversations with others.
- I feel panic or stress when my battery is low or there's no signal.
- My phone use causes eye strain, headaches, or neck/back pain.
- I neglect work, studies, or responsibilities because of my phone.
- I feel bored or uneasy when I don't have my phone.
- I prefer online interactions over in-person socializing.
- My family, friends, or partner complain about my phone use.
- I've tried but failed to cut back on my screen time.

Tip for use:

If someone checks off **5 or more items**, it may be a sign of problematic or addictive smartphone use.

Symptoms

Behavioral Symptoms

- Constantly **checking for notifications**, even in the middle of conversations.
- Feeling the urge to pick up the phone immediately after waking up.
- Using the phone while eating, walking, or even driving.
- **Prioritizing phone use** over hobbies, exercise, or outdoor activities.
- Difficulty reducing phone usage despite wanting to cut back.
- Compulsively switching between apps/social media platforms.
- Keeping the phone within arm's reach at all times.

Emotional/Psychological Symptoms

- **Fear of missing out (FOMO)** when not connected.
- **Stress** or **panic** if the battery is low or there's no signal/Wi-Fi.
- Relief or happiness primarily tied to online validation (likes, comments).

- Feeling bored, empty, or restless without phone access.
- **Loss of interest** in offline activities or face-to-face conversations.

Physical Symptoms

- **Eye strain**, dryness, or blurred vision (from prolonged screen time).
- **“Text neck”** or upper back pain from looking down at the phone.
- Hand, thumb, or wrist pain from excessive typing/swiping (**“texting thumb”**).
- **Headaches** or migraines triggered by screen exposure.
- **Fatigue** due to irregular sleep from nighttime phone use.

Social/Functional Symptoms

- **Ignoring friends/family** during in-person interactions (**“phubbing”**).
- Declining academic or work performance due to distraction.
- Checking the phone during meetings, classes, or events.
- Strained relationships from lack of genuine presence or attention.
- **Reduced productivity** caused by **excessive scrolling**

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|----------------|--------------|--------------|
| • Anxiety | • Obsession | • Isolation |
| • Insomnia | • Compulsion | • Neglect |
| • Distraction | • FOMO | • Dependency |
| • Withdrawal | • Stress | • Headaches |
| • Irritability | • Fatigue | |