How Does Personality Type Influence Depression, Anxiety, Stress and Fear of Missing Out?

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ABSTRACT

Fear of missing out (FoMO) is a relatively new topic in research; more research on this topic can provide a better understanding of factors that play a role in fear of missing out. The current study examines whether personality type or negative emotional states, like depression, anxiety, and/or stress, are greater contributors to fear of missing out in college students. One hundred eighty-one undergraduate students currently enrolled at Carroll College in Helena, Montana participated in a campus wide survey. Participants took three different questionnaires, the Depression Anxiety Stress Scale (DASS), The Big Five Personality Inventory (BFI) and The Fear of Missing Out (FoMO) Scale. Scores from these questionnaires were then analyzed and compared for results. Results do not support that personality type (introversion and extroversion) contribute to the amount of fear of missing out an individual has. Rather, only stress was a significant predictor in FoMO. Introverts reported significantly higher levels of anxiety and depression when compared to extroverts. There was no significant difference in reported stress levels between introverts and extroverts. We think the reason that stress was found to be the only significant predictor of FoMO is because students are currently in school. Along with regular stress, student may also feel academic stress or even social stress.

BACKGROUND

- College students are susceptible to feeling academic stress and pressure of balancing school, work, and social life which can influence a student's mental health.

- The current study examines whether personality type or negative emotional states, like depression, anxiety, and/or stress, are greater contributors to fear of missing out in college students.

- DASS (Depression Anxiety Stress Scale) is a 42-item self report questionnaire designed to measure the three related negative emotional states. Each emotional state has a subscale related to feelings one may have for the particular emotional state. The scale ranged from 0-3 (0=does not apply to me, 3= applied to me, or most of the time).

- FoMO scale is a set of ten questions on a 5 point likert scale (1= not at all true of me, 5= extremely true of me) developed by Przybylski, Murayama, DeHaan, and Gladwell (2013).

- The Big 5 Inventory (BFI) is a ten-item questionnaire about personality on a 5 point likert scale (1= strongly disagree, 5= strongly agree) proposed by John and Srivastava (1999).

METHODS

Participants
- 181 undergraduate students who are 18+ and currently attending Carroll College in Helena, Montana

Measurements
- Depression Anxiety Stress Scale (DASS), Big Five Personality Inventory (BFI), and Fear of Missing Out Scale (FoMO)

Procedure
- A campus-wide email was sent out to Carroll College students to inform them about the opportunity to do an online survey
- There was a link at the bottom of the email for students to click on and it would direct them to the survey.
- After the participants filled out the survey, they were then divided into either having an extraverted or introverted personality type.
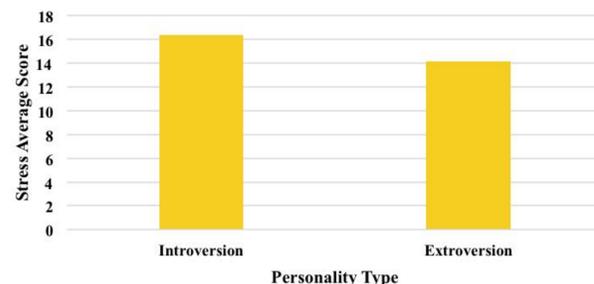

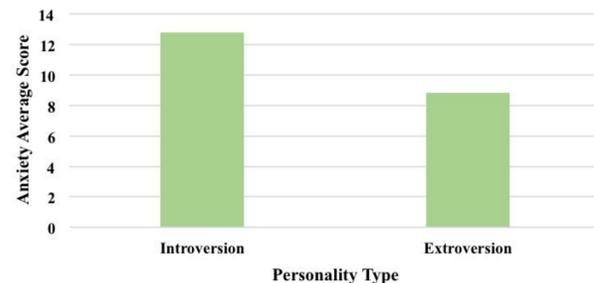Fear of Missing Out between Introverts and Extraverts
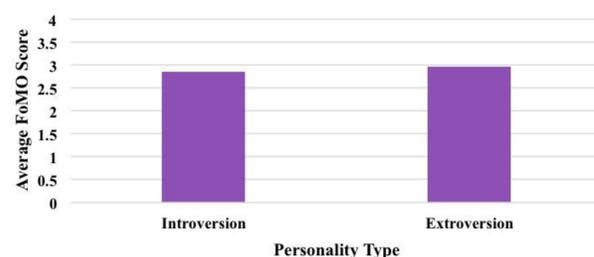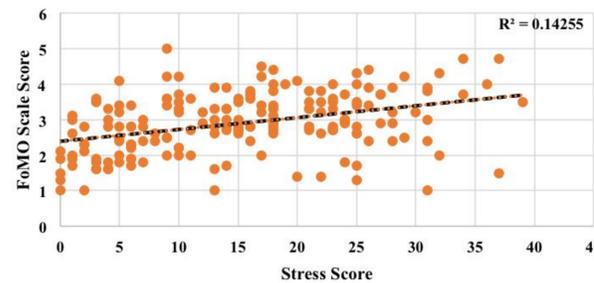

Depression between Introverts and Extraverts
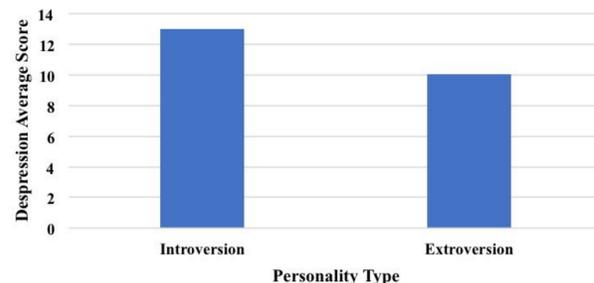
Stress between Introverts and Extraverts

Anxiety between Introverts and Extraverts

Fear of Missing Out When Considering Stress

RESULTS

- The current data used a multiple regression analysis to predict FoMO. Using the enter method, a significant model emerged $(F_{(4,176)} = 8.191, p<0.001)$.
- Only stress was a significant predictor in FoMO in the model with an adjusted R square $=0.143$
- Data was submitted to independent samples t-test to evaluate differences between extraverts (N=91) and introverts (N=85) on FoMO, Depression, Stress, and Anxiety.

Introverts and Extraverts
- Levels of FoMO = (t(174) = -0.876, p=0.382)
- Levels of depression = (t(174) = 1.933, p=0.055)
- Levels of stress = (t(174) = 1.548, p=0.124)
- Levels of anxiety = (t(174) = 2.887, p=0.084)

No Significance
- There was no significant difference in scores on FoMO between introversion and extraversion (t(174) = -0.876, p=0.382).

PREDICTOR	BETA	p
STRESS	0.348	0.01
DEPRESSION	-0.09	ns
ANXIETY	0.148	ns
BFI SCORE	0.142	ns

DISCUSSION

- Introverts were significantly higher on the depression scale compared to extraverts. Introverts also had moderately higher levels of anxiety when compared to extraverts.
- There was no significant difference in scores on the FoMO scale and self-reported levels of stress between introversion and extraversion.
- Stress was the only significant predictor of FoMO possibly because students are currently in school. Along with regular stress, students may also feel academic stress or even social stress.
- Research has found that academic stress is a predictor for both depression and anxiety, as well as internet addiction (Jun & Choi, 2015).
- Previous research has also found a positive correlation between social media use and FoMO (Przybylski et al., 2013).
- For future studies it would be interesting to look at what type of stress (academic or perceived) is a more accurate predictor of FoMO.
- Future research should also take into consideration what day of the week a person is taking the FoMO questionnaire. Previous research suggests that when a person is experiencing FoMO it is typically later in the day and later in the week, such as a Thursday or Friday evening (Milyavskaya, Saffran, Hope, & Koestner, 2018).