

## Cell Phone Addiction

According to a 2021 survey, nearly half of the adult responder's stated they spent a daily average of five to six hours on their cell phones; 22 percent said they spent three to four hours a day on their cell phone; and only five percent said they spent less than an hour a day on their cell phone. The most hardcore users devote up to 12 hours daily on their cell phones.

## Signs of Cell Phone Addiction

People who experience a cell phone addiction may experience significant distress as a result of their behavior and generally feel unable to control or limit their use of their cell phone. There are terms developed related to cell phone addiction including:

- Compulsive phone use: when a person feels compelled to use their cell phone in excess.
- Nomophobia: a fear of going without your phone.
- Textaphrenia: a fear of being unable to receive or send text messages.
- Phantom vibrations: the feeling that your phone is alerting you when it really isn't.



Signs of cell phone addiction include:

- You reach for your phone the moment you're alone or bored.
- You wake up multiple times at night to check your phone.
- You feel anxious, upset, or short-tempered when you can't get to your phone.
- Your phone use has caused you to have an accident or injury.
- Your phone use interferes with your job performance, schoolwork, or relations.
- People in your life are concerned about your phone use patterns.
- When you try to limit your cell phone use, you relapse quickly.
- Isolation from loved ones.
- Angry or irritated if phone use is interrupted.

David Greenfield, PhD, for the Center for Internet and Technology Addiction at the University of Connecticut School of Medicine, developed a Smartphone Compulsion Test. According to Greenfield, a “yes” to 5 out of the 15 questions indicates that a person likely has a problematic relationship with their cell phone. You can follow <https://virtual-addiction.com/smartphone-compulsion-test/> to complete your own smartphone compulsion test.

### **Breaking Cell Phone Addiction**

If your phone habits are interfering with your health, relationships, and responsibilities, it might be time to make some changes. Steps to decrease cell phone use include:

- Remove time-consuming apps from your cell phone. At a minimum, consider logging out of frequently used apps so that each time you want to use the apps, you have to go through the login process.
- Set your screen to gray or night scale to keep your cell phone from waking you up at night.
- Set time periods in which you shouldn't use your cell phone (i.e., 9 p.m. to 7 a.m.).
- Designate activities (i.e., driving, dinnertime, time with friends and family) in which your cell phone is prohibited.
- Replace your smartphone use with healthier activities. Have a plan for ways to spend your time such as exercising, reading a book or chatting with a friend in person.
- Consider completely cutting off cell phone use for a weekend.
- If none of these tips work, you may need to consider a digital detox center or therapy.

<https://www.statista.com/statistics/1224510/time-spent-per-day-on-smartphone-us/>

<https://www.healthline.com/health/mental-health/cell-phone-addiction#other-risk-factors>

<https://images.search.yahoo.com/search/images>

<https://virtual-addiction.com/smartphone-compulsion-test/>

<https://www.helpguide.org/articles/addictions/smartphone-addiction.htm>

