

Systematic Review

Nomophobia in India: A systematic review and meta-analysis

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Background and objectives: Nomophobia is characterised by discomfort, anxiousness, and worry caused by separation from a mobile device. It affects the personality, self-esteem, anxiety, along with behavioural changes of the user. In the era where every aspect of life is dependent on mobile phones, understanding the burden of nomophobia is essential to bring about any intervention. The present study aims to find the prevalence of Nomophobia.

Methods: We searched the literature in PubMed (MEDLINE) and EMBASE databases by using relevant keywords for the studies published between January 1, 2008, and April 4, 2025. The protocol was registered in PROSPERO (CRD 42023446355). Selected articles were screened based on predetermined inclusion and exclusion criteria. Articles with observational studies in English, having information regarding the proportion of nomophobia in the adult population of India, were included. The Joanna Briggs Institute (JBI) critical appraisal scale for studies reporting prevalence data was used to assess the study quality.

Results: A total of 25 studies were included in our study, comprising 10607 study participants. The pooled prevalence of nomophobia was found to be 77.6% (95% CI: 74.9% - 80.2.0%). The most common study tools used to detect nomophobia was the Nomophobia Questionnaire (NMP). The sensitivity analysis revealed the pooled prevalence of nomophobia to be 74.9% to 80.2%, ruling out the impact of any one study on the result.

Interpretation and conclusion: This meta-analysis reveals the significant burden of nomophobia. These findings position nomophobia as a pressing health concern requiring proactive interventions to safeguard mental well-being and productivity in the youth.

Keywords India; Meta-analysis; Mobile phone; Nomophobia; Smartphone