

Nomophobia Questionnaire (NMP-Q)

Please indicate how much you agree or disagree with each statement in relation to your smartphone.

Strongly Disagree							Strongly Agree
1	2	3	4	5	6	7	

1. I would feel uncomfortable without constant access to information through my smartphone.
2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.
3. Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.
4. I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.
5. Running out of battery in my smartphone would scare me.
6. If I were to run out of credits or hit my monthly data limit, I would panic.
7. If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.
8. If I could not use my smartphone, I would be afraid of getting stranded somewhere.
9. If I could not check my smartphone for a while, I would feel a desire to check it.
10. If I did not have my smartphone with me, I would feel anxious because I could not instantly communicate with my family and/or friends.
11. If I did not have my smartphone with me, I would be worried because my family and/or friends could not reach me.
12. If I did not have my smartphone with me, I would feel nervous because I would not be able to receive text messages and calls.
13. If I did not have my smartphone with me, I would be anxious because I could not keep in touch with my family and/or friends.
14. If I did not have my smartphone with me, I would be nervous because I could not know if someone had tried to get a hold of me.
15. If I did not have my smartphone with me, I would feel anxious because my constant connection to my family and friends would be broken.
16. If I did not have my smartphone with me, I would be nervous because I would be disconnected from my online identity.
17. If I did not have my smartphone with me, I would be uncomfortable because I could not stay up-to-date with social media and online networks.
18. If I did not have my smartphone with me, I would feel awkward because I could not check my notifications for updates from my connections and online networks.
19. If I did not have my smartphone with me, I would feel anxious because I could not check my email messages.
20. If I did not have my smartphone with me, I would feel weird because I would not know what to do.

Scoring:

Sum up your responses to each item. Higher scores indicate more severe levels of nomophobia. Refer to the following table to determine your nomophobia level.

Score	Nomophobia Level
NMP-Q Score = 20	Absent
$21 \leq \text{NMP-Q Score} < 60$	Mild
$60 \leq \text{NMP-Q Score} < 100$	Moderate
$100 \leq \text{NMP-Q Score} \leq 140$	Severe

Citation:

Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.