

Please note that the information here is for informational purposes only and not a substitute for professional medical advice. Always consult a healthcare professional before making any decisions regarding your health.

 **Digital Hygiene**

Smartphone Risks

- Procrastination
- Deterioration of personal relationships
- Impacts on productivity and learning
- Financial Extortion
- Poor Sleep
- Physical Changes
- Dependency

Smartphone Benefits

- Communication between individuals and systems
- Data Access
- Instructional capabilities and Education
- Decreased isolation/loneliness
- Entertainment and cognitive training
- Convenience
- Safety

Warning Signs

- Unfinished tasks and/or trouble completing work
- Social Isolation
- Hiding use
- Feeling of panic or dread if you are without your phone
- Withdrawal Symptoms
- Fear of Missing Out

Smartphone Addiction Scale (Short Version)

Items	Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree
1 Missing planned work due to smartphone use	1	2	3	4	5	6
2 Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use	1	2	3	4	5	6
3 Feeling pain in the wrists or at the back of the neck while using a smartphone	1	2	3	4	5	6
4 Will not be able to stand not having a smartphone	1	2	3	4	5	6
5 Feeling impatient and fretful when I am not holding my smartphone	1	2	3	4	5	6
6 Having my smartphone in my mind even when I am not using it	1	2	3	4	5	6
7 I will never give up using my smartphone even when my daily life is already greatly affected by it	1	2	3	4	5	6
8 Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook	1	2	3	4	5	6
9 Using my smartphone longer than I had intended	1	2	3	4	5	6
10 The people around me tell me that I use my smartphone too much	1	2	3	4	5	6

Note. Adapted from “The smartphone addiction scale: Development and validation of a short version for adolescents,” by M. Kwon, D-J. Kim, H. Cho and S. Yang, 2013, *PLoS ONE*, 8(12), (<https://doi.org/10.1371/journal.pone.0083558>). Copyright 2013 by Kwon et al.

What can you do?

- Manage risks appropriately
- Everything in moderation
- Seek help if you need it