Clinical implications of these findings are that fear of missing out and personality traits such as neuroticism may be risk factors for social media-related disorders.

**Means, Standard Deviations and Correlations Among Variables**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Correlation to Neuroticism</th>
<th>Correlation to Time on Social Media</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercept</td>
<td>166.844***</td>
<td>4.691</td>
<td>35.564</td>
<td></td>
</tr>
<tr>
<td>Neuroticism</td>
<td>15.760*</td>
<td>6.080</td>
<td>2.592</td>
<td></td>
</tr>
<tr>
<td>FOMO</td>
<td>15.031**</td>
<td>5.622</td>
<td>2.674</td>
<td></td>
</tr>
<tr>
<td>FOMO X Neuroticism</td>
<td>14.112*</td>
<td>6.806</td>
<td>2.074</td>
<td></td>
</tr>
</tbody>
</table>

Discussion

- As expected, we found that neuroticism was positively associated with social media usage; the more neuroticism participants self-reported, the more time they spent on social media (H1).
- Furthermore, consistent with our expectations, FOMO was positively associated with time on social media (H2).
- Overall, we found that FOMO was a significant moderator of the association between neuroticism and time on social media (H3).

**Results**

- We conducted a linear regression analysis using SPSS version 25.
- The predictor variables of FOMO and neuroticism were centered such that the unstandardized beta coefficients represented the average for the sample.
- The overall regression model was significant at F(3,316) = 9.053, p<.001.
- As expected, the main effect for neuroticism was positively associated with time on social media (H1).
- The main effect for FOMO was also positively associated with time on social media (H2).
- Finally, we found that FOMO was a significant moderator of the association between neuroticism and time on social media (H3).

**Methods**

- Participants and Procedure
  - Three-hundred and twenty students (40.6% Male, 58.8% Female, 0.3% Transgender, 0.3% Genderqueer; Mean age = 22.42 (SD = 5.31) from a large, southern public institution took part in a one-time, cross-sectional study lasting approximately an hour.
  - The study was approved by the institutional review board, and the participants received extra credit in their classes for participation.

- Measures
  - **Neuroticism**: Neuroticism was measured utilizing a subscale of the Big Five Inventory 44-item. The scale determines an individual’s personality based on the Big Five Factors of personality (extraversion, agreeableness, conscientiousness, neuroticism, and openness). Individuals who score with high neuroticism usually experience anxiety, irritability, depression, self-consciousness, impulsiveness, and vulnerability. A sample item included the extent to which participants endorsed “I am depressed; blue” on a scale from 1 “Strongly Disagree” to 5 “Strongly Agree” (r = 0.815).
  - **Fear of Missing Out**: The Fear of Missing Out scale, is a positive, robust predictor of social media usage. For instance, neuroticism was found to be positively related to Facebook addiction.
  - However, the literature has yet to explore FOMO as a moderator of the association between personality characteristics such as neuroticism and time spent on social media.
  - Based on previous literature, we hypothesized the following:
    1) First, we expected there would be a positive association between neuroticism and time spent on social media (H1).
    2) Second, we anticipated there would be a positive association between FOMO and time spent on social media (H2).
    3) Third, we expected that FOMO will be a moderator of the association between neuroticism and time spent on social media, such that people who are higher in FOMO and higher neuroticism would spend the most time on social media (H3).

**Faculty Advisor: Dr. Mai-Ly N. Steers**

**Introduction**

- The literature has found that personality characteristics are predictive of social media usage. For instance, neuroticism was found to be positively related to Facebook addiction.
- Moreover, numerous studies have found that the fear of missing out (FOMO), is a positive, robust predictor of social media usage.
- However, the literature has yet to explore FOMO as a moderator of the association between personality characteristics such as neuroticism and time spent on social media.
- Based on previous literature, we hypothesized the following:
  1) First, we expected there would be a positive association between neuroticism and time spent on social media (H1).
  2) Second, we anticipated there would be a positive association between FOMO and time spent on social media (H2).
  3) Third, we expected that FOMO will be a moderator of the association between neuroticism and time spent on social media, such that people who are higher in FOMO and higher neuroticism would spend the most time on social media (H3).

**Participants and Procedure**

- Three hundred and twenty students (40.6% Male, 58.8% Female, 0.3% Transgender, 0.3% Genderqueer; Mean age = 22.42 (SD = 5.31) from a large, southern public institution took part in a one-time, cross-sectional study lasting approximately an hour.
- The study was approved by the institutional review board, and the participants received extra credit in their classes for participation.

**Measures**

- **Neuroticism**: Neuroticism was measured utilizing a subscale of the Big Five Inventory 44-item. The scale determines an individual’s personality based on the Big Five Factors of personality (extraversion, agreeableness, conscientiousness, neuroticism, and openness). Individuals who score with high neuroticism usually experience anxiety, irritability, depression, self-consciousness, impulsiveness, and vulnerability. A sample item included the extent to which participants endorsed “I am depressed; blue” on a scale from 1 “Strongly Disagree” to 5 “Strongly Agree” (r = 0.815).

- **Fear of Missing Out**: The Fear of Missing Out scale, is a positive, robust predictor of social media usage. For instance, neuroticism was found to be positively related to Facebook addiction. Furthermore, consistent with our expectations, FOMO was positively associated with time on social media (H1).

**Discussion**

- As expected, we found that neuroticism was positively associated with social media usage; the more neuroticism participants self-reported, the more time they spent on social media (H1).
- Furthermore, consistent with our expectations, FOMO was positively associated with social media usage; the greater participants’ self-reported FOMO, the more time they spent on social media (H2).
- Overall, we found that FOMO was a significant moderator of the association between neuroticism and time spent on social media. We determined that if participants were higher in both FOMO and neuroticism, then they were more likely to spend greater amounts of time on social media.
- Although we did not explicitly test this, some possible clinical implications of these findings are that FOMO and neuroticism may be risk factors for social media disorders, such as social media addiction.