Mobile Phone Addiction Scale

Dr. A. Velayudhan and Dr. S. Srividya

Interpretive Report

VIVEK PATIL
12 Mar 2024

PRASAD PSYCHO ®
digiConnect

Particulars

Name	**VIVEK PATIL**
Age	**22**
Gender	**MALE**
ID	**1234**
Reason for Referral	--
Assessor	**VIVEK PATIL**

Disclaimer

This profile arises from self-report questionnaires which may have alterations/variation due to individual's actual level of motivation, interests, experience, values, abilities, skills, mood state etc. than the analysis in the report captured basis the responses shared at the time of testing. The report must be interpreted in the light of corroborating evidence gained during the clinical interview. The findings of this report should be professionally interpreted in the light of other information about the individual. This report may include sensitive information that is likely to be misinterpreted by those without the required training. Authorization for use of this report is limited to the examinee and their designated consultants. Any further use requires the authorization of the examinee or their legal guardian

Introduction

This report is based on the subject's responses to Mobile Phone Addiction Scale(MPAS). The report is presented in 2 sections; the first section provides comprehensive information about the respondent's composite Addiction toward the Mobile phone and its interpretation and the second section provides the subject's detailed profile on each of the 6 dimensions/sub-facets of personality and score interpretation.

Overview of the test

The Mobile Phone Addiction Scale is a 37-item self-report measure that is used on Adults to measure mobile phone excessive usage, leading to poor mental health and behavioural disturbances, problematic interpersonal relationships, and clinically diagnosed psychological disturbances. It was developed by Dr. A. Velayudhan and Dr S. Srividya in 2012. It has six subscales: Maladaptive Usage, Self-Expression, Peer Relationship, Interpersonal Relations, Impulsivity and Usage Time. The scale's psychometric properties are satisfactory and the results obtained on the testing sample were statistically significant. The scale might also aid researchers, and school/college/adolescent counsellors who would be examining the problematic usage of mobile phones leading to poor mental health and behavioural disturbances, problematic interpersonal relationships, social withdrawal and clinically diagnosed psychological disturbances.

Results

TOTAL SCORE	QUALITATIVE DESCRIPTOR
126	Moderate

SUBSCALE	RAW SCORE	QUALITATIVE DESCRIPTOR
Peer relationship	14	Low
Usage time	15	Moderate
Interpersonal relations	10	Low
Self expression	33	High
Impulsivity	13	Moderate
Maladaptive usage	41	High

VIVEK PATIL's Scores across Dimensions
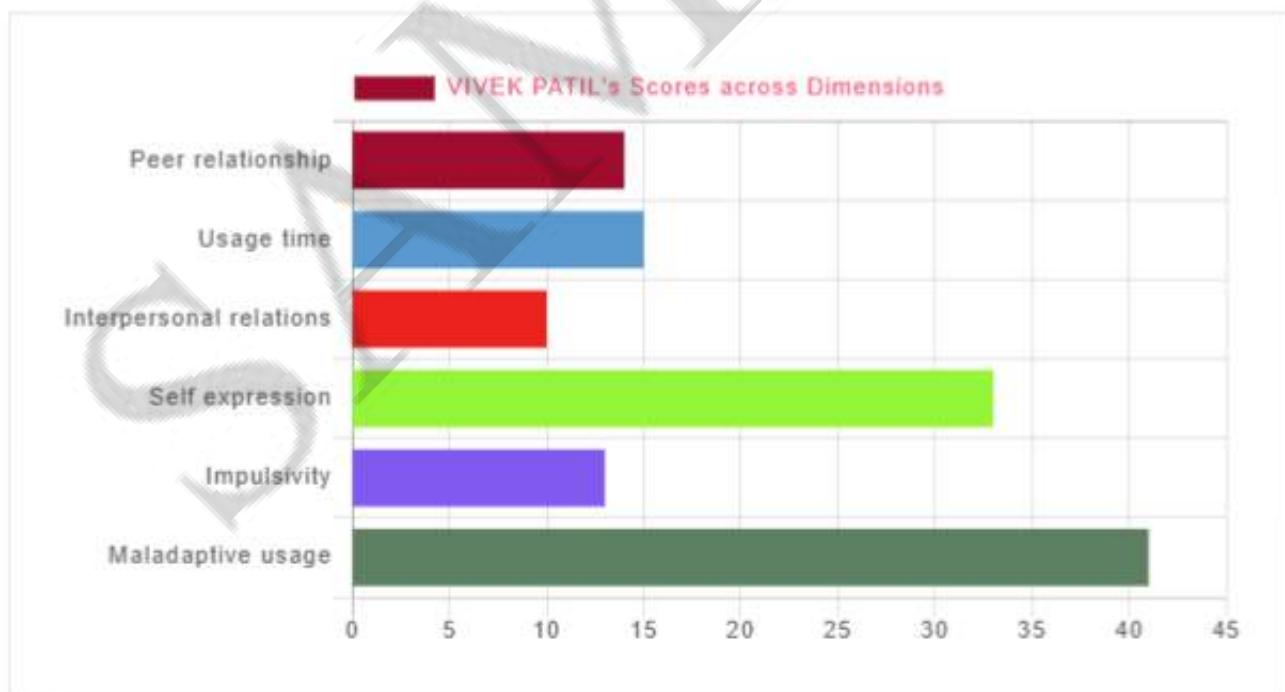
Our lives are made easier by mobile devices, but they also bind us. In addition to its physical repercussions, mobile addiction also has negative psychological and scholastic effects. Due to the frequent feelings of nagging from their cell phone, the person with excessive mobile phone usage is likely to experience interference with their general psychological wellbeing. It disrupts the person's daily life to the point where it might have affected their relationships with their siblings, parents, instructors, and/or friends.

Total Score Interpretation

Moderate_Total

Overall, the individual has scored moderate on the Mobile Phone Addiction Scale. The respondent's mobile phone usage sometimes tends to interfere with their general psychological well-being as they tend to feel nagged by their cell phone. There is a appropriate level of control over the the calls and messages the respondent makes, however, if the usage is excessive, it is likely to impact the relationships that they share with their brothers/sisters, parents, professors and/or friends. Given the adverse impacts smartphone addiction has on adolescents� development, such as physical health, emotions, sleep quality, and academic performance, it is essential for the respondent to start making appropriate measures to limit mobile phone usage.

Dimension Wise Interpretations

Peer relationship   14

A peer relationship is a voluntary, dyadic peer relationship that is typically characterized by reciprocal liking, preference for each other's company, frequent association or interaction, and a positive affective tie between the partners. Mobile addiction results in impairment of peer relationships.

Score Interpretation

Low_Peer relationship

The respondent is low on the dimension of Peer-relationship. The respondent rarely uses their mobile phone to engage with their peer group. The respondent's relationaship with the peer group remains unaffected due to phone use and do not feel the need to stay in constant contact over the phone. If not in contact, the individual feels

socially neglected. The individual is likely to believe that communication happening through a mobile phone might be the best way of personal expression. Improving relationship can help reduce the dependence on the phone.

Usage time	15

Persistent mobile phone use despite recurrent physical or psychological consequences, Preoccupation with smartphone use, and hence keeping smartphone device available all day, Recurrent failure to resist the impulse to use the smartphone

Score Interpretation

Moderate_Usage time

The respondent is moderate on the dimension of Usage Time, which indicates that the respondent typically spends high amounts of time on the mobile phone. The individual is often aware of the necessity and time that goes into the use and sometimes makes appropriate measures to limit mobile phone usage.

Interpersonal relations	10

Interpersonal relations referes to the connections and interactions, especially ones that are socially and emotionally significant, between two or more people. These are the pattern or patterns observable in an individual�s dealings with other people. Mobile addiction results in impairment of social relationships, schoolwork or job performance.

Score Interpretation

Low_ Interpersonal Relations

The respondent is low on the dimension of Interpersonal Relations. The respondent does not have abnormal level of mobile phone usage, due to which, the relations that the respondent has with parents or professors, remains unaffected.

Self expression	33

Self-expression can be defined as an expression of one's feelings, thoughts, or ideas. It is the way of letting others know what we like, what we are excited about, what we can do, or simply whatever we want to broadcast to the outside world through the use of mobile phones.

Score Interpretation

High_Self expression

The respondent is high on the dimension of self-expression, which indicates that the individual tends to feel irritated, restless or worried due to missed notifications. The individual is motivated to gain acceptance and recognition of others by maintaining or improving self-image. The respondent feels mobile phone usage provides the respondent the opportunity to express themselves socially, to interact with others and engage with the community.

Impulsivity   13

Impulsivity is referred to as describing or displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences of an action, particularly one that involves taking risks in regards to mobile phone addiction. Recurrent failure to resist the impulse of using the smartphont is regarded as a central component of behavior addiction.

Score Interpretation

Moderate_Impulsivity

The respondent is moderate on the dimension of Impulsivity. The individual sometimes engages in mobile phone use with little or no forethought, reflection, or consideration. The individual typically makes moderate to high amount of calls and messages. In case of missed calls, messages and notifications, the repondent sometimes experiences a sense of urgency in checking such notifications immediately when the phone is switched on.

Maladaptive usage   41

Maladaptive mobile phone usage represents potentially uncontrollable and self- and others-harming consumer choices to fulfill a desire for rewarding mobile time and behaviors. It involves

recurrent failure to resist the impulse to use the smartphone and withdrawal symptoms experienced as a result of it.

Score Interpretation

High_Maladaptive usage

The individual is high on maladaptive usage. The individual displays non-normal use of thier mobile devices that causes negative social, familiar and professional interferences on the individual�s everyday life. The individual often engages in potentially uncontrollable and self- and others-harming or risky behaviours to fulfill a desire for rewarding mobile time and behaviors, which might involve excessively spending money for continued phone usage. It involves recurrent failure to resist the impulse to use the smartphone and withdrawal symptoms experienced as a result of it.

Item Responses

1	3	2	2	3	2	4	5
5	4	6	1	7	4	8	4
9	2	10	2	11	3	12	3
13	5	14	4	15	2	16	4
17	3	18	1	19	3	20	1
21	2	22	5	23	5	24	1
25	4	26	5	27	5	28	5
29	4	30	5	31	4	32	5
33	4	34	3	35	4	36	4
37	3						

Impressions / Suggestions

Assessor Suggestions for the Report