E-Poster

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Prevalence of Smartphone Addiction Among Medical Students and Its Impact on Sleep Disorders

Topic: Miscellaneous

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BACKGROUND

In the digital age, smartphone use has become ubiquitous, particularly among medical students, who are exposed to risks associated with excessive use. The aim of this study was to determine the prevalence of smartphone addiction, and its association with sleep disorders.

METHODS

A cross-sectional analytical survey was conducted among medical students at the Monastir Faculty of Medicine using a self-administered questionnaire. The tools used included the smartphone addiction scale-short version (SAS-SV) for addiction assessment, the modified Nordic scale and Neck Disability Index (NDI) for musculoskeletal disorders (MSDs), the Patient Health Questionnaire-9 (PHQ-9) for depression, and the insomnia severity index (ISI) scale for sleep quality.

RESULTS

Of the 203 students who took part in the study, 43.3% were smartphone addicts. MSDs were found in 70.9% of participants, with a marked prevalence of neck pain (49.3%), followed by lower back pain (43.8%) and upper limb pain (35.5%). In addition, 29.6% of participants suffered from depression, and 27.1% from insomnia. Multivariate analysis showed a significant association between smartphone addiction and intensive use after waking up (ORa = 0.97, $p = 0.00$), frequent checking of the device (ORa = 1.16, $p = 0.01$), low back pain ($p = 0.00$; ORa = 4.44), shoulder/arm pain ($p = 0.00$; ORa = 0.29), and insomnia ($p = 0.00$; ORa = 2.73).

CONCLUSION

Smartphone addiction was common among medical students. Education on sleep hygiene and the adoption of support measures for addicted students would be necessary to reduce the harmful consequences of excessive smartphone use on students' physical and mental health.

Statement of Disclosures

None

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