Poster

📅 Thu. Sep 25, 2025 3:00 PM - 4:00 PM JST | Thu. Sep 25, 2025 6:00 AM - 7:00 AM UTC 🏛 Poster Session (Foyer 1)

Poster 3

[P-3-06] Smartphone Addiction and its relationship with empathy in nursing students: a cross sectional study

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Keywords：Smartphone use、Addiction、Empathy

Background:
Smartphone addiction is an emerging concern among youth, particularly in healthcare students, due to its potential impact on mental health, academic learning and patient care. Empathy processes contribute to a variety of psychiatric disorders including disorders due to substance use. Empathy may be a factor which could be modified to prevent relapses. Empathy, a core trait in nursing, may influence or be influenced by smartphone use patterns.

Objectives:
1. To determine the prevalence of smartphone addiction among nursing students.
2. To examine associations between socio-demographic and smartphone use variables with addiction.
3. To explore the relationship between empathy dimensions and smartphone addiction.

Methods:
A cross-sectional study was conducted among 176 undergraduate nursing students (aged 18–25) undergoing clinical training at the State-run hospital for mental health. Participants were selected via random sampling. Data was collected using a semi-structured proforma, Smartphone Addiction Scale–Short Version (SAS-SV), and Interpersonal Reactivity Index (IRI). Statistical analysis was performed using SPSS v21, employing descriptive statistics, chi-square tests, and Spearman correlation.

Results:
1. Prevalence **of smartphone addiction:** 36.4%
2. Significant associations were found with **year of study** and **daily smartphone usage**.
3. Mean SAS-SV score: 28.31 ± 11.06
4. Empathy dimensions (Personal Distress and Fantasy) showed a **positive correlation** with smartphone addiction.

Discussion:
A substantial proportion of nursing students exhibited signs of smartphone addiction, with higher personal distress and fantasy empathy traits linked to increased addiction scores. These findings highlight the need for targeted interventions to improve support network and include emotional resilience and emotional regulation skills in nursing education to prevent addictive behaviors.