FoMOs Scale Assessment (Fear of Missing out Scale) inside the Colombian Context

Validación de la escala FoMOs (Fear of Missing Out scale) en el contexto colombiano

Validação da escala FoMOs (Fear of Missing Out scale) no contexto colombiano

Mariluz Cano García
https://orcid.org/0000-0002-7911-6051
Docente investigador, Corporación Universitaria Adventista. Doctor en Psicología, Universidad San Buenaventura.
docente.mcanog@unac.edu.co

Helmer Quintero Núñez
https://orcid.org/0000-0001-8068-8893
Docente investigador, Corporación Universitaria Adventista. Doctor en filosofía, Universidad Pontificia Bolivariana.
helmerquintero@unac.edu.co.

Dorimely Gaspar Cartagena
https://orcid.org/0000-0001-5402-0670
Estudiante de Psicología, Institución universitaria Tecnologico de Antioquia.
dorimely.gaspar@correo.tda.edu.co

Rodrigo Martin
https://orcid.org/0000-0001-6933-6774
Asistente investigador. Sociólogo, Maestrante en Investigación en Ciencias Sociales, Universidad de Buenos Aires. rmartin@sociales.uba.ar

Abstract

Introduction: FoMOs scale (acronym in English to refer to Fear of Missing out Scale) pretends to assess an interrelation experience through technological mediation, the one that links up irregular disadvantages on the web users. In the same way, those consequences are given in morbid restlessness sensations because they are considered to be disconnected or unlinked from the social artificial reality. **Objective:** The present research has the main objective to determine psychometric properties of the FoMOs Colombian population. **Methodology:** The quantitative methodological design, that doesn't make a part of experimental processes, with an empirical-analytical grasp, in company with a descriptive reaching, and originated from the transversal section. **Results:** At the time psychometric properties of the FoMO scale are getting validated, it considers that their adjustment is opportune, and appropriate compared to the original prototype. Therefore, the internal consistency of the two models, Alfa, by Cronbach, and Omega, by McDonald, offer convenient results in that case (ω = .88; α = .79). **Conclusion:** The instrument analysis allows us to conclude that the FoMOs scale adaptation is valid and reliable for the FOMO syndrome assessment inside the Colombian context.
Keywords: FOMO, Validation, Scale, Social Networks.

Resumen

Introducción: La escala FoMOs (siglas en inglés para Fear of missing out scale) pretende la valoración de una experiencia de interrelación, con mediación tecnológica, que vincula consecuencias irregulares en los usuarios. Estas consecuencias se remiten a sensaciones de intranquilidad mórbida por considerarse desconectado o desvinculado de la realidad social artificial. **Objetivo:** La presente investigación tiene como objetivo determinar las propiedades psicométricas de la FoMOs en población colombiana. **Metodología:** El diseño metodológico cuantitativo, de tipo no experimental, con un enfoque empírico-analítico, de alcance descriptivo y de corte transversal. **Resultados:** Al validar las propiedades psicométricas de la escala FoMO se encuentra que su ajuste es oportuno y apropiado comparado con el prototipo original. La consistencia interna de los dos modelos, Alfa de Cronbach y Omega de McDonald, ofrecieron resultados convenientes (ω = .88; α = .79). **Conclusión:** El análisis del instrumento permite concluir que la adaptación de la escala FoMOs es válida y confiable para la valoración del síndrome FoMO dentro del contexto colombiano.
Palabras clave: FoMO; Validación; Escala; Redes sociales.

Resumo

Introdução: A escala FoMOs (Fear of missing out scale) tem como objectivo a avaliação de uma experiência tecnologicamente mediada de inter-relação que liga consequências irregulares nos utilizadores. Estas consequências referem-se a sentimentos de inquietação mórbida devido ao sentimento de desconexão ou desligamento da realidade social artificial. **Objectivo:** A presente investigação visa determinar as propriedades psicométricas dos FoMOs na população colombiana. **Metodologia:** O desenho metodológico é quantitativo, não experimental, com uma abordagem empírico-analítica, descritiva no âmbito e transversal. **Resultados:** Ao validar as propriedades psicométricas da escala FoMO, verifica-se que o seu ajuste é oportuno e apropriado em comparação com o protótipo original. A consistência interna dos dois modelos, Cronbach's Alpha e McDonald's Omega, forneceu resultados convenientes (ω = .88; α = .79). Conclusão: A análise do instrumento permite-nos concluir que a adaptação da escala FoMO é válida e fiável para a avaliação da síndrome FoMO no contexto colombiano.
Palavras-chave: FoMO; Validação; Escala; Redes sociais.

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INTRODUCTION

The experience of being disconnected or distant from communication and social interaction devices (computer, smartphone) presumes a loss of current affairs and determines in certain subjects the almost urgent sensation of recovering connectivity to check messages and social network statuses. This sensation is called "fear of missing out (FoMO)", and has been considered in various studies of contemporary behavior. Studies link the FoMO feeling to anxiety, incompetence and distress (Varchetta et al., 2020), addiction to social networks (Elhai et al., 2020), or loss of psychological well-being (Silva et al., 2020).

By 2022, Colombia is among the four countries with the highest rates in terms of average time spent on the Internet per day, according to Hootsuite in the Digital Global Overview Report, accounting for 9 hours and 38 minutes, both on computers and cell phones (Trends, 2022), which indicates the need for connectivity by people to find information, keep in touch with people close to them and be updated on news and events. Globalization today allows access to clear and accurate information, so being uninformed generates moods that lead to insecurity.

Psychometrics for the FoMO variable requires an application instrument. FoMOs (Fear of missing out scale) created by Przybylski et al. (2013) assesses the level of anxiety that a person experiences when feeling that he/she is missing out on something. This scale has been adapted to Spanish by Gil et al. (2015). This research report presents the justifications for the verification of the psychometric domains of the FoMOs scale and describes the validation procedures of the instrument for the Colombian population, thus discovering that people living in this country feel the need to be in constant connection, in the full search of not "missing out" on what is happening with their friends and relatives.

THEORETICAL FRAMEWORK

Fear of missing out (Fear of missing out)

FoMO is defined by Przybylski et al. (2013) as "a pervasive apprehension that others may be having more rewarding experiences when absent" and relates an urge to achieve connectivity with technological instrumentality. This feeling can be categorized as a type of social anxiety. Alutaybi et al. (2020), consider FoMO to be a major type of problematic attachment to social networks, and it is associated with a variety of negative life experiences and feelings, such as lack of sleep, reduced life competence, emotional stress, negative effects on physical well-being, anxiety, and lack of emotional controversy.

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In a study shared by Przybylski et al. (2013), significant negative correlations are inferred between FoMO and other variables: the higher the FoMO, the lower the satisfaction with existence, the lower the mood and the lower the satisfaction of psychological needs. The study also notes that FoMO correlates positively and significantly with participation in social networks. FoMO is one of those negative online experiences that are associated with negative consequences (Elhai et al., 2016).

In Europe as of 2016, FoMO affected about 7% of respondents, a figure that rises to 15% in the population defined as millennials (age group: 18 to 35 years), who tend to be more likely to experience the "fear" of being excluded from their digital social circle (Lopez, 2016). Varchetta et al. (2020) found that fear of missing out was significantly correlated with social network addiction. In this research, a correlation was also recognized between FoMO and the propensity to be cybervulnerable.

Validation and application studies of the FoMOs scale.

The FoMOs scale finds context validation in some Asian countries: Indonesia (Kaloeti et al., 2021), Turkey (Can & Satici, 2019), China (Yan-Yu Li et al.; 2021), Korea (Joo et al.; 2018) and in Saudi Arabia (Al-Menayes, 2016). The FoMOs scale has also been validated in Spanish language: in Peru by Correa et al. (2021), and in Spain by Gil et al. (2015).

Vicario and Roncero (2019) observed that the FoMOs scale is a predictive instrument. They identified the link between FoMOs and poor significant personal relationships, especially family relationships. In this study, the fear of "missing out on something" was also connected to the risk of addiction to social networks.

The work carried out by Yana et al. (2019), in which the FoMOs scale was used, concludes that 46.07% are obsessed with being aware of what is going on in their personal accounts and on the Internet, 35% feel panic about disconnection to the network, 10.22% report symptom of damage to the cerebral gray matter, and 8.71% are at serious risk of facing mood-related disorders.

The study conducted by Luque et al. (2019) in Cordoba (Argentina) showed that 82.1% had mild to severe FoMO; direct correlations (r=0.488) and high correlations with excessive fondness for digital networks (r=.410); persistent worry as a product of constant use of technology (r=.489); cell phone addiction (r=.680) and techno-dependence (r=.466); and mild association with attributes of inquiry for new experiences (r=.331). (p.7).

METHODOLOGY

In line with the objectives proposed in the research, the empirical-ana- lytic approach is based on an exploratory and descriptive cross-sectional approach. The design was non-experimental because there was no deliberate manipulation of the variables to be evaluated (Hernández et al., 2014, p. 149).

The population of our study were inhabitants of some cities of Antioquia and other cities such as Bogotá, Barranquilla, Bucaramanga, Quibdó, Pereira, Manizales, Cartagena, Pasto and Cú- cuta, men and women over 18 years of age. The sample was non-probabilistic by convenience.

Inclusion criteria: 1) residents in different parts of Colombia; 2) ages between 18 and 60 years; 3) gender diversity; 4) ability to read Spanish; and 5) no diagnosis of mental illness.

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Exclusion criteria: 1) foreigners; 2) older adults; 3) people who do not interact with mobile devices; 4) non-users of social networks.

The FoMO is developed in population sectors where the use of mobile devices is highly frequent, Colombia is among the countries with the highest rates of time spent on the Internet during the day, so it is relevant to validate the instrument in this population, which can yield results that allow a diagnostic evaluation.

Data collection technique

Self-report measurements using the FoMOs scale and an ad hoc questionnaire were used.

The FoMOs (Fear of Missing Out Scale) created by Przybylski et al. (2013) and adapted to Spanish by Gil et al. (2015) is a scale with a single dimension of ten statements with five response options: (1 = not at all true, 2 = slightly true, 3 = moderately true, 4 = very true, 5 = extremely true). The items are scored directly on the understanding that a higher numerical value indicates the presence of the attributes measured. It can be applied to adolescent and adult populations (13 years and older). The Spanish adaptation by Gil et al. (2015) used in the present validation confirmed its unidimensional structure, recognizing an acceptable fit ($x2$ (35) = 1302.706; p <0.001; GFI = .934; RMSEA = .079 [.074 - .081]) and good reliability (α> .80). This is congruent with the findings of Correa et al. (2021) in Peru where they found that the FoMOs has a single coherent and simple dimension (RMSEA = .036; CFI = .988; TLI = .985) and that its scores are reliable, con- sistent (ω = .895) and stable (ICC = .821).

Procedure

For the adaptation and validation of the FoMOs, the original scale developed by Przybylski et al. (2013) was translated. Thus, an adapted linguistic translation of each item was first carried out through a back-translation process. The initial translation was our own, and the subsequent back-translation was performed by a translator unfamiliar with the original scale. Once this stage was completed, both versions were compared and those items that maintained the original meaning of the question were approved, while those that required revision were modified. This process was repeated until a final version was reached.

The results of the back-translation were satisfactory, since it was possible to maintain the content of the proposed items, obtaining a version equivalent to the original construct. Subsequently, the analysis of its principal components was carried out, where the scale shows evidence of construct validity, as well as appropriate internal consistency (Ordinal Alpha > 0.96).

The forms were created and designed using the Google Forms platform. It included the translated FoMO scale and an "ad hoc" survey where participants were asked to provide their age, sex, place of residence and profession. Finally, the form was administered virtually. 1) The form was published on several social networks (Facebook, Instagram). 2) Participants self-administered responses to the forms. 3) For data analysis, only completed forms were consi- dered. Incomplete forms were eliminated from the analysis. 4) For statistical analysis of the data, SPSS 24 and LISREL 4.1 software were used. The programs allowed the

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reliability of the FoMOs was verified by reviewing internal consistency using McDonald's Alpha Ordinal [P1] and Omega statistics (Domínguez-Lara, 2018). 5) Construct validity was studied by confirmatory factor analysis (CFA), using the robust GLS method, based on expert background on the subject (Schermelleh et al., 2003). In parallel, the test was evaluated through goodness-of-fit indices such as the $\chi 2$, NNFI (Non-Normed Fit Index). The scale was also studied using the CFI (Comparative fit index) and the SRMR (Standardized Root Mean Square Residual).

Ethical responsibility

The following are the aspects that each person participating in the research was aware of and signed an informed consent form declaring respect for the integrity of the participants. They were informed that the research did not put the physical or mental health of the participants at risk, that the dignity and privacy of the participants was defended by not exposing their personal data or personal information that they did not wish to disclose. They were also informed that if they did not want to participate in the study they could withdraw at any time during the process and that the research did not alter the coexistence or social welfare of individuals or communities (Garcés et al., 2020).

This research was conducted in compliance with the stipulations of Colombian laws (1581 of 2012 on data protection, and law 1090 of 2006). The study was conducted exclusively for academic purposes.

RESULTS

The sample consisted of 555 people over 18 years of age. Participants in Colombia were distributed as follows: 54% in Antioquia, 10% in Bogotá, and 36% in a mixed sample including the cities of Cali, Barranquilla, Bucaramanga, Quibdó, Pereira, Manizales, Cartagena, Pasto and Cúcuta.

The ages ranged from 18 to 60 years (Mean = 25.39; SD = 8.79) and were answered by people of different genders (Male = 23.4%; Female = 76.6%). In relation to the profession, the sample was made up of 51.6% students, 22% workers, 10.4% who carried out both activities and 7.9% who were unemployed.

Item analysis and internal consistency of the FoMOs.

The descriptive statistics of the items that make up the FoMOs instrument were evaluated. First, the mean ($\square$) and standard deviation (SD) were analyzed according to the total population of men and women for the items that make up the scale (Table 1). At the same time, as can be seen in Table 2, the correlations between the items were also explored. From this analysis it emerges that all of the factors are consistent with the objective set in relation to measuring "Fear of Missing Something", showing in all of these factors an acceptable correlation at the time of measuring the dimension. Therefore, it is concluded that the slightest modification in the number of items would have negative effects on the measurement variables and the performance of this test.

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For the purpose of adapting the FoMO and given the ordinal nature of its items, it was decided to analyze the data using a polychoric correlation matrix. The internal consistency of the FoMOs,

Tabla 1.
Análisis descriptivos

	□			DE		
	M	H	T	M	H	T
1. FoMO 1	1.97	1.70	1.91	1.116	0.983	1.092
2. FoMO 2	1.79	1.49	1.72	1.089	0.878	1.051
3. FoMO 3	2.01	1.52	1.89	1.244	0.905	1.192
4. FoMO 4	1.34	1.19	1.31	0.735	0.498	0.690
5. FoMO 5	2.23	1.93	2.16	1.204	1.095	1.186
6. FoMO 6	2.14	1.74	2.05	1.219	0.890	1.163
7. FoMO 7	2.37	2.10	2.30	1.249	1.176	1.237
8. FoMO 8	1.79	1.85	1.81	1.002	1.116	1.029
9. FoMO 9	2.60	2.30	2.53	1.297	1.282	1.299
10. FoMO 10.	1.76	1.52	1.70	0.979	0.832	0.952

Notas. □= Media; DE= desvío estándar; M= Mujeres; H= Hombres; T= Total.

Tabla 2.
Correlación entre ítems

	1	2	3	4	5	6	7	8	9	10
FoMO 1	1									
FoMO 2	.70**	1								
FoMO 3	.43**	.52**	1							
FoMO 4	.24**	.27**	.42**	1						
FoMO 5	.19**	.18**	.28**	.33**	1					
FoMO 6	.20**	.21**	.31**	.35**	.37**	1				
FoMO 7	.24**	.20**	.36**	.33**	.41**	.22**	1			
FoMO 8	.13**	.12**	.18**	.22**	.17**	.28**	.20**	1		
FoMO 9	.24**	.17**	.27**	.26**	.33**	.15**	.56**	.19**	1	
FoMO 10	.13**	.13**	.22**	.30**	.40**	.30**	.30**	.27*	.24**	1

necessary to know if the instrument is sufficiently reliable to be administered in the local context, it was studied with the help of the Ordinal Alpha (α) and McDonald's Omega (ω) statistics with which acceptable figures were obtained, according to literature references that suggest results above a
.70 (Ventura and Caycho, 2017). Likewise, the $\chi 2$ index was examined with which a product of 165.816 (P = 0.0) was obtained. Values that can be seen in Table 3.

Confirmatory factor analysis of the FoMOs scale.

Tabla 3. Análisis Factorial Confirmatorio de la escala FoMO.

	α	ω	X2	NFI	CFI	IFI	SRMR
FoMO	0.79	0.88	165.816	0.978	0.981	0.982	0.050

Nota: Se utilizó el modelado de ecuaciones estructurales para el análisis. α = Alfa Ordinal, ω = Omega de McDonald, $X2$ = *Chi cuadrado*, IFI= Índice de Ajuste Incremental, NFI= Índice de Ajuste Normado, NNFI= Índice de Ajuste No Normado, CFI= Índice de Ajuste Comparado, SRMR= Residuo Estandarizado Cuadrático Medio.

In order to evaluate the fit of the FoMOs within the Colombian context, we proceeded to study the confirmatory factor analysis, evaluating the goodness-of-fit indices χ2, IFI (Incremental Fit Index), NNFI (Non-Normed Fit Index), CFI (Comparative fit index) and SRMR (Standardized Root Mean Square Residual) (Holgado et al., 2010).

Table 1 shows that the evaluation has provided information to validate the proposed model, since it fits correctly (Hair et al., 2009). The IFI, NNFI and CFI indexes over- pass the values of .90 and the SRMR do not reach 0.10, so they can be taken as a symbol of correct fit (Cangur and Ercan, 2015; Lacobucci, 2010).

According to the results of the confirmatory factor analysis (CFA), we can observe that the correlations between the items confirm that the proposed model fits the data collected in the field (Hair et al., 2009). According to these results, it can be observed that the structural values of the FoMO scale model yield adequate estimated parameters (Figure 1).

DISCUSSION

Figura 1
Valores estructurales del modelo de la escala FoMO

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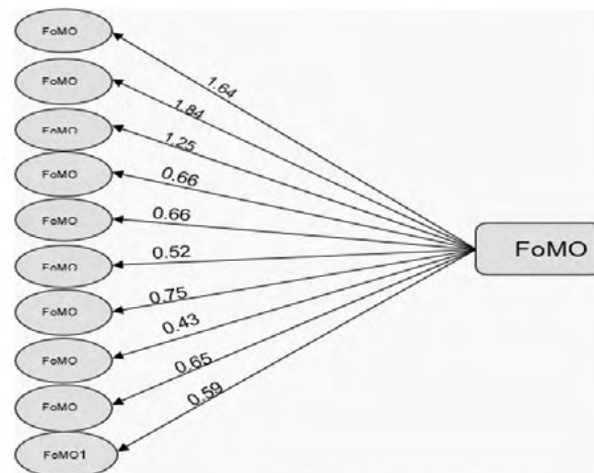
Technological over-disposition is a circumstance of special attention for current social research, since technological over-disposition is affirming object/subject and intersubjectivity relationships in the collectives of interest (Cano and Quintero, 2020). FoMOs aims at distinguishing conditions and causalities of affectation in mediated relationships.

The FoMOs scale (Przybylski et. al., 2013) presents appropriate measurement characteristics, which facilitates its use in the Colombian context and, possibly, in other Spanish-speaking countries. The adapted version of the present instrument presents ten items that are equivalent to those originally proposed by the author. In this sense, the present work provides an efficient and reliable instrument for the assessment of FoMO syndrome in our context. The standardized instrument includes factors/criteria that determine the understanding of the behaviors of other populations that are similar in terms of language and technological accessibility.

FoMO is an important psychological construct in the digital age. FoMO has been examined and validated worldwide with several psychological scales. The validation of the instrument in the present study, allows the formulation of new research focused on the management and management of FoMO in Colombian individuals, through the creation of awareness and resilience in them. There are methods such as the Fo-MO-R that developed self-control, helping the person to control their FoMo by means of technical or socio-technical countermeasures, while at the same time using internal dialogue, self-esteem, expectation management, anxiety management, among others.

CONCLUSIONS

Regarding the evaluation of the results, the confirmatory analysis allows us to conclude that its fit is timely and appropriate compared to the original prototype. In internal consistency, both Cronbach's Alpha and McDonald's Omega offered acceptable results ($\omega = .88$; $\alpha = .79$). In the confirmatory analysis the IFI, NNFI and CFI indexes exceeded values of .90 and the SRMR was 0.050, this determines that the number of factors obtained and their loadings correspond to the initial theoretical approach of Przybylski et al. (2013).

The validation of the instrument assumes the importance of the availability of psychometric resources for the quantification of experiences or phenomena of specificity and context. Thus, we can affirm that having valid and reliable tools for the evaluation of Fear of Being Left Out (FoMO) contributes to the approach on one of the main obstacles and challenges arising from the new forms of socialization and digital interaction both in the local, regional and global context, which need to be addressed to contribute to the strengthening of this line of research in the future, since it is an appropriate instrument to calculate the factors of involvement in a variable of em- ployment (Quintero et.al., 2018).

Conflicts of interest.

With respect to this research, the authors present the following statement regarding relationships that could be perceived as potential conflicts of interest:

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1. The research has NOT been financed, totally or partially, by any company with economic interests in the products, equipment or similar mentioned in the research.

2. The authors do NOT have a financial, commercial, legal or professional relationship with other organizations, or the people who work with them, that could influence their research.

3. The research has been funded by non-profit institutions with exclusive academic interests.

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