

Authors' Collaboration and Productivity on Nomophobia: A Scientometric Analysis*P. Sasikala* M. Antony Raj** B. Mohamed Naveeth******Abstract**

Purpose: This study aims to trace the published stock and collaboration among authors, in nomophobia research from 2015 to 2025, based on Web of Science (WoS) database.

Methodology: researcher has used the term "Nomophobia" and identified 388 records, the data have been analysed in software packages Microsoft Excel, Bibexcel, HistCite and VOSviewer. They are calculated using specific scientometric parameters such as collaborative index, degree of collaboration, collaborative coefficient index, authorship trends and Lotka's law.

Conclusions: The number of publications referring to "nomophobia" increased throughout this decade with 24.74% (96 papers) of papers being published in 2025. The most papers were written by the authors affiliated to the USA with 45 papers, 15.4%. The mean of Mc was 0.94, which reflects the fact that generally authors work together and do not work alone. In particular, the collaborative coefficient index peaked in 2018 at 0.75 while the collaborative index also attained its highest value, 5.44, in 2020. M. D. Griffiths had the highest number of total papers accounting for 5.47% of the total papers. Importantly, the phenomenon of nomophobia has captured the interest of scholars in the last 10 years as demonstrated by the increase in the various data points and indicators.

Keywords: Nomophobia; Scientometrics; Collaborative Index; Degree of Collaboration; Collaborative Coefficient Index

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Introduction

Nomophobia, short for no mobile phone phobia, describes the fear or anxiety people experience when they cannot use their mobile phones. Neither the DSM-IV nor the DSM-5 classifies this condition as an official mental disorder. However, academic researchers frequently describe it as a situational phobia. It comes from the UK and first appeared in a survey by the UK Post Office in conjunction with YouGov in 2008 that found that 53% of the 2,000 people interviewed about mobile phone usage said they felt anxious when they were not connected to their mobile phones (Field, 2023). Overuse of mobile phones and psychological consequences such as low self-esteem, social anxiety, panic symptoms and behavioural addiction have been associated with nomophobia (Bragazzi & Del Puente, 2014; Bianchi & Phillips, 2005). As technology has developed so quickly, nomophobia is getting more common and new phobias are

being formed. Nomophobia has attracted the academic attention and research study of behavioural patterns, psychological effects, and technological effects. Therefore, Scientometrics analysis is fundamental to analyse the global research pattern, the growth of publications and the research collaboration.

Review of Literature

Given the widespread use of smartphones in students' everyday lives and the resulting psychological effects on mental health and academic performance, the study of this phenomenon has come into the spotlight. (Rodríguez-García et al., 2020) (Medrano-Sánchez et al., 2024). This digital-age phobia is now highly common among university students. Research shows that anywhere from 15% to more than 99% of students globally experience it (Field, 2023; Bajaj et al., 2019). Over time, studies have connected nomophobia to anxiety, depression, stress, and poor academic performance (Kubrusly

et al., 2021; Sureka et al., 2020). Educators need to understand how this anxiety affects students because it harms their thinking abilities and emotional health, which makes it harder to design good solutions (Yanqing & Wenjie, 2018; Amin et al., 2024). The biggest problem is that, nomophobia has a adverse impact on students mentally and academically, creating anxiety, stress, depression and poor concentration (Abdoli et al., 2023; Kumar et al., 2025). Many researchers have conducted short term studies, but researchers are still not fully aware of how nomophobia affects academic and mental distress. However, researchers lack data on variables like general anxiety and social anxiety that play a role in the equation as well as self-esteem (Hong et al., 2025; Shiri & Rostami, 2025; Abukhanova et al., 2024). Additionally ambiguous results have been found regarding nomophobia as an independent phobia, as a psychological problem or as a behavioural addiction. It can be considered as a type of smartphone addiction by some researchers, and regarded as a different form of addiction by others (Ren et al., 2023; Tran, 2015). The lack of alignment results in the underrepresentativeness of helpful interventions in schools and a lack of understanding by school leaders of how severe the issue is for students (Alnasser et al., 2025).

In terms of concepts, nomophobia is the threat or concern that occurs when individuals are disconnected from their mobile phones (Ren et al., 2023; Rodríguez-García et al., 2020). It is clearly associated with phone addiction, anxiety, depression and difficulties in school work while self-estimate and social anxiety are the mediating variables between the two (Gnardellis et al., 2023; Bulut & Sengul, 2023; Arpaci et al., 2017). This conceptual framework guides researchers from mapping its impact on a student's brain to their academic performance (Liang, 2024; Arpaci et al., 2017).

Data analysis tools already have been used to map this field by a few researchers. Triantoro et al. (2023) conducted a literature review on the studies about nomophobia published during the past 13 years (from 2010 to 2023) by searching the Scopus database for the number and trend of publications. In the end, they identified 304 papers and produced the distribution maps of these papers by using the VOSviewer software. Computers in Human Behavior journal published the maximum number of papers (15) and the most productive country was Turkey (59). The team also determined overlap between keywords to identify common themes of research. Later, Jahrami et al. (2024) searched for international NOFOOnia papers published from 2008 to 2022 from Scopus and Dimensions.ai databases. Analysing their data, they mapped a huge dataset of 1,781 publications, 30 datasets, two grants, six patents, four clinical trials, and five policy papers, using software HistCite, R software, and VOSviewer.

Next, Bhattacharya et al. (2025) analysed the studies on nomophobia conducted in the period of 2010–2024 from the Scopus database. They mapped the publication number and major themes occurring in the research area using Biblioshiny and VOSviewer and found that the number of publications is steadily increasing. Other groups have worked on the changes in everyday behavior due to nomophobia. Guerra Ayala et al. (2025) examined the relationship between nomophobia, "phubbing" (community disregard of others in favour of phone use) and sleep problems in 18- to 24-year-old college students during the months of March to June 2023. They took a cross-sectional design, non-probability sampling and surveys to observe whether or not there was a significant association between phone habits and sleep issues. They saw a moderate positive correlation among these behaviors and poor sleep. Both nomophobia and phubbing significantly

predicted short sleep duration and insomnia, however, phubbing only predicted short sleep duration while nomophobia also predicted late bedtime. The findings reveal the need for college campuses to take steps to ensure sleep, since both habits are detrimental to sleep.

Lastly, Hessari et al. (2024) conducted a systematic review of nomophobia in the workplace considering 36 works with a total of 15,009 observations. They discovered that the disorder is common, it has various causes and it adds to employee anxiety, stress in the workplace and day-to-day distractions. The age and educational levels were factors too, as younger and more educated employees were at the greatest risk. The results indicate that businesses must have a strategy in place for supporting more healthy online behaviors at work.

Objectives

The study's objectives are:

This study aims to perform a bibliometric thorough evaluation of the literature related to nomophobia. It lends cross-references to trends in publication, number of articles per author, geographical information and prevalent trends. Based on the above research, the researcher has formulated the objective of this research as follows:

1. To examine the year-wise publication trends in nomophobia research.
2. To identify the prolific authors in nomophobia research.
3. To test the applicability of Lotka's Law to author productivity.
4. To prepare a ranked list of countries contributing to nomophobia publications.
5. To examine the distribution of publications by document type.

6. To identify the most frequently used keywords in nomophobia research.
7. To evaluate year-wise authorship patterns in nomophobia publications.
8. To calculate the collaborative index, collaborative coefficient index, and degree of collaboration in nomophobia

Methodology

This present study tracks global research output on nomophobia from 2015 to 2025 using a scientometric approach. Researcher use a basic search in the Web of Science database using the keyword "Nomophobia," which retrieved a total of 388 records. To process and visualize this dataset, researcher utilized four software tools:

- Microsoft Excel
- BibExcel
- HistCite
- VOSviewer

By applying these scientometric tools, researcher evaluated the overall productivity and publishing dynamics across a eleven-year timeline.

Data Analysis and Interpretation Year-Wise Publications

Table 4.1 display how nomophobia research grew globally over this ten-year timeline. The Web of Science database indexed 388 papers between 2015 and 2025. During this decade, annual output rose steadily. Production expanded from a low of two papers (0.68%) in 2015 to a high of 66 papers (22.60%) in 2024. This consistent increase brought the final cumulative total to 388 papers by the end of 2025. Citation patterns fluctuated independently of pure publication volume. The total local citation score reached its highest point in 2018 with 248 citations. Meanwhile, global citations peaked a few years later, accumulating 1,562 citations in 2021.

Table. 4.1 Year-Wise Publications

S. No	Year	Publications	Percentage	Total Local Citation Score	Total Global Citation Score
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1	2015	2	0.51	208	491
2	2016	5	1.28	99	294
3	2017	7	1.80	39	974
4	2018	12	3.09	248	1010
5	2019	21	5.14	154	1475
6	2020	36	9.27	79	994
7	2021	43	11.08	116	1562
8	2022	44	11.34	71	680
9	2023	56	14.43	40	564
10	2024	66	17.01	38	251
11.	2025	96	24.74		
	Total	388	100	1092	8295

Author-Wise Publications

Table 4.2 and figure 4.1 break down publication numbers by individual researchers between 2015 and 2025. To analyze specific contributions within the field, researchers selected the fifteen most prolific authors writing on nomophobia during this ten-year period. The most prolific author in nomophobia research is Griffiths, M. D., who has published 16 articles, accounting for 5.47 percent of the

total. Jahrami follows with 11 publications (3.76 percent), ranking second. Lia C. Y. occupies the third position with 11 publications (3.76 percent). The remaining authors each produced fewer than ten publications. Based on the overall publication output, Griffiths, M. D. is identified as the most prominent author in nomophobia research, as indicated by his 16 contributions.

Table. 4.2 Author-Wise Publications

S. No	Author	Publications	Percentage	Total Local Citation Score	Total Global Citation Score
1	Griffiths MD	16	5.47	61	1358
2	Jahraml	11	3.76	17	186
3	Lin CY	11	3.76	38	422
4	Gonzalez-Cabrera J	10	3.42	0	263
5	Bragazzi NL	9	3.08	26	300
6	Pakpour AH	8	2.73	38	269
7	Machimbarrena JM	7	2.39	0	141
8	Trabelsi K	7	2.39	2	133
9	Vitiello MV	7	2.39	25	144
10	Bahammam AS	6	2.05	25	98
11	Aguilera Manrique G	5	1.71	0	240
12	Arpaci I	5	1.71	55	206
13	Gutierrez-Puertas L	5	1.71	0	240
14	Morreno-Guerrero AJ	5	1.71	0	238
15	Manriquez-Hernandez VV	5	1.71	0	240

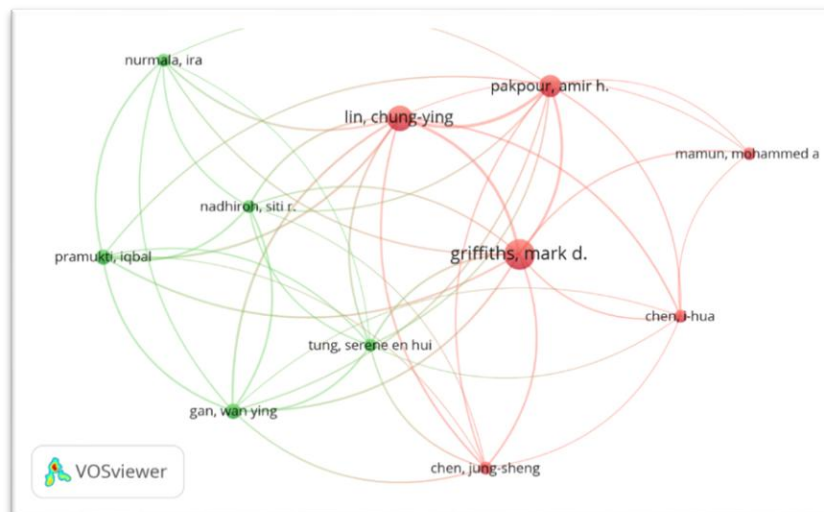


Figure 4.1 Author-Wise Publications

Authorship Pattern

Table 4.3 breaks down nomophobia publications by the number of contributors on each paper from 2015 to 2025. Teams of three authors produced the most work, accounting for 78 studies. Two-author and four-author groups each published 52

papers, while larger research teams with more than six members contributed 111 papers. The remaining authorship categories each produced fewer than 40 papers. These numbers confirm that investigators in this field heavily prioritize joint research over solo projects.

Table. 4.3 Authorship Pattern

Year/Authors	1	2	3	4	5	>6	Total
2015	1	1	0	0	0	0	2
2016	0	1	2	1	0	1	5
2017	0	1	2	3	1	0	7
2018	0	0	5	1	3	3	12
2019	5	2	4	3	4	3	21
2020	0	0	5	1	3	27	36
2021	2	7	9	10	4	11	43
2022	2	10	7	3	8	14	44
2023	4	10	9	7	10	16	56
2024	3	10	15	10	9	19	66
2025	5	12	20	22	20	17	96
Tot.al	22	54	78	61	62	111	388

Collaborative Index

Table 4.4 tracks the annual collaborative index between 2015 and 2025. The yearly values fluctuated throughout the decade, starting at a low of 1.50 in 2015 and peaking at 5.44 in 2020. The overall

average collaborative index for the entire eleven-year period is 4.32. Specific years showed particularly strong collective authorship, such as 2018 with a score of 4.33 and 2025 with a score of 5.24.

Table 4.4 Collaborative Index

Year/Authors	1	2	3	4	5	>6	Total	CI
2015	1	1	0	0	0	0	2	1.50
2016	0	1	2	1	0	1	5	3.00

2017	0	1	2	3	1	0	7	3.57
2018	0	0	5	1	3	3	12	4.33
2019	5	2	4	3	4	3	21	3.38
2020	0	0	5	1	3	27	36	5.44
2021	2	7	9	10	4	11	43	3.93
2022	2	10	7	3	8	14	44	4.06
2023	4	10	9	7	10	16	56	4.01
2024	3	10	15	10	9	19	66	4.04
2025	5	12	20	22	20	17	96	5.24
Tot.al	22	54	78	61	62	111	388	4.32

Collaborative Coefficient Index

Table 4.5 details the collaborative coefficient calculations. This metric varied notably across the study timeline. The coefficient began at 0.25 in 2015, climbed to 0.75 in 2018, dropped to its lowest point

of 0.19 in 2020, and eventually settled at 0.68 in 2025. Across the full decade, the mean collaborative coefficient was 0.70, reflecting shifting but active partnership styles among researchers.

Table 4.5 Collaborative Coefficient Index

Year/Authors	1	2	3	4	5	>6	Total	CC
2015	1	1	0	0	0	0	2	0.25
2016	0	1	2	1	0	1	5	0.52
2017	0	1	2	3	1	0	7	0.70
2018	0	0	5	1	3	3	12	0.75
2019	5	2	4	3	4	3	21	0.56
2020	0	0	5	1	3	27	36	0.19
2021	2	7	9	10	4	11	43	0.69
2022	2	10	7	3	8	14	44	0.69
2023	4	10	9	7	10	16	56	0.68
2024	3	10	15	10	9	19	66	0.69
2025	5	12	20	22	20	17	96	0.68
Tot.al	22	54	78	61	62	111	388	0.70

Degree of Collaboration

To determine the degree of collaboration (DC) for this dataset, researcher applied Subramanyam's formula (1983): $DC = \frac{NM}{NM+NS}$

$$DC = 275/275+17$$

$$DC = 275/292$$

$$DC = 0.94$$

(Where N_m is the number of multi-authored publications and N_s is the number of single-authored publications.)

Table 4.6 Degree of Collaboration

S. No	Year	Number of Single Author (NS)	Number of Multiple Authors (NM)	(NS)+(NM)	DC=(NM/(NS)+(NM))
1	2015	1	1	2	0.5
2	2016	0	5	5	1
3	2017	0	7	7	1
4	2018	0	12	12	1

5	2019	5	16	21	0.76
6	2020	0	36	36	1
7	2021	2	41	43	0.95
8	2022	2	42	44	0.95
9	2023	4	52	56	0.92
10	2024	3	63	66	0.95
11	2025	5	96	101	0.95
	Tot.al	22	366	388	0.94

Table 4.6 displays these calculated values. The overall degree of collaboration for the entire eleven-year span is 0.94. The annual figures show that collaboration reached a perfect score of 1.00 in 2016, 2017, 2018, and 2020, while the lowest recorded value occurred in 2015 at 0.50. This high average confirms that multi-authored papers dominate nomophobia literature. Finally, Table 4.7 visually compare the total output of single-authored papers against multi-authored publications.

Single VS Multi-Authors Publications

Table 4.7 Single VS Multi-Authors Publications

S. No	Authorship Pattern	Publications	Percentage
1	Single Author	22	5.67
2	Multi Authors	366	94.32
	Total	388	100

Table 4.7 depict single and multi-author publications in nomophobia research from 2015 to 2025. Single authors contributed 22 publications (5.67%), while multiple authors contributed 366 publications (94.32%). It is evident that collaborative authors contributed significantly more than single authors in nomophobia research.

Country-Wise Publications

Table 4.8 and figure 4.2 show country-wise contributions to nomophobia publications worldwide from 2015 to 2025. A total of 68 countries contributed to the research, and the top fifteen most productive countries were selected for analysis. Among these, the USA published

the highest number of publications, 45 (15.4%), ranking first. Turkey ranked second with 40 publications (13.6%), followed by the People's Republic of China with 39 publications (13.3%) in third place. The remaining countries each published fewer than 39 publications.

Table 4.8 Country-Wise Publications

S. No	Country	Publications	Percentage	Total Local Citation Score	Total Global Citation Score
1	USA	45	15.4	438	1683
2	Turkey	40	13.6	396	1152
3	Peoples R China	39	13.3	117	742
4	Spain	36	12.3	0	1202
5	UK	32	10.9	80	2269
6	India	24	8.21	59	218
7	Portugal	21	7.19	8	114
8	Italy	19	6.50	37	466
9	Canada	16	5.47	68	354
10	Bahrain	14	4.79	25	233
11	Saudi Arabia	14	4.79	35	225

12	Taiwan	14	4.79	2	347
13	Australia	13	4.45	17	267
14	Tunisia	10	3.42	11	164
15	Jordan	9	3.08	26	158

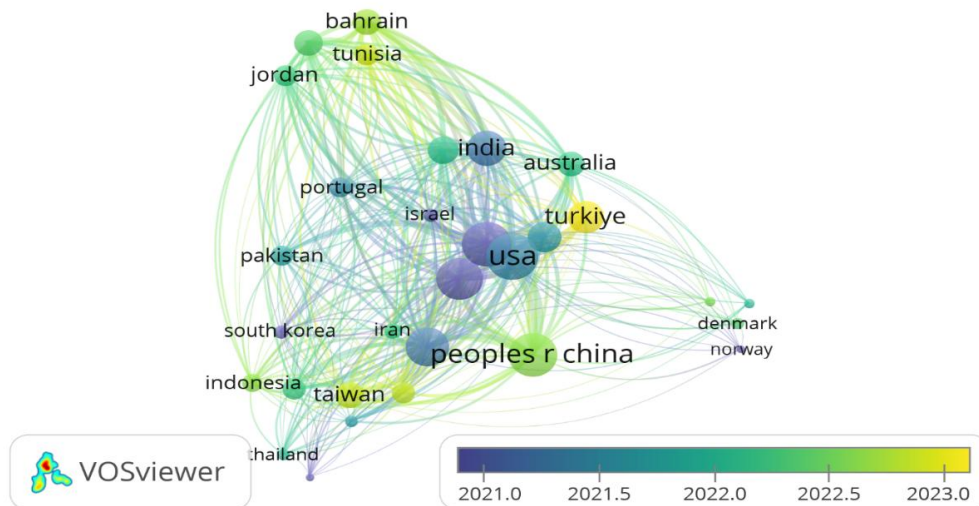


Figure 4.2 Country-Wise Publications

Documents Type-Wise Publications

Table 4.9 presents the distribution of nomophobia publications by document type from 2015 to 2025. Publications appeared in seven types of documents, including articles, early access articles, editorial materials, reviews, meeting abstracts, letters, and corrections. The majority of publications were articles, with

318 documents (81.95%), followed by meeting abstracts, with 35 documents (9.02%), and reviews, with 27 documents (6.95%). The remaining document types each accounted for fewer than three publications. Overall, articles were the most frequently published document type and received 1,084 local citations and 6,210 global citations.

Table 4.9 Documents Type-Wise Publications

S. No	Documents Type	Publications	Percentage	Total Local Citation Score	Total Global Citation Score
1	Article	318	81.95	1084	6210
2	Meeting Abstract	35	9.02	6	13
3	Review	27	6.95	1	2063
4	Editorial Material	3	0.77	2	21
5	Article; Early Access	2	0.51	0	8
6	Letter	2	0.51	0	4

7	Correction	1	0.25	0	0
	Total	388	100	1093	8319

Keyword-Wise Publications

Table 4.10 and figure 4.3 present the most frequently used keywords in nomophobia publications from 2015 to 2025. The analysis considers the top fifteen keywords. According to the Web of Science database, the keyword "Nomophobia" appears most frequently, with 191 occurrences (65.4%), followed

by "Students," with 94 occurrences (32.2%), and "Smartphone," with 66 occurrences (22.6%). Papers using the keyword "Nomophobia" received 4,463 global citations and 968 local citations. These citation counts confirm that this specific term is the primary identifier for literature in this subject area.

Table 4.10 Keyword-Wise Publications

S. No	Keyword	Publications	Percentage	Total Local Citation Score	Total Global Citation Score
1	Nomophobia	191	65.4	968	4463
2	Students	94	32.2	266	1733
3	Smartphone	66	22.6	220	3257
4	Use	49	16.8	100	1813
5	Addiction	39	13.4	102	1704
6	Phone	30	10.3	77	487
7	Questionnaire	29	9.9	297	1240
8	University	27	9.2	53	382
9	Mobile	26	8.9	22	347
10	Relationship	26	8.9	67	529
11	College	23	7.9	113	499
12	Social	23	7.9	109	1424
13	Anxiety	21	7.2	113	428
14	Problematic	21	7.2	78	1515
15	Cross	20	6.8	26	271

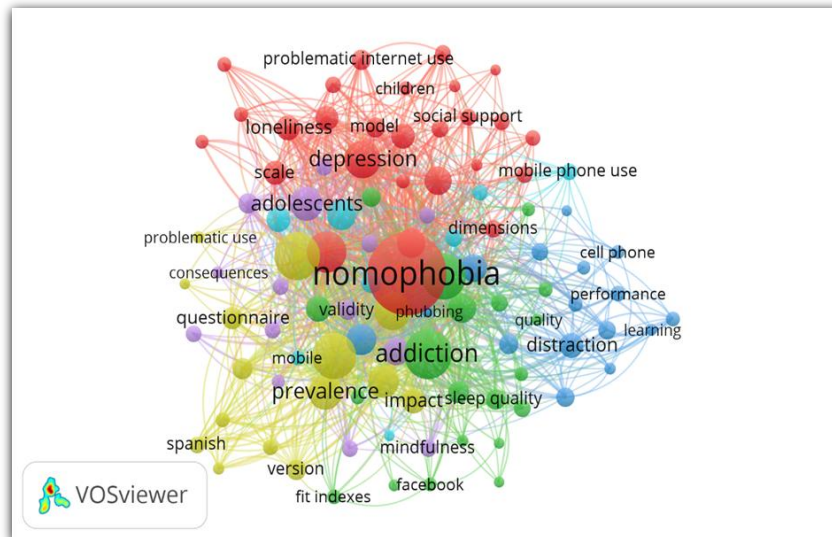


Figure 4.3 Keyword – wise publications

Lotka's Law of Author Productivity

Lotka's law is a standard bibliometric metric used to calculate how frequently researchers publish within a specific field. This formula is the mathematical baseline for analyzing author productivity in library and information science. Lotka observed that the number of authors making n contributions is approximately $1/n^2$ of those making a single contribution. His inverse square law

relates the number of contributors to scientific papers with their number of contributions. According to this law, about 60 percent of authors in a given field publish only one article, approximately 15 percent publish two articles ($1/2^2 \times 60$), 7 percent publish three articles ($1/3^2 \times 60$), and so on. The general formula expressing the relationship between the frequency (Y) of authors making X contributions is $X^n Y = \text{Constant}$.

Table 4.11 Lotka's Law of Author Productivity

Paper s (x)	Author s (y)	Log X	Log Y	X×Y	X ²	1/x ⁿ	y/∑y	∑(Yx/ ∑Yx)	fe=C(1/x ⁿ)	∑fe	D
1	22	0	2.83	0	0	1	0.05	0.05	0.05	0.05	0
2	54	0.69	3.73	2.57	0.47	0.00	0.14	0.19	0	0.05	-0.14
3	78	1.09	4.06	4.42	1.18	7.03	0.19	0.38	0.35	0.40	0.02
4	61	1.38	3.66	5.05	1.90	3.14	0.13	0.51	0.15	0.69	0.18
5	42	1.60	3.73	5.96	2.56	2.82	0.14	0.65	0.14	0.83	0.18
>6	111	1.79	4.54	8.12	3.20	3.94	0.32	0.97	0.19	1.02	0.05
Total	388	6.55	22.55	26.12	9.31	17.9 3					

The value of n has been calculated using the following formula:

$$r = \frac{N \sum XY - \sum X \sum Y}{\sqrt{N \sum X^2 - (\sum X)^2} \sqrt{N \sum Y^2 - (\sum Y)^2}}$$

$$n = \frac{9.02}{12.9575}$$

$$n = 0.695$$

and the value of C has been calculated using the following formula:

$$C = \frac{1}{\sum \frac{1}{n}}$$

$$C = \frac{1}{17.93}$$

$$C = 0.05$$

D = The maximum difference in the D value. It has been calculated as 0.18 in the study.

$$CV = \frac{1.63}{\sqrt{\sum Y_x + \sum Y_{x/N}}}$$

$$CV = \frac{1.63}{4.94}$$

CV = 0.32

To test the applicability of Lotka's law in nomophobia publications from 2015 to 2025, the author first calculated the value of n using the formula mentioned above, which was computed as 0.695, and the value of C was determined to be 0.05. Based on Table 4.11, the estimated critical value (CV) is 0.32, and the deviation is 0.18. The results show that the observed value of D is lower than the critical value of 0.32. In conclusion, the study indicates that Lotka's law applies to nomophobia research publications.

Discussion

The psychologic, behavioral and technological dimension of dependence on the smartphone has increased considerably in the eyes of scholars, making it easy to consider what nomophobia research has emerged since 2015. Given such consideration, it is easy to establish that the psychologic, the behavioural and the technological aspects of dependence on the smartphone has increased considerably; this is done by means of a scientometric analysis of the research on Nomophobia between 2015 and 2025. This publication trend reveals that year-wise publications have been steadily increasing and significant with the maximum number of publications in 2025. This trend reveals a rampant worldwide concern over smartphone addiction and its psychological impact. The number of publications has also gone up, especially since individuals have embraced mobile technology swiftly, particularly young adults, students and professionals. These groups are in high risk when it comes to phone related anxieties and behaviors. This is consistent with the observations made by Triantoro et al. (2023), which also revealed that publications had been steadily increasing over the same period. The literature consists mainly of articles with several authors. Now nomophobia is a multidisciplinary phenomenon, with a degree of collaboration of 0.94, and with consistently high teamwork metrics.

Combines concepts from psychology, public health, and education, computer science, and digital wellbeing. The findings are consistent with previous research by Jahrami et al. (2024) and Bhattacharya et al. (2025), which also pointed out high collaboration within the field. The most prevalent author structure is three, indicating a high reliance on collaboration in research which reflects the highly overlapping nature of digital health and behavioral science research. On the individual level, the most prolific scholars are such figures as C. Y. Lin and M. D. Griffiths. They have been extremely well cited internationally as well as locally, with many papers used on a routine basis in the academic world in relation to behavioral addiction and cyberpsychology. Findings from this concentration reveal that nomophobia research is guided by a select number of authors who create a high volume of publications on this topic. This distribution corresponds exactly with Lotka's inverse square model; namely, the small number of people and hence authors that contribute really heavily contribute, and that is exactly what is found in the real test. Journal articles are the most frequent document type, indicating that data collection methods in the form of empirical studies continue to be the basis of research. While the number of review articles is less common, they do attract large numbers of citations due to the fact that they bring together available data and highlight areas of knowledge that are not yet discovered. In the analysis of keywords, investigators treat the academic population heavily, as well as indicator tools specifically the Nomophobia Questionnaire.

The most commonly used words are:

- Students
- Smartphone
- Addiction
- Anxiety
- Questionnaire (Bragazzi & Del

Puente, 2014; Pala, 2023)

The existing experiments reflecting the thematic focus correspond to the patterns of nomophobia and anxiety, poor sleep, social isolation and a drop in grades (Guerra Ayala et al., 2025; Hessari et al., 2024). Geographically, the most productive countries turn out to be those that have a high coverage of smartphones and advanced tech infrastructure such as USA, Turkey, China, Spain, UK, etc. These areas have the resources necessary to record and investigate issues with excessive mobile device use. India's involvement with the research has also increased with the 24 publications, reflecting the growing interest of the researchers from South Asian countries on the smartphone behavior around this region. These geographic patterns demonstrate that phone-use in academic contexts is bound up in social and cultural norms that inform global patterns of phone-use. The majority of literature (81.95% - 318 publications) consist of research articles, which are more abundant than reviews and Meeting abstracts. Highly-cited papers are key references for current research projects. Students' and psychological measures, emphasize the applicability of this research in the protection of the mental health of the younger generations, who were raised with digital technology.

In summary, literature dealing with nomophobia is dominated by an increasing number of publications, intense involvement from the same authors, some highly contributing nations and high efforts to create connections to other disciplines. Cell phone addiction is definitely a worldwide issue. Future research needs to focus on intervention, cross cultural variations, long term psychology effects on vulnerable. This bibliometric overview can be used as baseline data in designing evidence-based interventions and digital well-being policies.

Findings and Conclusions

Nomophobia is indeed a known matter of concern globally as it adversely affects the mental health, socialization, sleep quality, job performance and grades. It is no longer regarded as a little mental pathia. Researchers are highly co-operative across these various research articles, indicating a joint effort by various researchers to resolve this modern digital dilemma while the increasing number of research articles published every year is a testament to its increasing importance in the global research agenda. The mapping here identifies the literature to date, identifies the key contributors and provides a pathway for future research on digital well-being. Using the 96 records published in 2025 (24.74%), the highest number of publications was observed in that year out of the 388 records analysed from 2015 to 2025. M. D. Griffiths is the most productive author in the field with 16 articles published (5.47%). Most often this is three authors, and there are 58 papers that have three. The average of degree of collaboration for year was 0.94 for the 10 years, and shows that researchers seldom work alone.

The USA is the country with the highest number of publications (45 publications; 15.4%) followed closely by Turkey, China and Spain. 'nomophobia' is the main keyword that mentions in 191 publications (65.4%). The collective research index was maxe in 2020 (5.44) and the Impact of collaborative coefficient was maximum in 2018 (0.75). Finally, tests suggested by mathematics show an inverse square distribution of author output which is in accordance with Lotka's law.

The literature shows that there is a clear and consistent association between nomophobia and mental health problems, particularly anxiety, depression, and distress/stress. The variable most commonly studied has been anxiety, with anxiety playing a key role in linking nomophobia with other undesirable mental outcomes. This psychological unease can manifest as other physical problems, such

as blood pressure, body aches, and difficulty sleeping, and is a good indication that phone anxiety is addictive and negatively affects general health. Factors such as fear of missing out (FoMO) and feelings of loneliness, social anxiety and insecure attachment styles exacerbate these struggles. FoMO is a key link between nomophobia and mental distress and academic burnout, as the fear of losing society interconnection itself exacerbates the impact of nomophobia. The results with regard to school achievement are mixed.

Several papers directly found a negative correlation between nomophobia and concentration, motivation and GPA, while others studies show that there are indirect effects. The flip-side of this is that phone anxiety negatively impacts on grades, as evidenced by multi-layered effects. This can be mediated through other factors such as low self-regulation and high overall anxiety, but other factors such as being mindful can diminish the association between attitudes and self-efficacy. The evidence shows that nomophobia can have a negative impact on the cognitive processes that are needed for learning, but more long-term studies are required to determine exact cause and effect timelines.

Interestingly, medical and nursing students reported a greater prevalence of nomophobia than other students which may be associated with the high levels of academic pressure and work related stress levels that medical students may encounter. This fear also differs based on cultural and demographic characteristics. Findings in Asia, Europe, the Middle East, and Latin America reveal that there are differences among the regions. There is some variability by gender; the vulnerability scores are often higher for the female student. However, age, level of education and economic disadvantage change the presentations, which researchers tend to consider less frequently. This regional diversity

therefore implies that the psychologists need to adopt context relevant approaches to design studies or solutions to them.

Intervention research is still at a very early stage and few papers review coping strategies. Despite all of that, basic methods proposed by investigators to help diminish the effect of phone anxiety on academic and mental health on regular basis involve mindfulness training, digital literacy training and psychological counseling. Preventative resources, such as family support and educational programs to promote appropriate screen time are also helpful. For companies and institutions, structural measures are required to keep stress and factors of disturbance at a minimum due to the usage of telephones during the course of a day. Results of the studies can be compared in a straightforward fashion owing to the fact that most investigators are using the standard Nomophobia Questionnaire (NMP-Q) and this questionnaire achieves high measurement consistency. But due to different cut-off scores and conceptual overlaps with smartphone dependency, it is difficult to standardize totally.

Theoretical models also have evolved as authors now basing their explanations on attachment theory, stressor-strain-outcome models and self-system models; there is still a need for research into the biological and neurological aspects of the phobia. Concluding, the amount of global research on nomophobia increased steadily 2015–2025. It is a discipline that heavily depends on teamwork, a handful of influential authors and a multi-disciplinary method. The overall trends demonstrate the prevalence of phone anxiety as a behavioral health concern and this bibliometric overview is a steppingstone to future longitudinal studies, policy development, and clinical treatments.

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