



- Excessive use of texting language leads to change in the language even in writing such as - *eg, dat, c, wat, u, der*, and so on.
- Feeling of loneliness or emptiness when there are no calls or messages even for a short while

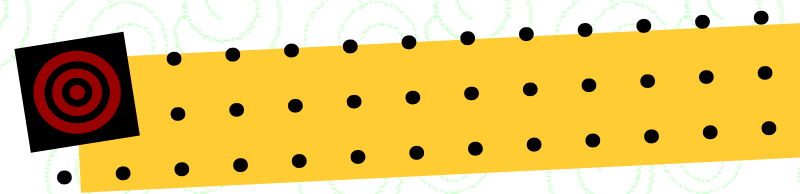
Social effects:

- Excessive use leads to poor family interaction.
- Use of mobile phone while driving/road may lead to accidents.



How can you better manage your Cell Phone use?

- Use the cell phone only when necessary
- Keep your talk brief on the phone and don't extend your calls for hours.
- Avoid using your phone while spending valuable time with your family or friends.
- Set and follow certain rules for your family members and yourself such as—No mobile use while eating, praying, and other such important activities.
- Set a budget for cell phone bills, don't cross the limit.
- If you are texting too often, try to avail special packages for SMS.
- Include hobbies and alternative pleasurable activities in your daily schedule.
- If you are not able to control your cell phone use, it might indicate an addiction and a Counsellor / Therapist/ Mental health professional may be able to help you.



Cell phone Overuse & Addiction



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Cell phones are used not only for talking but also to send text messages (SMS), picture messages (MMS), accessing the internet, listening to music, watching videos and playing games.

Some users may feel compulsion or repeated desire to use mobile phones for long periods of time. This desire may be out of their control and they may also feel anxious or depressed when their cell phone is not available. These symptoms may indicate an addiction to cell phone use. Cell phone addiction includes: texting addiction, call addiction, gaming addiction, internet and social networking addiction.

Who is at risk?

- People who enjoy experimentation or thrilling experiences— they are also called ‘Sensation Seekers’.
- People who are anxious or/and depressed.
- People with high stress levels
- People who have a limited social circle and those who are isolated.

Am I at risk for Cell Phone Addiction? Test yourself

If you say **YES** to more than 3 of the following questions, you may be at risk for cell phone addiction.

Control:

1. Do you feel the need to talk or SMS on the phone almost all the time?
2. Has there been a steady increase in the frequency of phone recharge and amount?

Compulsion:

3. Have you ever been teased or scolded because you had your cell phone ON even in cell phone restricted activities and situations (at meetings, while exercising, at the cinema)
4. Do you have your cell phone close to you always—even when you are not expecting an important call/text message?

Craving:

5. Do you invariably feel anxious if you are not able to use your Cell Phone?(such as in meetings, on a flight, in class or in a place of worship)
6. Do you feel uncomfortable and restless when you are not using your cell phone or it is unavailable?

Note: These should not be in situations where you may be expecting an important call or need to be contacted urgently

Effects of Cell Phone Addiction

Physical effects:

Studies show long term effects on brain, hearing, vision, and the heart.



Psychological effects:

- Switching off your phone might cause anxiety, irritability or sleeplessness
- Change in the sleep cycle due to late night usage of mobile phone