

# Interrelationships between smartphone addiction, affect, sleep quality, and sexual problems: preliminary findings in a nonclinical female sample

Rui Miguel Costa<sup>1</sup>, Eduardo Xavier<sup>1</sup>, Ana Rolo Santos<sup>2</sup>, Luana Hanysz<sup>2</sup>, Leonor Soares<sup>2</sup>

<sup>1</sup> William James Center for Research, ISPA – Instituto Universitário, Lisbon, Portugal

<sup>2</sup> ISPA – Instituto Universitário, Lisbon, Portugal

## INTRODUCTION

- Smartphone addiction is an emergent problem that has been associated with anxiety, depression, and poor sleep quality [1,2].
- Limited research suggests a link between female sexual problems and social media addiction (implying smartphone use) [3].

Is smartphone addiction related to sexual problems in women?  
Can anxiety, depression, and poor sleep quality explain this relation?

## METHOD

### Participants:

Nonclinical sample from Lisbon, Portugal

Preliminary results: study ongoing

**131 Women:** 17 to 47 years

(Mean age = 22.94, *SD* = 6.47)

### Measures:

- Smartphone Addiction Scale – short version (SAS – SV)
- Hospital Anxiety and Depression Scale (HADS)
- Pittsburgh Sleep Quality Index (PSQI)
- Female Sexual Function Index (FSFI)
- Female Sexual Distress Scale – Revised (FSDS – R)
- Frequency (in days) of penile-vaginal intercourse, noncoital sex, and masturbation during the previous month.

## RESULTS

### Correlations with smartphone addiction symptoms

More anxiety	.36***
More depression	.26**
Poorer sleep quality	.29***
Greater sexual distress	.21*
Vaginal intercourse frequency	-.05
Noncoital sex frequency	.05
Masturbation frequency	.04

### Subgroup without sexual relations in the past month Correlations with smartphone addiction symptoms

	<i>r</i>	Partial <i>r</i> controlling for anxiety, depression and sleep quality
Greater sexual distress	.39***	.42**
Higher desire	.54***	.67***

### Subgroup with sexual relations in the past month Correlations with smartphone addiction symptoms

	<i>r</i>	Partial <i>r</i> controlling for anxiety, depression and sleep quality
Sexual distress	.13	.01
Lower desire	-.30**	-.29**
Arousal	-.18	.07
Lesser lubrication	-.35***	-.26*
Orgasm	-.19↑	-.10
Satisfaction	.01	.16
More pain	-.28**	-.22*

In women without a partner, symptoms of smartphone addiction correlated with higher sexual desire or greater distress with one's sexuality, independently of anxiety, depression and sleep quality.

In women with a partner, symptoms of smartphone addiction correlated with lower sexual desire, lesser lubrication, and more pain during sexual relations. Anxiety, depression, and sleep quality partly explained the association of smartphone addiction with lesser lubrication and more pain.

**REFERENCES:** [1] Matar Boumosleh J, Jaalouk D (2017). Depression, anxiety, and smartphone addiction in university students - A cross sectional study. *PLoS ONE*, 12(8). <https://doi.org/10.1371/journal.pone.0182239>. [2] Demirci K, Akgönül M, Akpınar A (2015). Relationship of smartphone use severity with sleep quality, depression, and anxiety in university students. *Journal of Behavioral Addictions*, 4, 85–92. [3] Alimoradi Z, Lin CY, Imani V, Griffiths MD, Pakpour AH (2019). Social media addiction and sexual dysfunction among Iranian women: The mediating role of intimacy and social support. *Journal of Behavioral Addictions*, 8, 318–325

There are no conflicts of interest.

**FCT**  
Fundação  
para a Ciência  
e a Tecnologia

**WJCR**



**ISPA**  
INSTITUTO UNIVERSITÁRIO  
CIÊNCIAS PSICOLÓGICAS, SOCIAIS E DA VIDA