The Relationship Between Nomophobia and Clinical Performance Among Iranian Nursing Students: A Cross-sectional Study

Elham Rasoulian Barzoki1, Samaneh Marofi2, Solmaz Vahedi3, Mahboobeh Moradi4, Samira Ahmadi5, Mahsa Ovliaei Bidgoli1,*

1Department of Nursing, KaMS.C., Islamic Azad University, Kashan, Iran

2Department of Nursing, Student Research Committee, Qazvin University of Medical Sciences, Qazvin, Iran

3Department of Nursing Management, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran

4MSc in Critical Care Nursing, Student Research Committee, School of Nursing and Midwifery, Guilan University of Medical Sciences, Rasht, Iran

5Social Determinants of Health Research Center, Health and Metabolic Diseases Research Institute ,Zanjan University of Medical Sciences, Zanjan, Iran

*Corresponding Author: Department of Nursing, Faculty of Nursing, Kashan Branch, Islamic Azad University, Kashan, Iran. Email: mahsaoliyai@gmail.com

Background: Nomophobia, the fear of being without a mobile phone, is increasingly prevalent among nursing students and may impact their clinical performance. Understanding this relationship is essential for developing strategies to enhance focus and professional competence in clinical settings. This study aimed to address this research gap by investigating the relationship between nomophobia and clinical performance among nursing students.

Objectives: This study aimed to address this research gap by investigating the relationship between nomophobia and clinical performance among nursing students.

Methods: A cross-sectional study was conducted from September 2024 to January 2025 to examine the relationship between nomophobia and clinical performance among nursing students at Islamic Azad University of Kashan and Kashan University of Medical Sciences. Using a convenience sampling method, 200 undergraduate nursing students aged 19 - 27 years were recruited. Data were collected through self-administered pencil-and-paper questionnaires, including the Nomophobia Questionnaire (NMP-Q) to assess nomophobia levels and the Clinical Performance Questionnaire to evaluate self-efficacy in clinical performance. Statistical analyses were conducted using SPSS version 26, employing a general linear model (GLM) to assess the impact of nomophobia on clinical performance while controlling for demographic variables.

Results: Among the participants, 62.5% were female, and 70.5% were aged 19 - 21 years. Moderate nomophobia was the most prevalent (56%), followed by mild (29%) and severe nomophobia (4%). The GLM analysis revealed that nursing students with mild nomophobia had significantly higher clinical performance scores (B = 34.24, P = 0.002) compared to those with severe nomophobia. Additionally, students who checked their smartphones 10 - 29 times per day had significantly higher clinical performance scores (B = 22.19, P = 0.01) than those who checked their phones more than 100 times daily. Gender (B = -10.09, P = 0.01) and smartphone ownership duration (B = -14.20, P = 0.02) also demonstrated significant associations with clinical performance.

Conclusions: This study found that higher levels of nomophobia were associated with lower clinical performance in nursing students. Moderate smartphone use appeared to correlate with better clinical outcomes, while excessive checking was linked to reduced performance. Future interventions should focus on managing smartphone use to enhance nursing students' clinical efficiency.

Keywords: Smartphone Addiction Clinical Competence Students Nursing