

RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND SMARTPHONE ADDICTION, MIND- WANDERING, AND PROCRASTINATION IN MEDICAL STUDENTS

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BACKGROUND AND AIM: Smartphone addiction is a behavioral addiction characterized by excessive smartphone use that negatively affects daily life. Procrastination is defined as the unnecessary delay of priority activities. Mind-wandering refers to a shift in attention away from the external environment toward thoughts that are stimulus-independent and unrelated to the task at hand. Smartphone addiction, procrastination, and mind-wandering behaviours in medical students might be related. These behaviours can cause negative psychiatric processes. This study examines the relationship between psychological well-being and smartphone addiction, mind-wandering, and procrastination in medical students.

METHODS: A cross-sectional online survey was conducted, collecting data from medical students enrolled at Atatürk University. The study utilized a socio-demographic data form, the Smartphone Addiction Scale-Short Form (SAS-SF), the Adult Procrastination Inventory (API), the Mind Excessively Wandering Scale (MEWS), and the Psychological Well-Being Scale (PWBS). Ethical approval was obtained from the Atatürk University Ethics Committee (Decision date: 31.01.2025, Decision No:11).

RESULTS: The study included 325 participants (202 women, 123 men). Significant negative correlation was found between SAS-SF and PWB scores ($p<0.001$, $r = -0.351$). API score indicated significant negative correlation with PWB score ($p<0.001$, $r = -0.313$). Similarly, significant negative correlation was shown between MEWS and PWB scores ($p<0.001$, $r = -0.352$). Additionally, positive correlations were noted between MEWS and SAS-SF scores ($p<0.001$, $r = 0.568$), SAS-SF and API scores ($p<0.001$, $r = 0.408$), and MEWS and API scores ($p<0.001$, $r=0.412$).

CONCLUSIONS: The correlation analysis suggests that increased procrastination, mind- wandering, and smartphone addiction may be associated with a decline in psychological well- being. Interventions targeting procrastination, mind-wandering, and smartphone addiction could be effective in improving the psychological well-being of medical students.

Keywords: Smartphone addiction, mind excessively wandering, psychological well-being