

## SOCIOTELISM AND PSYCHIATRIC SYMPTOMS IN MEDICAL FACULTY STUDENTS

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**BACKGROUND AND AIM:** Phubbing is defined as “an individual’s act of paying attention to a smartphone, engaging with a smartphone, and withdrawing from interpersonal communication while interacting with another person or persons”. The concept of phubbing is referred to as “Sociotelism” in our national literature. In the long term, this situation triggers psychological problems at the individual level and increases the risk of conflict and disconnection in social relationships. The aim was to examine sociotelism, which has become a significant problem among medical students today with the prevalence of technology, according to the level of psychological symptoms.

**METHODS:** (Ethics Committee Approval must be obtained and the number should be specified). Between December 2025 and January 2026, the Sociodemographic Data Form, Brief Symptom Inventory (BSI), and General Sociotelism Scale (GSS) were administered online to 175 medical students aged 18-30. Statistical analysis of the data was performed using the SPSS-25 program. Ethical committee approval was obtained from the Kırıkkale University Non-Interventional Research

Ethics Committee at its meeting dated 10.12.2025, numbered 2025/17, with decision number 2025.12.10.

**RESULTS:** In participants whose scores on all global and subscales of the KSE were above the cutoff value, it was found that the GSE level was statistically significantly higher, (for all global and sub-scales p-value <0.01).

**CONCLUSIONS:** According to our study results, individuals with a high level of psychological symptoms, a greater number of psychological symptoms, and greater distress from their psychological symptoms had higher levels of sociotelism compared to those without these symptoms. Indeed, a previous study also reported that sociotelism is associated with depression, anxiety, and stress symptoms. The current study results may help us better understand sociotelism, one of the factors that negatively affect mental health. Furthermore, our research may guide future studies that examine causality and identify other factors associated with the level of sociotelism.

**Keywords:** Sociotelism, phubbing, psychiatric symptoms