

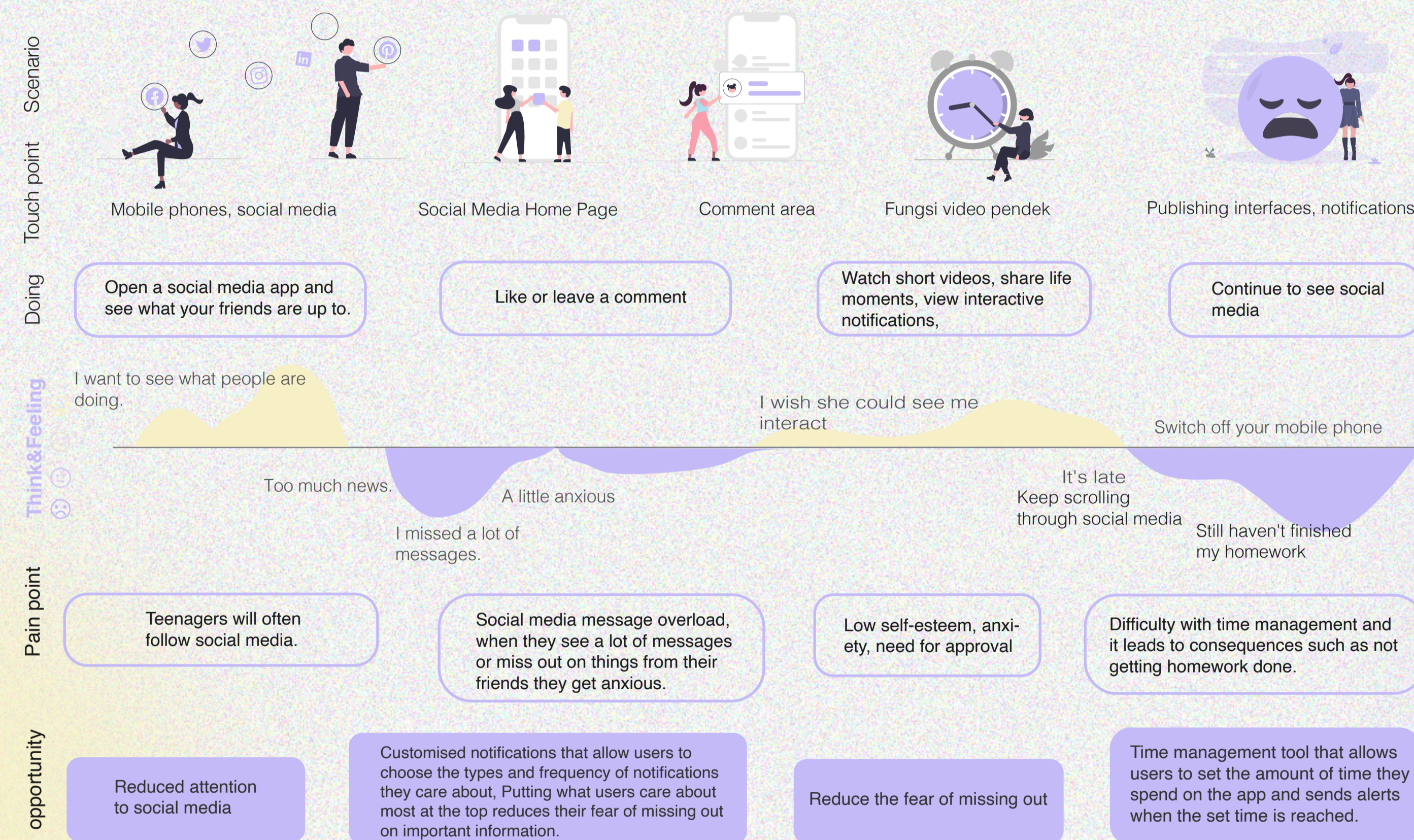
How can we reduce young people's fear of missing out (FOMO) on social media? — Combining Psychological and Technological Interventions for Adolescents

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Abstract

FOMO is a prevalent social anxiety among young people in modern society, and the immaturity of teenagers makes them more vulnerable to FOMO, and they may lack the full capacity to deal with such emotions and decision-making. This project designs a healthier and more manageable social media application to help adolescents effectively manage their time and attention on social media, thereby reducing the negative effects of FOMO.

User journey map



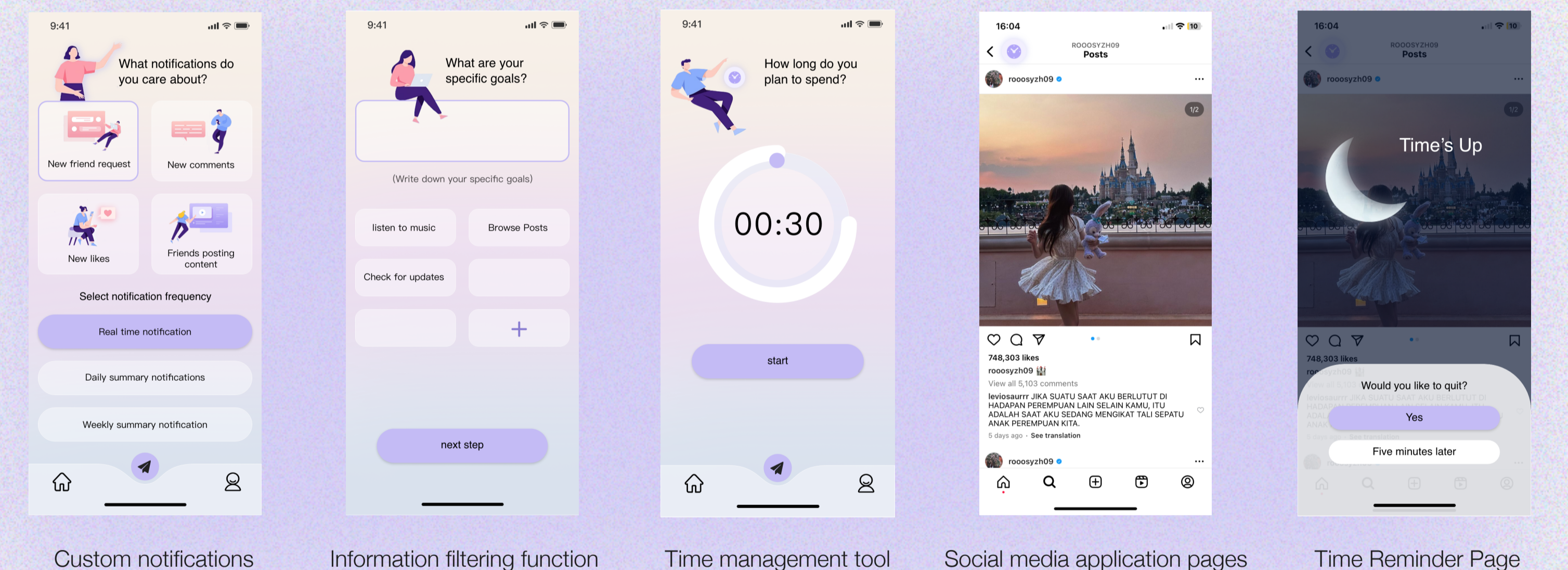
Introduction & Background

The aim of this study is to provide insights into the Fear of Missing Out (FOMO) phenomenon and how it affects the time management and psychological state of adolescent users in an information overloaded social media environment. As FOMO is closely related to the growth of social media use, this phenomenon may lead to psychological stress, anxiety and time management difficulties. The goal of this study is to design a healthier and more manageable plug-in for social media applications that will help alleviate this emotion and thus improve quality of life.

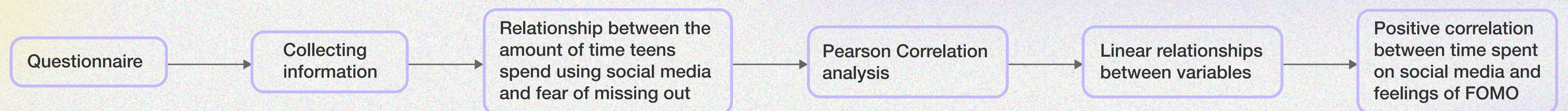
Study Methodology



Diagram / Design



Research Results



Testing & Evaluation

In order to conduct a thorough evaluation, I chose six adolescents between the ages of 13 and 18 to conduct a mock test. In my test, I set three core tasks to evaluate the effectiveness of the plugin: first, I was concerned with how they set and adjusted the themes they cared about. I wanted to know if they could easily find and set up what they really cared about when using the plugin. Second, I had them test information filtering to see if the NoMoFOMO plugin could really help them filter and locate the information they cared about effectively. Finally, I tested how they managed their time, specifically how they set their browsing hours on social media. After they reached the preset browsing length, I carefully observed their reactions to see if the plugin could really remind them to avoid prolonged immersion in social media.

Conclusions & Future Work

The results of the tests showed that the majority of teenagers had a positive attitude towards the plug-in, which they felt reduced information distractions and increased efficiency, and that the majority had a clear understanding of its functionality. The plugin also received positive feedback on information filtering and time management. For example, users liked the customisable reminders, which they felt helped to filter out unnecessary information and remind them not to overindulge in social media, thus maintaining productivity and life balance. However, some users also suggested further optimising the plugin's user interface and adding the option of a later reminder. Overall, the NoMoFOMO plugin was well received by teens, but there is still room for optimisation in future designs.