Smartphone Use Expectancies Scale

Please rate the following items using the scale below.

Scale of Response Options (from 1 to 6)
O Completely disagree O Disagree O Slightly disagree O Slightly agree O Agree O Completely agree

1. I use my smartphone to experience pleasure.
2. I use my smartphone to distract from my problems.
3. I use my smartphone to have fun.
4. I use my smartphone to avoid loneliness.
5. I use my smartphone to feel good.
6. I use my smartphone to escape from reality.
7. I use my smartphone to gain positive emotions.
8. I use my smartphone to avoid annoying duties.

Brand, Laier et al. (2014) created the Internet Use Expectancies Scale. It is rated on a six-point scale from 1-6. It has a positive reinforcement subscale (odd items), and an avoidant expectancies subscale (even items). Brand et al. found .83 alpha and .79 alpha respectively (total alpha of .84).

Elhai et al. (2020) revised the scale to target smartphone instead of internet use.

Brand, M., Laier, C., & Young, K. S. (2014). Internet addiction: Coping styles, expectancies, and treatment implications. *Frontiers in Psychology, 5*, 1256.

Elhai, J. D., Yang, H., Dempsey, A. E., & Montag, C. (2020). Rumination and negative smartphone use expectancies are associated with greater levels of problematic smartphone use: A latent class analysis. *Psychiatry Research, 285*, 112845.
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