

Smartphone Use Frequency Scale

How often do you use your smartphone for the following purposes?

Response Scale Options (from 1 to 6)

O Never O Rarely O Occasionally O Somewhat Often O Often O Very Often

1. Voice/video calls (making and receiving)
2. Texting/instant messaging (sending and receiving)
3. Email (sending and receiving)
4. Social networking sites
5. Internet/websites
6. Music/podcasts/radio
7. Games
8. Taking pictures or videos
9. Watching video/TV/movies
10. Reading books/magazines
11. Maps/navigation

The development and scoring of this scale is presented in Elhai et al. (2016), below.
The scale isn't very sensitive in predicting objectively measured smartphone use (e.g., Elhai et al., 2021). However, such self-report measures of smartphone use generally perform poorly in predicting objectively measured smartphone use (Ellis et al., 2019). Nonetheless, the scale's total score was mildly to moderately associated with higher scores on scales measuring depression, anxiety, stress, fear of missing out, and procrastination (e.g., Elhai et al., 2021).
The scale has been translated into Serbian (Opsenica-Kostić et al., 2020).
The scale was subsequently translated into Chinese, adding a twelfth item of "educational learning" (Elhai et al., 2020).

The scale is free to use, without restriction.

References

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- Elhai, J. D., Yang, H., Fang, J., Bai, Y., & Hall, B. J. (2020). Depression and anxiety symptoms are related to problematic smartphone use severity in Chinese young adults: Fear of missing out as a mediator. *Addictive Behaviors*, *101*, 105962.
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- Opsenica-Kostić, J., Nedeljković, J., & Roj, Č. N. (2020). Smartphone use as a potential moderator between attachment to friends and subjective well-being among high school students. *Zbornik Instituta za pedagoška istraživanja*, *52*(2), 379-417.

The original Elhai et al. (2016) paper is downloadable from:

<https://www.jon-elhai.com/research#access>