

REVIEW ARTICLE

Psychological and occupational factors associated with nomophobia among healthcare professionals: A systematic review and meta-analysis

Supplementary File

Table S1. Justification for excluded studies

Author (Year)	Study	Reason for exclusion
Alan <i>et al.</i> (2022) ¹	An investigation of the relationship between smartphone addiction and job performance of healthcare employees	Not focused on nomophobia
Azizi <i>et al.</i> (2025) ²	Nomophobia among Nurses in Northeast of Iran: A Cross-Sectional Study	Full text not available (no open access)
Boukari <i>et al.</i> (2025) ³	Between Clicks and Care: Investigating Social Media Addiction and Work Engagement Among Nurses in Saudi Arabia	Not focused on nomophobia
Costa <i>et al.</i> (2023) ⁴	Nomophobia and its association with smartphone use, distraction and predictors among resident physicians	The sample included students and/or participants who were not practicing healthcare professionals
Fragoso <i>et al.</i> (2024) ⁵	Nomophobia in nursing staff and interns at a second-level medical care hospital in Mexico	The sample included students and/or participants who were not practicing healthcare professionals
Frassini <i>et al.</i> (2021) ⁶	Nomophobia and the dimensions of connection anxiety: a cross-sectional study among students and nurses	The sample included students and/or participants who were not practicing healthcare professionals
Gastélum <i>et al.</i> (2025) ⁷	Mobile phone addiction among healthcare professionals in Culiacán, Sinaloa, Mexico	The sample included students and/or participants who were not practicing healthcare professionals
Gokani <i>et al.</i> (2021) ⁸	Irrational Fear of Being Away from Smartphone Among Health-Care Workers: An Observational Study	The sample included students and/or participants who were not practicing healthcare professionals
Korkmaz & Aslan (2021) ⁹	Hemşirelerde nomofobinin varlığı ve iş tatmini üzerine etkisi	Not in Spanish or English
Lupo <i>et al.</i> (2022) ¹⁰	Exploring Internet Addiction in Italian Nurses during the COVID-19 Outbreak	The sample included students and/or participants who were not practicing healthcare professionals
Manjusha <i>et al.</i> (2022) ¹¹	Nomophobia and its impact on quality of life in medical students and resident doctors in a tertiary care hospital	The sample included students and/or participants who were not practicing healthcare professionals
Marletta (2021) ¹²	Nomophobia in healthcare: an observational study between nurses and students	The sample included students and/or participants who were not practicing healthcare professionals
Nawaz <i>et al.</i> (2024) ¹³	Nomophobia: A Cross-Sectional Study of Lifestyle-Induced Factors Among Global Health Professionals	Full text not available (no open access)
Önal <i>et al.</i> (2023) ¹⁴	The effect of technology-dependent behavioral disorders, including nomophobia, phubbing, fear of missing out, and netlessphobia, on quality of life and life satisfaction in desk-workers	The sample included participants who were not healthcare workers or students
Özkan <i>et al.</i> (2026) ¹⁵	The effect of surgical nurses' phubbing levels on their care behaviors: A descriptive and correlational study	Not focused on nomophobia
Sayed <i>et al.</i> (2026) ¹⁶	Nomophobia Among Health Care Providers: A Prevalence and Association Study	The sample included students and/or participants who were not practicing healthcare professionals
Shabbir <i>et al.</i> (2025) ¹⁷	Digital dependence and its association with weight and body image among female medical students in Pakistan: a large cross-sectional study	The sample included students and/or participants who were not practicing healthcare professionals
Shah <i>et al.</i> (2025) ¹⁸	Nomophobia: a challenge among healthcare professionals in Africa	The sample included students and/or participants who were not practicing healthcare professionals

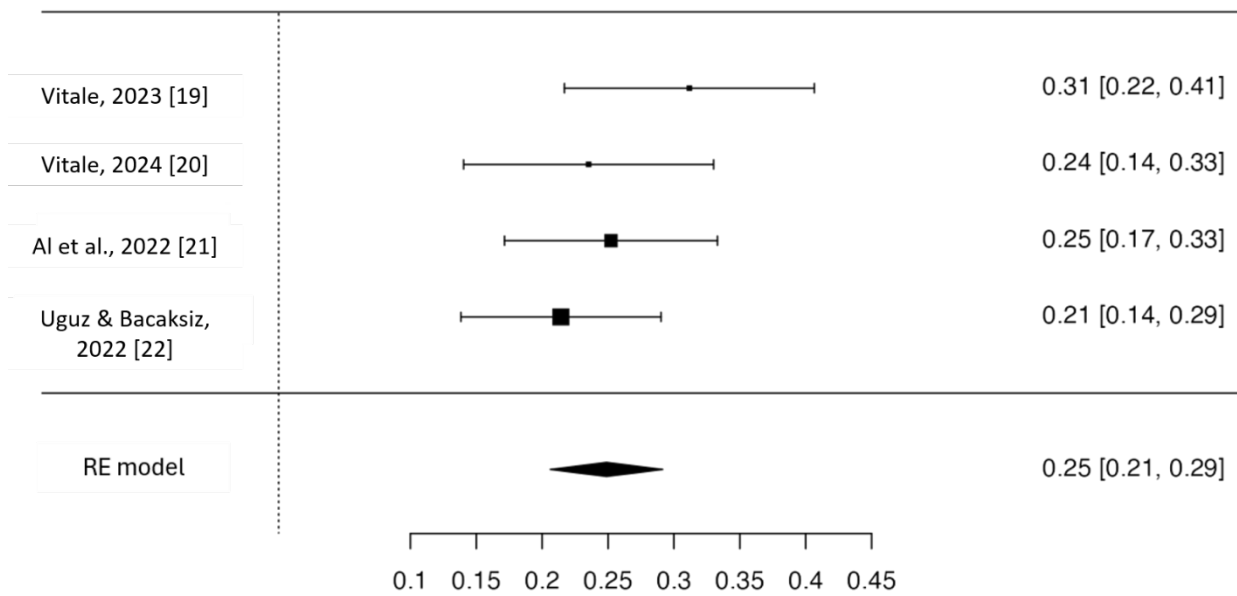


Figure S1. Forest plot of the effect sizes included in the meta-analysis for psychological distress

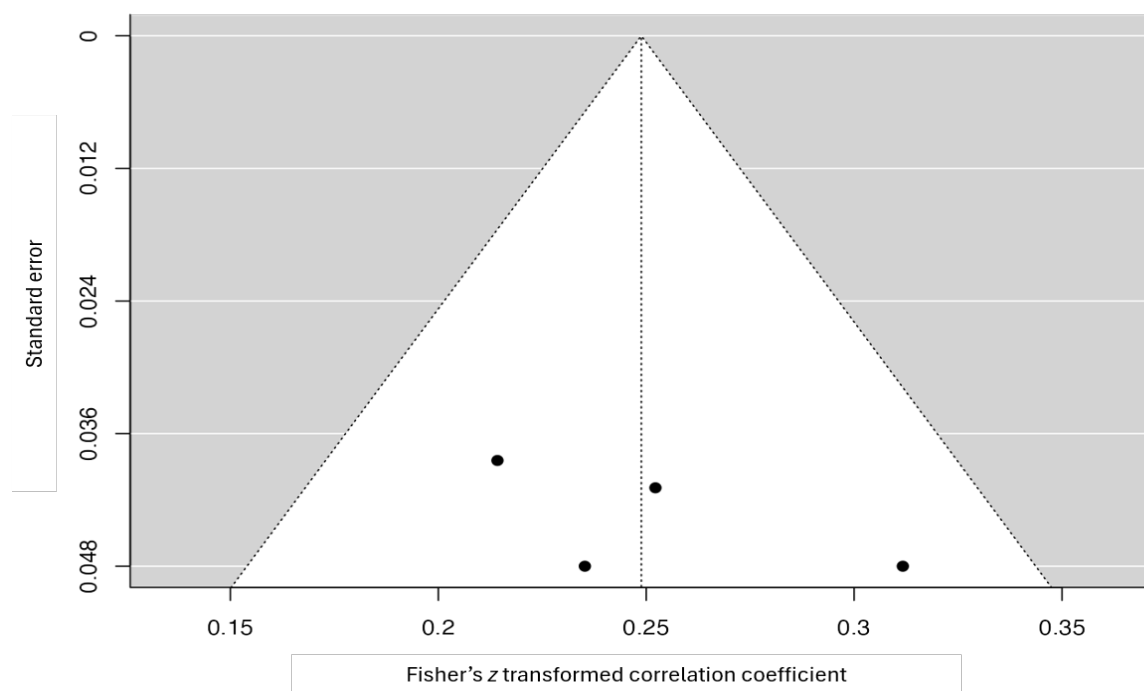


Figure S2. Funnel plot assessing publication bias among the included studies for psychological distress

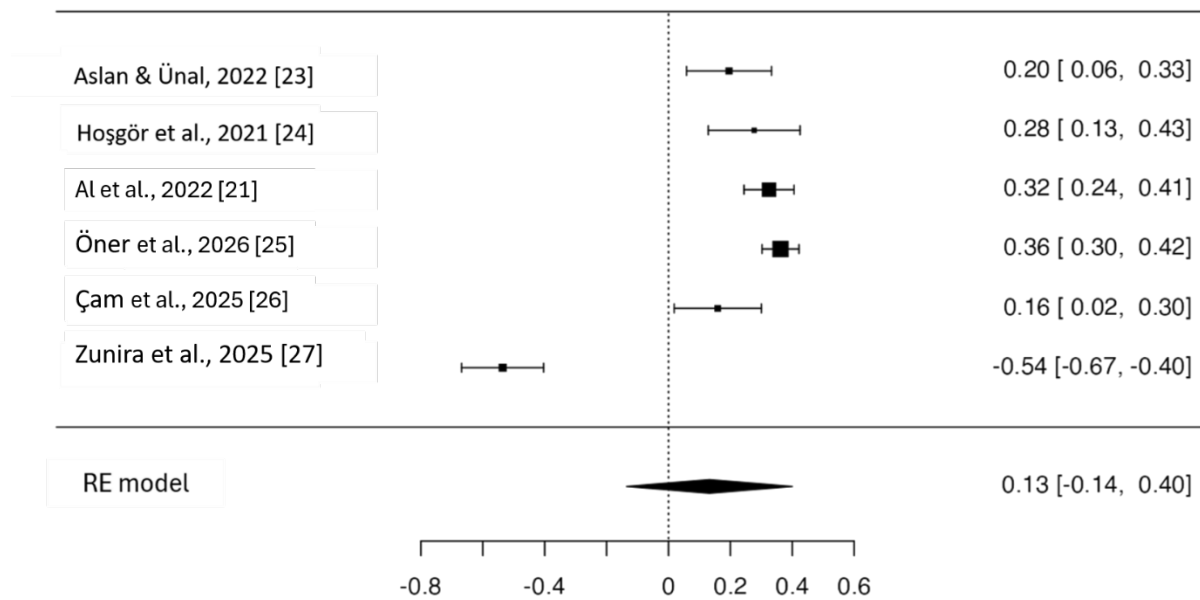


Figure S3. Forest plot of the effect sizes included in the meta-analysis for work and occupational variables

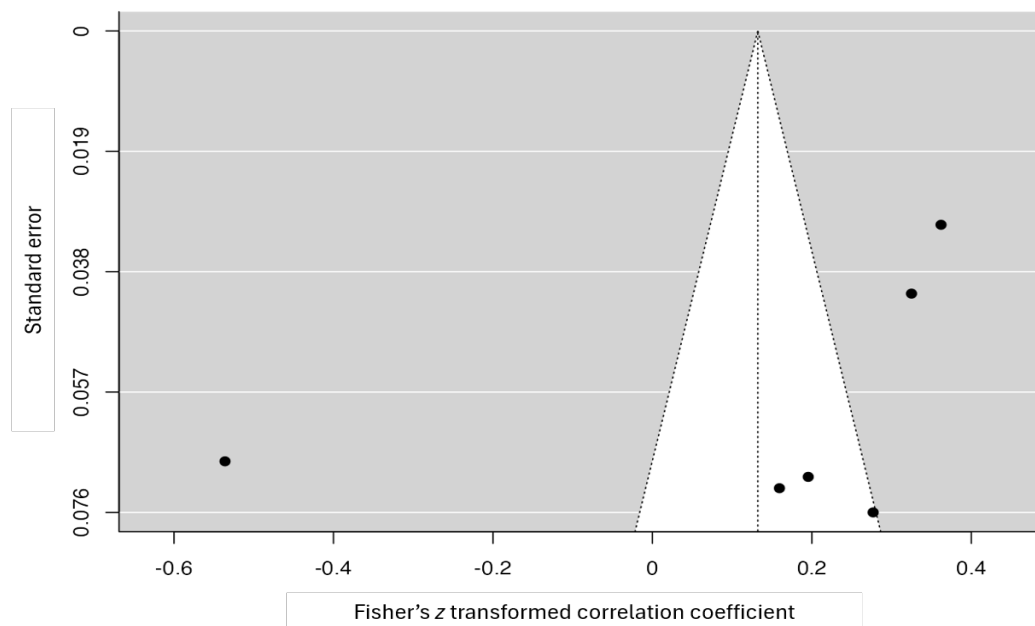


Figure S4. Funnel plot assessing publication bias among the included studies for occupational and work variables

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