

NOMOPHOBIA ON THE RISE

66%
of the population suffers
from nomophobia

Just four years ago, only 53% of
people said they were afraid of losing
or being without their phones



70%
of women have mobile
phone separation
anxiety, compared to
61% of men



66%
of people sleep next to
their smartphones and
20% would rather go
shoeless for a week
than temporarily
release their phones



no-mo(bile) phone-phobia

1. The fear of being out of cell phone
signal range. 2. The anxiety relating to the
sudden loss of a cellular connection.

77%
of people ages 18-24 are
nomophobic, compared
to only 68% of people
ages 25-34



47%
of men are likely to
have two mobile
phones, compared to
36% of women



72%
of people report
being within five feet
of their smartphones
the majority of the
time

Feifei

Hello and welcome to
The English We Speak with me, Feifei...

Rob

Yeah, yeah, it was fun, wasn't it, yeah...
and when Neil fell over... I know!

Feifei

Excuse me, Rob. Can we begin now?

Rob

Oh, right. Sorry – I'll _____ you _____. Bye.

Feifei

Rob, you know the rules – no mobile phones in the studio. We _____ have them ringing
when we're broadcasting. _____ it _____, please.

Rob

But I'm _____ a very important call and...

Feifei

Tough!

Rob

OK. How can I _____ the latest football scores now? And _____ my mum, and I
wanted to _____ to Dan and...

Feifei

Rob, are you OK? You're starting to sweat. Oh no, I think you've got NOMOPHOBIA!

Rob

Oh no! What's that? I know, I'll _____ on my phone.

Feifei

No phones, Rob! But I _____ tell you that nomophobia is the fear of not having or _____ use your mobile phone! Let's hear some examples of other nomophobia sufferers...

Examples

My brother has definitely got nomophobia – he never switches his phone off, even when we're at the cinema.

My phone is being _____ and I'm feeling quite anxious – maybe I've got nomophobia?!

Calling all nomophobes – it's time to switch off your phones, have a _____ and start talking to people rather than staring at a small _____!

Feifei

You're listening to The English We Speak from BBC Learning English, and we're talking about 'nomophobia' – the fear of not having or not being able to use your mobile phone. Rob's got it right now. Not long now, Rob, until you can go outside and use your phone.

Rob

Phew! I've got to text Dan and tell him a really funny joke, plus _____ some amusing _____.

Feifei

So, really urgent, then? You could just go and talk to him – he's sitting right over there.

Rob

I _____ do that. I _____ use my phone – I do everything on my phone these days. I can't live without it. _____ I switch on now?

Feifei

Oh go on, then. We've almost finished.

Rob

Oh no! The _____ – it needs _____.

Feifei

Oh dear, Rob. It looks like you'll be suffering from nomophobia for a bit longer. Bye.

Rob

Bye. _____ I borrow yours, please?