

## SMARTPHONE IMPACT SCALE (SIS) – English version

**Instructions.** The following statements refer to the use of smartphones. Based on your personal experience, please indicate the extent to which you agree with each statement, using a scale from 1 (Strongly Disagree) to 5 (Strongly Agree).

	1	2	3	4	5
1. When I do not use the smartphone, I feel better					
2. If my smartphone has a problem (e.g., it does not turn on, it breaks), it is the only thing I can think about					
3. Others tell me I spend too much time on the smartphone					
4. When I'm angry, using smartphone makes me feel better					
5. The relationship with my partner would be affected by the absence of the smartphone					
6. I'm terrified at the idea of losing my smartphone					
7. I find it easier to keep virtual relationships than face-to-face relationships					
8. The smartphone helps me remember what I have to do					
9. An important part of my relationship with my partner comes from smartphone communication					
10. People around me often find my use of the smartphone excessive					
11. When I feel pressured, using the smartphone makes me feel better					
12. If the smartphone turns off, I feel lost					
13. I prefer to talk about my feelings via smartphone than face-to-face					
14. <i>I felt better when I had a normal mobile phone (*)</i>					
15. Without my smartphone I would not be able to remember my appointments					
16. I prefer to talk about my problems via smartphone than face-to-face					
17. Sometimes I have discussions with those around me about my excessive use of the smartphone					
18. The smartphone is an overwhelming device					
19. If I'm sad, using the smartphone makes me feel better					
20. My smartphone helps me perform tasks faster					
21. I would panic if I realized I had forgotten the smartphone at home after going out to go to school/university/work					
22. When I do not use the smartphone, I feel more serene					
23. The smartphone helped me (or helps me) keep my relationship alive					

24. I prefer smartphone communications because you can decide if and when to intervene, unlike those face-to-face					
25. The smartphone helps me in the day-to-day activities					
26. When I'm nervous, using my smartphone makes me feel better					

### Recommendations (\*)

It is recommended to remove item 14, as it refers to traditional mobile phones (i.e., not connected to the Internet), which are now uncommon and largely replaced by smartphones. Furthermore, recent unpublished studies indicate that this item is difficult to understand for younger populations and shows very low loading on the "Awareness of negative smartphone impact" dimension.

### Scoring Instructions

The score for each factor is calculated by averaging the items that load onto it. There are no reverse-scored items.

- Awareness of negative smartphone impact → 1, (14), 18, 22
- Nomophobia → 2, 6, 12, 21
- Loss of control of smartphone use → 3, 10, 17
- Emotion regulation through smartphone usage → 4, 11, 19, 26
- Smartphone support to romantic relationships → 5, 9, 23
- Smartphone-mediated communication → 7, 13, 16, 24
- Smartphone tasks support → 8, 15, 20, 25

### Reference

Pancani, L., Preti, E., & Riva, P. (2020). The psychology of smartphone: The development of the smartphone impact scale (SIS). *Assessment*, 27(6), 1176-1197.