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Neuroticism and Quality of Life: Multiple Mediating Effects of Smartphone Addiction and Depression

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ABSTRACT

The purposes of this study were to investigate the mediating effect of smartphone addiction and depression on neuroticism and quality of life. Self-reported measures of neuroticism, smart-phone addiction, depression, and quality of life were administered to 722 Chinese university students. Results showed smartphone addiction and depression were both significantly affected neuroticism and quality of life. The direct effect of neuroticism on quality of life was significant, and the chain-mediating effect of smartphone addiction and depression was also significant. In conclusion, neuroticism, smartphone addiction, and depression are important variables that worsen quality of life.

Key words: neuroticism, smartphone addiction, depression, quality of life

1. Introduction

Quality of life (QoL) is defined as “an individual’s perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns” (WHO, 1999). Neuroticism is an important personality trait that indicates the emotional stability of individuals who have it. Neuroticism has been negatively associated with quality of life and predicted quality of life (Gunzerath et al., 2001). Mean neuroticism scores peak in late adolescence and decline moderately throughout adulthood (Roberts and Mroczek, 2008). Therefore, college students are an appropriate age group to study neuroticism (Chang et al., 2015). However, previous studies mainly concentrated on investigating the relationship between neuroticism and quality of life. The exact mechanism of interaction was not explicitly explored, and the studies do little to address how some of influential factors between the two variables play the roles in the mechanism.

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