

IMPACT OF FEAR OF MISSING OUT (FoMO) ANXIETY AND AGGRESSION OF
YOUNG ADULTS

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ABSTRACT

Fear of Missing Out (FoMO) has appear as a conventional mental miracle in the digital age, particularly among young adults. This study examines the impact of FoMO on anxiety and aggression, exploring how the constant need for social evidence and connectivity contributes to negative emotional and behavioral outcomes. Using a quantitative research design, data were collected from young adults through structured self-report measures assessing FoMO, anxiety, and aggression. Statistical analyses, including correlation and regression, were operated to determine the relationships between these variables. Findings suggest that higher levels of FoMO are associated with increased anxiety and aggression, signifying the psychological strain caused by social comparison and digital over-engagement. The study highlights the need for interventions that promote digital well-being and persistence against FoMO-related stressors. Future research directions and practical inference for mental health professionals are also discussed.

Keywords: Fear of Missing Out, Anxiety, Aggression, Young Adults, Social Media, Mental Health

INTRODUCTION

In today's globalized world, young adults are particularly to the effects of FoMO due to their developmental stage and refuge on peer assessment. Social media platforms complement these openness by creating environments that stimulate constant comparison and championship (Barry & Wong, 2020). This makes the study of FoMO's correlation with anxiety and aggression highly relevant for understanding how digital behaviors leverage psychological well-being and social advance in this demographic. The appearance of Fear of Missing Out (FoMO) has appear as a suggestive psychological construct in the information age, particularly among young adults. FoMO is represented by a dominant

anxiety that others might be receiving rewarding events from which one is absent, often supplement by the use of social media platforms (Király et al., 2019). This fear is persistent in the introductory human need for belonging and interactive connections, leading individuals to engage obsessively with digital spaces to alleviate feelings of silent treatment (Przybylski et al., 2013). Social media platforms, in demanding, have become essential to this powerful, as they provide a steady flow of information about others' activeness and accomplishment, there by encouraging a sense of tournament and association.

Research highlights that FoMO is strongly connected with psychological challenges such as anxiety and depression, as well as dysfunctional behaviors like complicated smartphone use and social media addiction (Kuss & Griffiths, 2011). The constant need to stay connected and up remake can lead to an extreme use of digital technologies, which in turn complicate feelings of anxiety and stress. Moreover, FoMO can reduce sleep patterns, reduce productiveness, and detrimentally mental health by creating incredible confidence and encouraging a sense of inadequacy (Cain & Gradisar, 2010). This cycle of anxiety and obsessive behavior emphasize the complex exchange between FoMO and psychological well-being.

Moreover, FoMO has been linked to aggression, especially in contexts where social dismissal or equivalence spark hostility. Social rejection or exclusion can lead to increased aggression as individuals attempt to cope with feelings of worthlessness or diminished self-esteem (Twenge et al., 2001). This aggression can manifest in various forms, ranging from verbal outbursts to physical violence, and is often a maladaptive response to perceived social threats. Young adults are particularly vulnerable to these dynamics due to their developmental stage, which emphasizes peer relationships and social validation (Erikson, 2013). During this phase, individuals are more likely to seek approval and compliance from their peers, making them more sensitive to the negative effects of FoMO.

The interplay between FoMO, anxiety, and aggression creates a complex psychological scene that can have profound suggestion for young adults. Studies have shown that increased levels of FoMO correlate favorably with anxiety and aggression, creating a feedback loop that complicate psychological distress (Blackwell et al., 2017). Understanding these dynamics is crucial for developing effective interpose aimed at relieving the negative effects of FoMO and encouraging recovering digital engagement among young adults. By exploring the correlations between FoMO, anxiety, and aggression, researchers can provide expensive insights into how digital behaviors authority psychological well-being and interpersonal dynamics in this demographic. This sensation often reveals as a form of generic anxiety, activated by the fear of missing meaningful social interactions or chances (Przybylski et al., 2013). Research consistently shows that FoMO is closely linked to increased levels of anxiety, as individuals experience stress and worry about being prevented or left behind in social or specialized contexts (Blackwell et al., 2017).

FoMO can aggravate anxiety through its impact on emotional rule and coping apparatus. Individuals with high levels of FoMO often display dysfunctional coping styles, such as escape or excessive alertness, which further strengthen their anxiety (Király et al., 2019). For example, people may impulsive check social media to stay updated on others' activities, leading to obtrusive thoughts and heightened stress levels (Király et al., 2019). Studies have shown that negative coping styles are positively correlated with anxiety, while positive coping apparatuses can alleviate its effects (Hofmann et al., 2010). This suggests that the way individuals handle FoMO plays a critical role in deciding its psychological impact. The relationship between the fear of missing out (FoMO) and aggression is an occurring area of share in psychological research, particularly as FoMO becomes more conventional in the digital age. While it is commonly associated with anxiety and dissatisfaction, FoMO can also lead to aggressive behaviors, especially when individuals sense social exclusion or feel impoverished. This aggression may manifest in interpersonal conflicts, passive-aggressive behaviors, or even hostility toward others who are sensed as having better experiences (Blackwell et al., 2017).

One way FoMO present to aggression is through its impact on emotional constitytion. Individuals undergoing high levels of FoMO often struggle with annoyance and envy, emotions that can accelerate

into aggression if not properly managed (Kircaburun & Griffiths, 2018). For example, seeing friends or peers enjoying activities on social media can lead to feelings of dismissal or inadequacy, which may activate hostile responses. This is particularly true for individuals with low self-esteem or preceding emotional susceptibility, as they are more likely to incorporate their annoyance through aggressive actions preferably than addressing their feelings effectively (Király et al., 2019).

This research aims to delve into the complicated relationships among FoMO, anxiety, and aggression in young adults. By examining these variables together, the study seeks to provide a extensive understanding of how digital behaviors impact mental health and behavior in this age group. The rulings of this study can inform strategies for decreasing the adverse effects of FoMO, such as nurturing mindful social media use, promoting healthy online relations, and promising offline social engagement. Eventually, understanding and managing the psychological inferences of FoMO can present to the development of more effective mental health interfere and support systems for young adults steering the challenges of the digital age.

Anxiety

Anxiety is a congenital emotional response to stress, characterized by feelings of fear, unease, or nervousness. It activates the body's "fight or flight" response, readying individuals to face or escape sensed threats (Kabat-Zinn, 2014). This reaction involves physical changes such as a rapid heartbeat, shallow breathing, and muscle tension, which are critical for survivance in actually dangerous situations (Hofmann et al., 2010). However, anxiety becomes difficult when it persists excessively or occurs in the absence of real danger, interfering with daily life. In such cases, it may develop into an anxiety disorder, a condition that affects millions worldwide and reveals in various forms, including generic anxiety disorder (GAD), panic disorder, social anxiety disorder, and phobias (American Psychiatric Association, 2022). Anxiety is a prevalent mental health condition portrayed by excessive fear or worry that intervenes with daily life. Recent studies have highlighted the complex interplay between biological, psychological, and environmental factors in the development of anxiety disorders. For instance, research on childhood adversity suggests that enduring low-to-moderate levels of misfortune during middle childhood and adolescence may foster persistence to anxiety later in life (Sisk et al., 2025). This persistence is linked to distinct patterns of brain activation, particularly greater activation of the prefrontal cortex in response to safety cues, which helps differentiate between danger and safety (Sisk et al., 2025)

Generalized anxiety disorder (GAD) is one of the most common forms and is marked by chronic and excessive worry about everyday matters such as health, finances, or relationships (Kessler et al., 2005). Unlike ordinary concerns, this worry is diverse and lasts for six months or more. For instance, a person with GAD might experience dominating fear if their partner is late coming home, imagining unfortunate scenarios despite no evidence of danger (Hofmann et al., 2010). This persistent state of elevated alertness can lead to physical symptoms like fatigue, restlessness, and difficulty focussed (American Psychiatric Association, 2022). Similarly, other anxiety disorders like panic disorder involve sudden episodes of intense fear (panic attacks), while social anxiety disorder causes demoralizing fear of social interactions (Kessler et al., 2005). Cognitive retrospect and psychological adaptability are critical in managing anxiety. Studies indicate that individuals who use cognitive retrospect effectively report lower levels of depression and stress, while those who suppress emotions experience higher distress (Deplancke et al., 2023). This highlights the importance of emotional regulation strategies in reduce anxiety symptoms (Dryman & Heimberg, 2018) Chronic pain is another factor associated with high rates of anxiety. A recent meta-analysis found that individuals with chronic pain are more likely to experience clinical symptoms of anxiety, underscoring the need for inclusive treatment approaches that address both pain and mental health (Hopkins Medicine, 2025)

Understanding and addressing anxiety is essential not only for those who experience it but also for fostering empathy within society. By understanding the challenges faced by individuals with anxiety disorders and supporting them through awareness and education, we can help reduce stigma and encourage those affected to seek help (Hofmann et al., 2010). With proper treatment and care, many people with anxiety can lead comforting lives despite the condition's challenges (American Psychiatric Association, 2022).

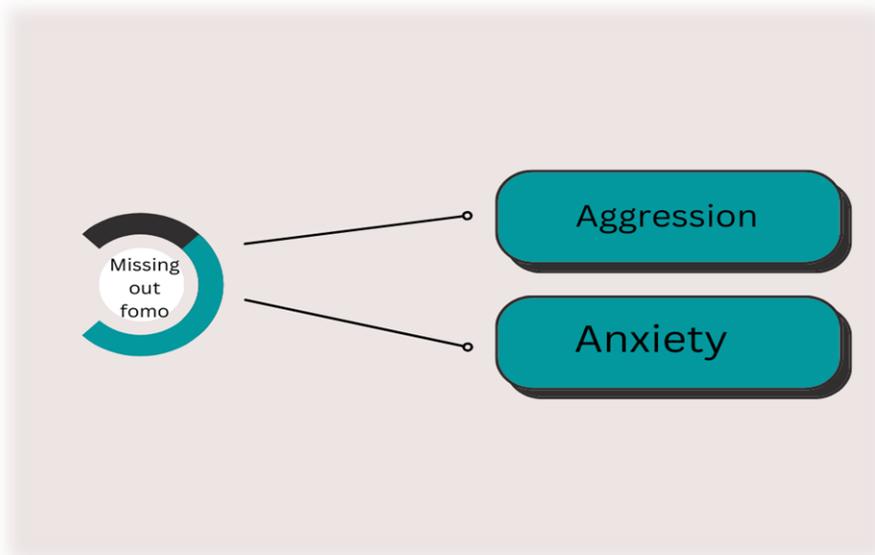
Aggression

Aggression is a complex behavior characterized by actions or objective aimed at causing harm to others or damage to property. It can appears in various forms, ranging from physical violence to verbal hatred or even passive-aggressive behaviors like spreading rumors (Bushman & Huesmann, 2020). Unlike aggressive, which involves standing up for oneself without harm, aggression is naturally destructive and often violates social norms (Bandura, 2019). This behavior can have suggestive personal, social, and legal resultant, making it essential to understand its causes and incorporation.

Psychological factors donating to aggression often involve mental health conditions such as conduct disorder, recurrent explosive disorder, or personality disorders like borderline or antisocial personality disorder (American Psychiatric Association, 2022). Environmentally, exposure to assault is a significant warn of aggressive behavior. A study examining the impact of violence exposure on adolescents found that additive violence exposure predicts later insensitive traits and aggression, even after controlling for demographic factors (Docherty et al., 2023).

Social-cognitive theory suggests that aggression is learned through discover and assume others, particularly in environments where violence is extensive. This theory is supported by research showing that exposure to violence across multiple settings (political, community, family, and school) increases the risk of developing aggressive behaviors (Docherty et al., 2023). Insensitive traits, which are characterized by a lack of empathy and emotional impartiality, often mediate the relationship between assault exposure and aggression (Docherty et al., 2023).

Conceptual Model Study



LITERATURE REVIEW

The prevalent influence of digital technologies and social media platforms has steered in a new era of psychological prodigies, among which Fear of Missing Out (FoMO) stands out as a particularly significant and quickly evolving concern (Przybylski et al., 2013). This literature review assumes an comprehensive examination of previous research to unravel the complex interplay between FoMO, anxiety, and aggression, specifically within the context of young adults. By integrating observational evidence and theoretical frameworks, this analysis aims to provide a extensive understanding of the apparatuses driving these interrelated psychological constructs.

FoMO's roots extend deep into the neurobiological domain, particularly within the complicated reward pathway dopamine pathways (Billieux et al., 2019). These pathways, responsible for reward processing and motivation, are significantly affected by the constant stream of social media advertisement, which trigger expectation cycles. This, in turn, reinforces impulsive checking behaviors, creating a feedback loop that expand feelings of inadequacy and anxiety (Elhai et al., 2016). Neuroimaging studies have consistently determine that protracted and excessive social media use is associated with heightened activation of the visceral, a brain region critical for processing emotions, particularly fear and anxiety (Brailovskaia et al., 2018). This heightened amygdala activity renders individuals more sensitive to feelings of isolation, social isolation, and obscure anxiety. Clinical observations further reveal that adolescents diagnosed with anxiety disorders exhibit substantially higher FoMO scores compared to their neurotypical peers, with this disparity often attributed to excessive reassurance-seeking behaviors on various digital platforms (Beyens et al., 2016). This anxiety-mediated severity of FoMO is further aggravate by observed prefrontal cortex underactivity during tasks that require impulse control, particularly in individuals struggling with midnight social media addiction (Turel et al., 2018).

However, this apparently satisfy behavior often backfires, leading to a self-perpetuating cycle of anxiety and distress. Regression models reveal that a significant destiny of FoMO variance can be attributed to the combined influence of the need to belong and pre-existing social anxiety (Przybylski et al., 2013). Absurdly, excessive engagement with social media platforms correlates with a notable increase in state anxiety, characterized by feelings of anxiety and apprehension in the present moment (Hunt et al., 2018).

Simultaneously, it leads to a marked reduction in the quality of face-to-face interactions, erosion real-world social connections and reinforcing the cycle of social isolation and anxiety. Lengthways data collected in Belgium provides further evidence of this phenomenon, determine that a significant proportion of excessive social network site (SNS) users exhibit lower emotional stability and self-esteem, thus commemorate the cycle of anxiety and dependence on digital platforms for social verify (Valkenburg & Peter, 2019).

The relationship between FoMO and aggression is far from straight, exhibiting a complex interplay of factors and even revealing conflicting associations. While some studies report moderate positive correlations between FoMO and demonstration of verbal aggression, suggesting that the fear of missing out can lead to increased aggression and hostility in communication (Riordan et al., 2018), other research identifies a negative correlation between hostility symptoms and FoMO (Ceyhan et al., 2020). This apparent paradox suggests that individuals who are already prone to hostility and aggression may be less sensitive to the influence of FoMO, conceivably due to their existing disconnection from social comparison or a proneness to prioritize their own needs and desires over the fear of missing out. Path analyses announce that hostility mediates a significant portion of the variance in FoMO scores within clinical samples (Faelens et al., 2021), highlighting the potential role of underlying aggressive proneness in shaping the experience and expression of FoMO. Furthermore, certain subtypes of Attention-Deficit/Hyperactivity Disorder (ADHD) exhibit increased risks of aggression in the context of FoMO, likely due to underlying deficits in impulse control and emotional regulation (самигулина, 2023).

Gender differences play a significant waning role in adjusting the relationships between FoMO, anxiety, and aggression. Research continually signifies that males exhibit a higher sensitivity to FoMO compared to females, despite similar levels of engagement with social networking sites (SNS) (Abel et al., 2016). Developmental paths further reveal distinctive patterns of association between FoMO and aggression across different age groups. Younger males, especially those in the 12-18 age range, exhibit stronger links between FoMO and physical aggression (van den Eijnden et al., 2016). In contrast, females establish greater relationships between FoMO and relational aggression (Hawes et al., 2014). Clinical samples reveal different psychiatric anticipate of FoMO and its associated outcomes, highlighting the significant role of concurrent illnesses mental health conditions in developing the impact of FoMO. Specifically, individuals with anxiety disorders exhibition a considerably higher likelihood of experiencing FoMO compared to those without anxiety disorders (Baker, 2015). However, when anxiety and depression co-occur, the impact of FoMO on aggression and other negative outcomes is considerably expanded (Elhai et al., 2019).

Existing intervention strategies establish varied degrees of effectiveness in addressing FoMO and its associated symptoms. Cognitive-behavioral therapy (CBT) interfere, which focus on targeting dysfunctional cognitions and behaviors, have shown promising results in reducing FoMO severity in controlled clinical trials (Garcia-Fabregat et al., 2021). Emerging mobile interventions that employ notification-reduction strategies, such as muting notifications or setting specific times for social media engagement, also show promise in decreasing anxiety symptoms and reducing instances of aggressive outbursts (Donati et al., 2022). While existing literature has established clear and compelling links between FoMO, anxiety, and aggression, significant gaps remain in our understanding of these complex phenomena. Longitudinal studies that track developmental route from adolescence to adulthood are critically needed (Przybylski et al., 2013). Neuroimaging research is also crucial for clarifying the intricate interactions between dopamine and serotonin in the context of FoMO and comorbid mental health conditions (Turel et al., 2018). Ultimately, future research should prioritize the use of ecological brief assessment (EMA) to capture real-time dynamics between digital behaviors and emotional states (Myrseth et al., 2023).

METHOD

Objectives

1. To analyze the association between fear anxiety and aggression among young adults.
2. To evaluate the impact of FoMO anxiety and aggression among young adult.
3. To find out the role of demographic variable in study variable.

Hypotheses

1. There is substantial positive correlation between FoMO anxiety and aggression among young adults.
2. There is substantial FoMO on anxiety and aggression among young adults.
3. Women has higher levels of FoMO as compared of men.

Instruments

Fear of Missing out

The Fear of Missing Out (FoMO) Scale was developed by Przybylski et al. (2013) and consists of 10 items. It is a superficial scale designed to measure an individual’s fear of missing out on comforting experiences that others might be having. The scale uses a 5-point Likert scale, ranging from 1 (Not at all true of me) to 5 (Extremely true of me). Przybylski et al. (2013) reported good reliableness (Cronbach’s alpha = 0.87) and provided proof of construct validity, showing significant associations with social media engagement and psychological need satisfaction. (Przybylski et al.(2013)).

Back Anxiety inventory

The Beck Anxiety Inventory (BAI) is a psychological imposition tool developed by Aaron T. Beck in 1988. It consists of 21 items that assess the hardness of anxiety symptoms. The BAI is designed to measure the severity of anxiety symptoms in adults and adolescents. It has an ordinal likert type scale with response kinds ranging from 0 (not at all) to 3 (severely). The BAI has confirmed high reliability (Cronbach's alpha = 0.92) (Beck et al., 1988) and validity, with overlapping validity with other anxiety measures, such as the Hamilton Anxiety Rating Scale (HAM-A) (Beck et al., 1988).

Aggression

The Aggression Questionnaire (AQ) was developed by Buss and Perry in 1992. It consists of 29 items that assess four subscales: Physical Aggression, Verbal Aggression, Anger, and Hostility. The AQ aims to measure the level of aggressive ways in individuals. It has an ordinal likert type scale with response categories ranging from 1 (extremely uncharacteristic of me) to 5 (extremely characteristic of me). The AQ has confirmed high reliability (Cronbach's alpha = 0.89) (Buss & Perry, 1992) and validity, with coaxial validity with other measures of aggression and personality traits (Buss & Perry, 1992).

Table 1

Demographic Characteristics of the Sample (N=300)

Variable	<i>n</i>	%
Gender		
Men	133	44.3
Women	167	55.6
Age		
18-25	152	50.6
26-33	82	27.3
Above 33	66	22
Marital Status		
Single	129	43
Engaged	98	32.6
Married	73	24.3

Family System		
Joint	167	55.6
Nuclear	133	44.3

This demographic table describes a sample of 300 individuals. The sample is predominantly female (55.6%) and aged between 18 and 25 (50.6%). Most participants live in joint family systems (55.6%). The marital status is mostly single (43%) or engaged (32.6%).

Table 2
Psychometric Properties of Scales (N=300)

Variable	k	α	Range		Skew	Kurt
			Actual	Potential		
FoMO	9	.84	9-27	9-45	.06	-.56
AS	7	.62	7-21	7-28	-.15	-.76
AGS	29	.91	33-124	29-145	-.56	.41

Note. k= number of items, FoMO= Fear of missing out, AS= Anxiety Scale, AGS= Aggression scale, Skew= Skewness, Kurt= Kurtosis

This table presents the psychometric properties of three scales: Fear of Missing Out (FoMO), Anxiety Scale (AS), and Aggression Scale (AGS). The FoMO and AGS scales show strong reliability with Cronbach's alpha values of 0.84 and 0.91, respectively. The Anxiety Scale has a lower reliability of 0.62. Skewness and kurtosis values indicate the distribution characteristics of each scale.

Table 3
Correlation among Study Variables (N=300)

VAR	1	2	3
1 FoMO	-		
2 AS	.59**	-	
3 AGS	.48**	.42**	-

Note. VAR=Variable, FoMO= Fear of Missing out, AS= Anxiety Scale, AGS= Aggression Scale
 * $p < .05$. ** $p < .01$.

This table shows the correlation among three study variables: Fear of Missing Out (FoMO), Anxiety Scale (AS), and Aggression Scale (AGS). FoMO is significantly correlated with AS ($r = 0.59$) and AGS ($r = 0.48$). AS and AGS also have a significant correlation ($r = 0.42$). All correlations are statistically significant at $p < 0.01$.

Table 4
Linear Regression predicting Anxiety (N=300)

VAR	B	S.E	95% CI	
			LL	UL
Constant	4.44**	1.40	1.66	7.23
FoMO	.58***	.07	.43	.74
R ²	.35***			
ΔR^2	.35			
F	55.79***			

ΔF 55.79

* $p < .05$. ** $p < .01$. < *** $p < .001$

This regression analysis shows Fear of Missing Out (FoMO) significantly predicts anxiety ($\beta = 0.58$, $p < .001$), explaining 35% of the variance ($R^2 = 0.35$). The model is statistically significant ($F = 55.79$, $p < .001$), with FoMO's 95% confidence interval (0.43–0.74) excluding zero. The results indicate a strong positive relationship between FoMO and anxiety levels in the sample.

Table 5
Linear Regression predicting Aggression (N=300)

VAR	B	S.E	95% CI	
			LL	UL
Constant	39.04	8.57	22.01	56.07
FoMO	2.52	.47	1.57	3.47
R^2	.23***			
ΔR^2	.23			
F	27.85***			
ΔF	27.85			

* $p < .05$. ** $p < .01$. < *** $p < .001$

This regression analysis indicates Fear of Missing Out (FoMO) significantly predicts aggression ($B = 2.52$, $p < .001$), accounting for 23% of the variance ($R^2 = 0.23$). The model is statistically significant ($F = 27.85$, $p < .001$), with FoMO's 95% confidence interval (1.57–3.47) confirming its robust positive association with aggression. The results highlight FoMO as a meaningful contributor to aggressive tendencies in the sample.

Table 6
Mean Differences of GENDER across Study Variables (N= 300)

VAR	Gender				t (298)	p	95% CI		Cohen's d
	Men (n=133)		Women (n=167)				LL	UL	
	M	SD	M	SD					
FoMO	30.05	6.64	33.34	6.78	-3.22	.00	-3.69	-.87	0.5

Note. FoMO= Fear of Missing out

This table examines gender differences in Fear of Missing Out (FoMO) among 300 participants. Women reported higher FoMO levels ($M = 33.34$) compared to men ($M = 30.05$), with a statistically significant difference ($t = -3.22$, $p < 0.05$). The effect size is moderate (Cohen's $d = 0.5$). The 95% confidence interval (-3.69 to -0.87) supports this gender-based difference.

DISCUSSION

In this study, we aimed to explore the relationships between Fear of Missing Out (FoMO), anxiety, and aggression among young adults. To ensure the hardness of our findings, we employed well-established and clairvoyant sound instruments. The FoMO scale determine high internal flexibility, with a Cronbach's alpha of 0.91, indicating excellent reliability. Similarly, the anxiety and aggression measures used in this study have been verify in previous research, make sure their reliability and validity in evaluate the separate constructs.

Our first hypothesis postulate that FoMO would be favorably correlated with both anxiety and aggression. This hypothesis was promoted by our findings, alignment with extant literature. For instance, a study by Kacker et al. (2020) found significant positive correlations between FoMO, anxiety, and aggression among young adults. Similarly, research by Rozgonjuk et al. (2021) confirmed that individuals with higher levels of FoMO reported increased anxiety and aggressive behaviors. These studies confirm our results, suggesting that individuals experiencing higher FoMO are more sensitive to anxiety and aggression.

The second hypothesis proposed that FoMO would have a significant impact on both anxiety and aggression. Our reversion analyses confirmed this hypothesis, signifying that FoMO is a significant augur of both anxiety and aggression levels. This finding is consistent with recent studies. For example, a study by Elhai et al. (2020) found that FoMO significantly predicted anxiety symptoms among university students. Either, research by Wegmann et al. (2020) confirmed that FoMO was a significant warn of aggressive behaviors in online contexts. These studies reinforce the notion that FoMO not only supplements with but also provide to increased anxiety and aggression.

Our third hypothesis suggested that women experience higher levels of FoMO compared to men. This hypothesis was supported by our data, which displayed that female participants reported significantly higher FoMO levels than their male equivalent. This finding is in line with previous research. For instance, a study by Casale and Fioravanti (2015) found that women reported higher FoMO levels, which were related with greater engagement in social networking sites. This gender difference may be attributed to societal and cultural factors that influence social connectedness and the perceived need to stay informed about social events.

CONCLUSION

In conclusion, our study highlights the significant associations between FoMO, anxiety, and aggression among young adults. The findings suggest that individuals with higher FoMO are more likely to experience anxiety and engage in aggressive behaviors. Furthermore, the observed gender differences in FoMO underscore the importance of considering demographic factors in understanding the impact of FoMO on mental health outcomes. These insights can inform interventions aimed at mitigating the negative effects of FoMO, particularly among populations vulnerable to anxiety and aggression.

Limitations and Suggestions

This study has several limitations. Firstly, the cross-sectional design restricts our ability to infer causality between FoMO, anxiety, and aggression. Longitudinal studies are recommended to better understand these relationships over time. Secondly, the sample may not be representative of the broader population, limiting the generalizability of our findings. Future research should include diverse cultural and socioeconomic backgrounds to enhance external validity. Thirdly, reliance on self-reported measures could introduce response biases, affecting the accuracy of the data. Employing objective assessments and multi-method approaches in future studies could mitigate this issue. Additionally, exploring underlying mechanisms linking FoMO to anxiety and aggression would provide deeper insights, facilitating the development of effective interventions.

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