INTRODUCTION
Fear of missing out (FoMO) is the pervasive apprehension that occurs when others are having rewarding experiences from which one is absent. It is characterized by a desire to be considered a member and to stay connected. The purpose of the present study is to investigate the construct of FoMO through simulated experiences in order to clarify the context in which FoMO is most prevalent and with difficulties in emotion regulation, counterfactual-seeking, and internalized versus externalized negative affect.

Fear of Missing Out
FoMO is discussed as a function of the self-determination theory where FoMO inhibits intrinsic motivation and causes unhealthy social connections. FoMO has been associated with many adverse outcomes.

METHOD
Participants
A total of 120 participants (35 men, 85 women) were included in the final sample. All the participants were college students and ranged from 18 years to 24 years (M = 19.78).

Materials
Fear of Missing Out Scale (FoMOs)
The Fear of Missing Out Scale (FoMOs) includes 10 items that measure one's feelings of FoMO. The FoMOs includes items such as “I feel anxious when I don’t know what my friends are doing now.” It is rated on a 6-point Likert-type scale (1 = Not at all true of me to 6 = extremely true of me). Higher scores on this scale indicate a higher tendency of feeling FoMO in everyday experiences.

The Difficulties in Emotion Regulation Scale Short Form (DERS-SF)
The Difficulties in Emotion Regulation Scale Short Form is a short-form version of the well-validated and widely used Difficulties in Emotion Regulation Scale. The DERS-SF includes six subscales with three items each, and 18 items total. It is rated on a 5-point Likert-type scale (1 = almost never to 5 = almost always). Higher scores indicate more difficulty with the regulation of emotion.

Regret and Disappointment Scale (RDS)
The Regret and Disappointment Scale distinguishes the type of emotion by giving a choice between two scenarios: “I wish I had not done” or “I wish I had done something else.” Higher scores indicate the regret to a simulated experience of FoMO.

RESULTS
To further analyze the hypothesis that higher levels of FoMO and difficulties in emotion regulation will lead to higher levels of FoMO, frequencies were analyzed for the results of RDS item-7. Contra to the hypothesis, the results indicated that only 20 participants reported regret, as opposed to the 97 participants who reported no regret. A p-value was performed to compare the means of regret and disappointment, and results indicate that regret, (r = .41, p = .001), and disappointment, (r = .38, p = .001), were positively related to difficulties in emotion regulation. Contrary to the hypothesis, regret was also positively related to difficulties in emotion regulation, (r = .41, p = .001).

To test the hypothesis that there will be similar levels of FoMO in reaction to enjoyable tasks and significantly different levels of FoMO to social and non-social tasks, a 4 x 1 ANOVA was performed with the four conditions as the independent variable and FoMO as the dependent variable. The means of the four conditions were significantly different, F(3, 115) = 4.00, p = .015, p = .001, Cohen’s d = .37, although the LSD test post hoc tests were performed and indicated a significant difference between the means of 1 (SD = 3.80, SD = 1.53) and enjoyable (3.82, SD = 1.01) tasks. Although this finding was significant, there was no significant difference between the means of social and non-social tasks; however, post-hoc tests did indicate a significant difference between enjoyable and obligatory tasks despite being in a social context.

To test the effect the simulated experience had on FoMO, a repeated measures t-test was performed to compare the means of FoMOs (M = 2.59, SD = .753) and FoMOMy (M = 3.45, SD = 1.11). The results were significant, t(119) = 8.26, p = .001, Cohen’s d = .82, indicating that there was a significant difference between the simulated experiences.

Exploratory analyses indicated there was a significant difference between men (M = 2.43, SD = 1.09) and women (M = 3.00, SD = 2.10) on the likelihood to counterfactually-seek using social media, t(119) = 28.08, p = .022, Cohen’s d = 1.33.

DISCUSSION
As expected, a higher tendency of feeling FoMO in past experiences and difficulties in emotion regulation resulted in stronger feelings of FoMO in reaction to both enjoyable and obligatory tasks. As also expected, both FoMO and difficulties in emotion regulation were positively related to counterfactually-seeking. Exploratory analyses indicated that this relationship could also be influenced by the desirability of the control; however, as both FoMO and difficulties in emotion regulation were significantly more reported than regret. This could be due to the wording of the scenario, which reflected more positively on control; however, as both FoMO and difficulties in emotion regulation were experienced as an external negative affect when distinguished with internalized negative affect. FoMO was felt more significantly during enjoyable rather than obligatory tasks, which could be due to the wording of the scenario, which reflected more positively on control; however, as both FoMO and difficulties in emotion regulation were experienced as an external negative affect when distinguished with internalized negative affect. FoMO was felt more significantly during enjoyable rather than obligatory tasks, which could be due to the wording of the scenario, which reflected more positively on control; however, as both FoMO and difficulties in emotion regulation were experienced as an external negative affect when distinguished with internalized negative affect.

REFERENCES
No response? Simulating Fear of Missing Out Experiences to Investigate Relationships with Emotion Regulation, Negative Affect, and Counterfactual-Seeking through Social Media
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