

**Addressing the rising fear of nomophobia among medical students**

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Dear Editor, I am writing to draw your attention to an escalating fear of nomophobia in the medical student community. Nomophobia or no mobile phobia is a self-build fear of missing out on mobile phones, which is becoming prevalent in the younger generation. It's a psychological condition where people show signs of anxiety and stress upon losing their smartphones.<sup>1</sup> Nomophobia's impact on medical students is far more alarming due to the demanding nature of their educational pattern and the simultaneous role of technology in their educational and professional development.

According to a study conducted in Egypt, nomophobia affected almost all the medical resident and many had poor communication skills with their patients.<sup>2</sup> These days medical students are very dependent on their smartphones for accessing important information and communicating with their colleagues and professors amidst their extensive and rigorous study schedules. However, detrimental dependency leads to distress when separated from their phones, which results in sleep deprivation and poor academic performance.<sup>3</sup>

The prevalence of nomophobia varies between 6% to 73% in various populations and is expected to rise further.<sup>4</sup> It is imperative that medical institutions and public health professionals take immediate action to raise awareness about the deleterious effects of mobile phone

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addiction and its potential long-term complications. A concerted effort must be made to educate students and the broader community about the risks associated with nomophobia, with a focus on promoting responsible cell phone use and mitigating the likelihood of a burgeoning public health crisis.

As a future healthcare professional, medical students must prioritize their mental health to provide optimal care and satisfy their patient's needs. Through proper guidance and acknowledging the rising fear of nomophobia, we can build a stronger generation of physicians. Thanks for your consideration of this manuscript.

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