

A portrait of Patrick J. McGinnis, a man with short brown hair, wearing a dark jacket over a dark shirt. He is looking directly at the camera with a slight smile. The background is dark with some blue and purple curved shapes.

FOMOTM

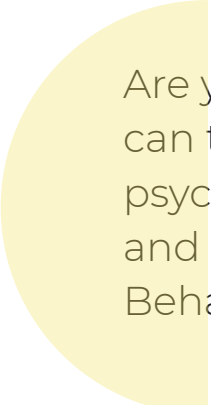
The Ultimate Fear of Missing Out Test

Presented by: FOMOTM by Patrick J. McGinnis

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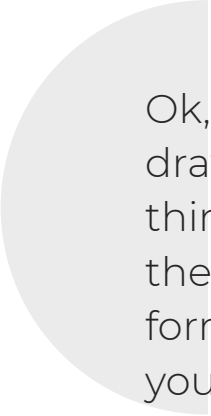


Are you a FOMO Sapiens®? If you want to know for sure, you can this diagnostic test below that was created by a team of psychologists in the United States and the United Kingdom and published in the academic journal Computers in Human Behavior in 2013.

The Ultimate FOMO Self-Assessment Test

- 1. I fear others have more rewarding experiences than me.
- 2. I fear my friends have more rewarding experiences than me.
- 3. I get worried when I find out my friends are having fun without me.
- 4. I get anxious when I don't know what my friends are up to.
- 5. It is important that I understand my friends' in-jokes.
- 6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
- 7. It bothers me when I miss an opportunity to meet up with friends.
- 8. When I have a good time, it is important for me to share the details online (e.g., updating status)
- 9. When I miss out on a planned get-together, it bothers me.
- 10. When I go on vacation, I continue to keep tabs on what my friends are doing.

Next, find the average score for your responses across all ten questions.



Ok, now that the results are in, what do they tell you? Before drawing any hard conclusions, it helps to remember to keep things in perspective. Even if you score an average of 5 across the entire assessment, this is an indicative measure, not a formal evaluation by a licensed therapist. Rather than seeing your score as a final verdict, think of it as a way to take the pulse of where things stand. Now that we've cleared that up, you can interpret your score. In their research, the authors surveyed a sample of 2,000 users aged 22–65 and found that the average result was approximately 2. Thus, if you score below 3, you're pretty average. It's once you get above 3 that you join the ranks of the FOMO Sapiens®

Source for the Quiz:

Andrew K. Przybylski et al., "Motivational, Emotional, and Behavioral Correlates of Fear of Missing Out," *Computers in Human Behavior* 29, no. 4 (July 2013): 1841–1848, p. 1847.