




# Social Media Engagement and Fear of Missing Out as Predictors of Sleep Quality

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## R e v i e w e r s

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The third paragraph of the Introduction, starting with “Several theoretical frameworks have attempted to elucidate...”, could be improved by clearly naming and defining at least one of the theoretical models mentioned. Currently, the phrase “several theoretical frameworks” is vague.

In the final paragraph of the Introduction, the statement “Armenia, a nation experiencing rapidly growing internet connectivity...” would benefit from referencing official statistics or studies about Armenian internet penetration or digital behavior to substantiate the contextual relevance.

In Methods and Materials, under “Study Design and Participants”, the sentence “Participants were recruited through convenience sampling...” should acknowledge how this method may affect generalizability and introduce potential sampling bias. This point is not addressed until the Limitations section and should be briefly noted earlier.

Under “Measures: Sleep Quality”, it would be beneficial to report the Cronbach’s alpha coefficient of the PSQI within the current sample to confirm its reliability rather than relying solely on previous literature.

sleep-related issues...” should be supported by a more mechanistic explanation, such as heightened cortisol levels, anxiety arousal, or delayed sleep phase syndrome, as documented in relevant literature.

The second paragraph of the Discussion mentions “negative emotional states and significantly disrupted sleep patterns”. It would benefit from citing neurophysiological or behavioral studies that demonstrate how emotional arousal from social media affects sleep architecture (e.g., REM latency, WASO).

In the Limitations section, the authors correctly acknowledge the correlational nature of the design but omit discussing the potential impact of reverse causality — i.e., that poor sleepers may use social media more, thereby increasing FoMO. This should be explicitly addressed.

In the Suggestions for Future Research, the sentence “Longitudinal studies could track these variables over time...” should include a proposed time frame (e.g., 6 months or 1 year) and specify which variables should be repeatedly measured to establish temporal precedence.

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## 1.2. Reviewer 2

Reviewer:

In the same paragraph, the sentence “Additional studies reinforce these findings by documenting...” is too general. Please provide at least one concrete statistical result from the cited studies (e.g., Silva et al., 2023) to strengthen the empirical grounding.

In the fifth paragraph, the sentence “Research conducted in South Asia has similarly affirmed these global findings...” mentions “gender differences and socioeconomic status” as moderators. Consider explicitly stating whether your study controlled for these variables or if this presents a limitation.

Similarly, under “Measures: Fear of Missing Out”, the authors mention “robust construct and criterion-related validity”. Please provide a citation for the specific validation study used to justify the psychometric integrity of the FoMOS in Armenian or culturally similar populations.

Under “Data Analysis”, the sentence “Results were interpreted with a significance threshold set at  $p < .05$ ” should clarify whether any correction for multiple comparisons was applied given the multiple correlation analyses and regression variables.

In Table 1, the high mean score of FoMO ( $M = 32.56$ ,  $SD = 6.12$ ) could be contextualized by comparing it with normative scores from other populations using the same scale. This would help assess whether the Armenian sample scored unusually high.

In the Findings section, the statement “essential statistical assumptions were checked and confirmed” should detail which diagnostic plots or tests (e.g., Q-Q plots, Durbin-Watson for independence) were specifically employed rather than using general phrases like “satisfactory”.

In Table 2, the correlation coefficient between FoMO and Sleep Quality is  $r = .62$ , which is notably high. This may raise concerns about potential shared method variance or construct overlap. A brief discussion on this issue should be included in the Results or Discussion section.

In Table 4, the regression coefficients should be interpreted in the text using practical language. For example, explain what a one-unit increase in FoMO corresponds to in terms of sleep quality score reduction.

In the Discussion, the statement “These findings underline the robust psychological mechanism by which FoMO exacerbates

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## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.