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Smartphone Dependency and Its Impact on Emotional Fatigue: Mediated by Sleep Disturbance

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1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase "understanding the psychological consequences of smartphone dependency has become an urgent research imperative" would benefit from specifying what gap this study addresses—what psychological consequences have remained underexplored, particularly in Indian university contexts?

The statement "the compulsive checking of devices, constant notifications…" lacks empirical support in the immediate context. Adding a citation from recent behavioral neuroscience or digital psychology literature would strengthen this claim.

The sentence "screen exposure—particularly at night—has been found to delay melatonin production..." would be more impactful if it included the biological mechanism briefly, such as the effect of blue light on the suprachiasmatic nucleus.

Consider expanding "poor sleep hygiene and emotional instability" by clarifying whether this is self-reported or physiologically measured in previous studies, especially given the focus on sleep disturbance.

The mention of "machine learning analysis of smartphone app usage" is compelling but underutilized. Consider briefly describing the behavioral predictors identified by Cruz et al. (2023) to enhance specificity.

The breakdown of smartphone usage into "more than 5 hours per day" and "less than 5 hours daily" is too broad. Consider adding a mean usage time and SD to better describe the distribution.

The text mentions significant correlations but omits confidence intervals. Including 95% CIs would increase the robustness of your interpretations.

The Chi-square value ($\chi^2 = 118.73$, df = 52) is reported but lacks a p-value. Even if the model is accepted based on other indices, providing the p-value maintains transparency.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The phrase "wellbeing among civil service aspirants has been found to correlate…" is too context-specific. It may divert from the university student focus of your sample. Consider reframing or adding a parallel study on university populations.

The claim "cultural differences in sleep norms and emotional regulation strategies…" is insightful. However, you should specify what norms in the Indian context are being referred to. Are there specific cultural behaviors or schedules influencing sleep?

While the use of the Morgan and Krejcie table is appropriate, please clarify the stratification criteria used in stratified random sampling. Were gender, age, or academic level used?

The explanation "positive anticipation" is vague and jargon-heavy. Consider briefly illustrating this dimension with an example item from the SAS-SV.

The sentence "Model fit indices, including CFI, RMSEA, and Chi-square/df…" could be enhanced by specifying the cut-off thresholds you used for model fit acceptability (e.g., RMSEA < .08).

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.

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