

The Mediating Role of Fear of Missing Out (FoMO) in the Relationship Between Social Media Engagement and Sleep Disturbance in Teenagers

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E d i t o r	R e v i e w e r s
Salahadin Lotfi ^{id} PhD in Cognitive Psychology & Neuroscience, UWM & Rogers Behavioral Health Verified, Lecturer at University of Wisconsin slotfi@uwm.edu	Reviewer 1: Mohammad Salehi ^{id} Associate Professor, Department of Educational Management, Sari Branch, Islamic Azad University, Sari, Iran. Email: drsalehi@iausari.ac.ir Reviewer 2: Sadegh Maleki Avarsin ^{id} Associate Professor, Department of Educational Sciences, Tabriz Branch, Islamic Azad University, Tabriz, Iran. Email: s.maleki@iaut.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “The link between social media engagement and FoMO has been well-documented...” could be strengthened by adding a transition sentence that explicitly explains why this link warrants further examination in relation to sleep disturbance.

The line “The total effect...was strong and significant...” should clarify whether this qualifies as a partial or full mediation according to Baron and Kenny’s criteria or other mediation guidelines.

The phrase “This study aligns with the results of Bissell and Chou (2024)” should briefly describe their sample or methodology to help readers contextualize the comparability of findings.

While the recommendation that “digital platforms should implement bedtime reminders...” is valuable, citing apps or platforms that have piloted such features (e.g., Instagram’s “Take a Break”) would provide a stronger evidence-based link.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The claim “FoMO not only exacerbates psychological distress but also disrupts behavioral routines...” is strong, but a clearer synthesis of how this fits into existing mediation models is needed—consider adding a visual conceptual model before the methods.

The concluding line “Given this background, the current study...” would benefit from specifying the novelty of this research in the context of Bangladeshi youth (e.g., “to our knowledge, this is the first SEM-based study in South Asia...”).

You state “suggesting that more frequent engagement is associated with higher FoMO and poorer sleep,” but the phrase “poorer sleep” should be more technical, such as “elevated sleep disturbance scores.”

The phrase “FoMO functions as both a motivator and a consequence...” is conceptually rich but could benefit from clearer alignment with cited models—e.g., self-determination theory or media dependency theory.

The sentence “Interestingly, our results also echo the findings of Villegas et al. (2025)” would be more impactful if accompanied by a short quote or summary from the “narrative analysis” to support your alignment claim.

The phrase “...screen time related to non-social media purposes” could be clarified—does this refer to online learning, entertainment, or both? A brief elaboration would strengthen this section.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.