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November 3, 2014

Dr. Sara Levens

*Editor, Undergraduate Journal of Psychology*

*University of North Carolina, Charlotte*

Dear Dr. Levens,

On behalf of my co-author, Angier Cooper, and faculty advisor, Dr. Brent Mattingly, I would like to submit the attached manuscript entitled *Are Smart Phones Inhibiting Smartness? Smart Phone Presence, Mobile Phone Anxiety, and Cognitive Performance* to the *Undergraduate Journal of Psychology.*

In this manuscript, we explore a theory that has yet to be examined by the psychological community. We discuss the idea that nomophobia (i.e., anxiety induced by the absence of one’s smart phone) may cause more of a distraction during cognitive tasks than the presence of one’s smart phone during the task. Past research has focused primarily on distractions caused by mobile phones within a classroom, whereas this experiment tests whether the absence of smart phones (particularly for those who compulsive use their smart phones) may cause a similar distraction. To test this, we physically removed smart phones from half of the testing condition in order to examine the effect on cognitive task performance and predicted that the removal of smart phones would increase anxiety and decrease cognitive performance.

Our predictions were not supported by the experiment (N=77). No significant difference was observed in reported anxiety levels or cognitive performance as a function of mobile phone location. However, we believe that this theory should be explored further and provides a basis for future research. Previous literature suggests that anxiety negatively correlates with cognitive performance, and with rising reports of nomophobia and cell phone addiction, further research into this theory may be vitally important when dealing with smart phones in a classroom setting.

Our manuscript is 14 pages in length, including an abstract (119 words) and 2,489 words of text (excluding references). The manuscript has been read and approved by all authors, and the authors have exercised due care in ensuring the integrity of the work. All authors meet the requirements for authorship in that they have made substantial contributions to the conception, gathering, analysis, and interpretation of data as well as the writing and intellectual content of the article. Furthermore, the research was conducted in accordance with the ethical standards of APA and was approved by the University’s Institutional Review Board. Also, if requested, we would be happy to share all data files and analysis output.

Thank you very much for your consideration of this manuscript. My coauthors and I look forward to your reply.

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