



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

Notice for the PhD Viva Voce Examination

Mr Akashdeep Ghosal, Registration Number: 19244001, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend his PhD thesis at the public viva-voce examination on Monday, 29 June 2026 at 02.00 pm in Seminar Hall, 2nd Floor, B Block, CHRIST (Deemed to be University), Delhi NCR Off-Campus, Ghaziabad - 201003, Uttar Pradesh, India.

Title of the Thesis : **Fear of Missing Out and its Psycho-Behavioral Effects: Self-Regulation as Mediating Variable**

Discipline : **Psychology**

External Examiner - I : **Dr Vijyendra Pandey**
Professor and Head
Department of Psychology
Central University of Karnataka
Kalaburagi
Karnataka - 585367

External Examiner - II : **Dr Shivantika Sharad**
Associate Professor
Department of Applied Psychology
Vivekananda College
University of Delhi
Delhi - 110095

Supervisor : **Dr Surekha C**
Professor
School of Psychological Sciences
CHRIST (Deemed to be University)
Bengaluru - 560029
Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar (Academics)

Place: Bengaluru
Date: 25 June 2026

ABSTRACT

With the emergence and increased popularity of social media usage, the prevalence of the phenomenon of “Fear of Missing Out” (FoMO) has been on the rise. It is typically explained as an anxiety-provoking condition where one experiences a constant desire to be in touch with others' rewarding experiences, leading to reduced well-being, impaired self-regulation, and problematic social media engagement. The present study aims to understand the psycho-behavioural consequences of FoMO such as fatigue, daytime sleepiness, eating behaviour, domains of physical and verbal aggression and executive functioning, while evaluating self-regulation as a mediating variable. The data comprised of 455 students studying in Higher Education. The study sample size comprised of young adults between the ages of 18 and 24 years. FoMO's effects on many isolated psychological and behavioural phenomena have been explored and well studied, but this study follows an integrative psycho-behavioural model, keeping self-regulation as a mediating variable. Institutes (HEIs) of Delhi-NCR. A purposive sampling method was employed and data were collected online using standardised self-report tools. Correlation, regression and mediation analysis was conducted to analyse the data. Results indicate that FoMO is negatively associated with self-regulation, fatigue, daytime sleepiness, eating behaviours and various domains of executive functioning. FoMO is positively associated with physical and verbal aggression and internal aggression (anger). As per the mediation analysis, self-regulation showed full mediation between FoMO and aggression, which was measured through daytime sleepiness, and partially mediated the link between FoMO and executive functioning. The findings highlight the importance of strengthening self-regulatory skills and promoting digital well-being interventions to buffer the effects of FoMO on executive functioning.

Keywords: FoMO, social media, self-regulation, executive functioning, aggression, daytime sleepiness, fatigue

Publications:

1. **Ghosal, A., Chukkali, S., Mukherjee, O., & Krishnamurthy, V. (2026).** Fear of Missing Out and Executive Functions: The Role of Self-regulation as a Mediator. *Annals of Neurosciences*, 09727531261429764.
2. **Ghosal, A., Chukkali, S., Mukherjee, O., & Sahni, A. (2026).** Fear of Missing Out and Aggression: Role of Fatigue, Daytime Sleepiness and Self-regulation—A Serial Mediation Model. *Annals of Neurosciences*, 09727531251404762