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## How Loneliness Relates to Personality and Smartphone Use

Kristi J. Baerg MacDonald

*Western University*, [kmacd252@uwo.ca](mailto:kmacd252@uwo.ca)

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## **How Loneliness Relates to Personality and Smartphone Use**

The rise of smartphone technology in the past decade has given us the ability to be in contact with others worldwide at any moment, yet loneliness is still a pervasive concern in our society. Past research has linked loneliness to a stable personality trait characterized by anxiety and variable emotions, known as neuroticism. My research examines how loneliness relates to personality characteristics of neuroticism (such as needing to be with others, to have sympathy, avoid harm, and gain social recognition) as well as to behaviour characteristics of smartphone use (such as overall duration, frequency, and type of app use). I'm also examining changes in these variables in the time of the COVID-19 pandemic. Social distancing and gathering restrictions have brought the problem of loneliness to the forefront, but loneliness is complex and impels clear research on individual differences in personal and behaviour characteristics.