

## Is There Relationship between Cyberchondria and Emotional Intelligence among Omani University Students? A Descriptive Correlational Study

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**Abstract :** Cyberchondria refers to the irrational increase of distress about the condition of one's health as a consequence of the World Wide Web quest for medical details. The aim of this study was to examine the relationship between emotional intelligence and cyberchondria among Omani university students. A descriptive correlational design was used to collect data from eligible 370 participants using the Emotional Intelligence Questionnaire, and the short-form version of the Cyberchondria Severity Scale (CSS-12) between January and May 2020 at XX University-Oman. The participants' age ranged between 18 and 37 years ( $M = 20.28$ ). The majority of the participants were female, 59.7% ( $n = 221$ ), single 99.5% (368), in their second academic year, 29.2% ( $n = 108$ ). The mean score of cyberchondria experiences was 32.51, and the mean score of emotional intelligence was 34.91. Linear regression indicated a strong association between cyberchondria and emotional intelligence [ $F(34.639) = 5.885, P = .000$ ], with a  $.086 R^2$ . In conclusion, the exchange of expertise and peer networking for health-related details utilizing the Internet can benefit students with and without having health problems. Further research and methods should be developed to help students track the online medical tools effectively for the right purposes.

**Keywords :** emotional intelligence, cyberchondria, smartphone addiction, social media

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