

< 0.001; Comparative Fit Index > 0.95 (good fit); Tucker-Lewis Index > 0.9 (acceptable fit); Root Mean Square of Approximation < 0.05 (good fit). Authoritative parenting showed significant positive correlation ( $p < 0.001$ ) with Child feeding factors, including perceived responsibility, concern about child weight, pressure to eat, and monitoring. It showed positive association with child nutritional status ( $r = 0.091$ ,  $p = 0.06$ ). The children were categorized into four groups: normal, underweight, overweight, obese and stunting, with percentages of 57.5%, 18.5%, 13.7%, and 10.2% and 15.8% respectively

**Conclusions:** The study highlights that authoritative parenting is associated with better nutritional outcomes in children. Appropriate feeding practices also positively influence growth and development. These findings emphasize the importance of promoting positive parenting approaches and educating caregivers on healthy feeding behaviors to maintain child nutrition.

## OP 10

### **Prevalence of Nomophobia and its associated factors among Grade 10-13 students in Jaffna district**

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**Introduction:** Nomophobia is being anxious of not having access to a mobile phone or to mobile phone services. With increasing smartphone use among adolescents, nomophobia is becoming more common, potentially affecting behavior, mental health, and quality of life.

**Objectives:** This study aimed to determine the prevalence and severity of nomophobia and to identify associated sociodemographic and behavioral factors among Grade 10–13 students in Jaffna.

**Design, Setting and Method:** Stratified cluster sampling was employed to recruit participants from selected schools in Jaffna. Data collection was conducted between February and April 2025. The translated and validated Nomophobia Questionnaire (NMP-Q) was used to assess nomophobia levels, associated sociodemographic factors and patterns of mobile phone use. Data were analysed using SPSS version 20. Ethical approval was obtained from the Ethics Review Committee of UOC(EC-24-062).

**Results:** A total of 240 students with a mean age of  $15.52 \pm 1.261$  were included. The prevalence of nomophobia was 39.17% (n=94). It was high in Grade 10 students (41%). Nomophobia was seen significantly more in females ( $\chi^2=8.93$ ,  $p = 0.03$ ). Behavioral factors associated with nomophobia include not participating in extracurricular activities ( $\chi^2=12.056$ ,  $p= 0.007$ ), frequent phone checking ( $\chi^2=61.15$ ,  $p = 0.000$ ), sleeping with device ( $\chi^2 =9.986$ ,  $p = 0.019$ ) and carrying a charger/power bank ( $\chi^2=9.173$ ,  $p = 0.027$ ). Device related factors such as having their own personal device ( $\chi^2=13.748$ ,  $p = 0.03$ ) and daily mobile usage of more than one hour ( $\chi^2=16.436$ ,  $p = 0.001$ ) were significantly associated with nomophobia. Reasons such as social media use ( $\chi^2=9.578$ ,  $p = 0.023$ ) and taking selfies ( $\chi^2=11.41$ ,  $p = 0.01$ ) were also associated.

**Conclusions:** Nomophobia affects 39% of students in grades 10 to 13 in Jaffna and is significantly associated with specific sociodemographic such as sex; behavioral factors such as not participating in extracurricular , frequent phone checking, sleeping with device and carrying a charger/power bank; device related factors such as having their own personal device, daily mobile usage of more than one hour; Reasons such as social media use and taking selfies. Targeted interventions and digital literacy programs are crucial to reducing its impact on students' mental health and academic performance.