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Int J Occup Med Environ Health. 2008;21(4):289-93. doi: 10.2478/v10001-008-0028-6.

Adverse effects of excessive mobile phone use.

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Source

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Abstract

INTRODUCTION:

Research findings indicate that the use of mobile phones may lead to a number of symptoms such as headache, impaired concentration and memory, and also fatigue.

MATERIALS AND METHODS:

The present study was designed to investigate whether the symptoms of ill health reported by young people may be associated with the use of mobile phone (MP) and to analyze its influence on health and development of medical students. The questionnaire was designed specifically for this study and contained items regarding health condition and health complaints as well as the frequency of MP use. The response rate was 86.6% (286 of 330 forms, completed by 73.77% males and 26.22% females).

RESULTS:

Most of the subjects (83.57%) had some knowledge about the adverse effects of MP use. 76.92% of the students carried one mobile, and 23.08% more than one. 55.94%, of the subjects reported the average daily MP use of less than 30 min, 27.97%, of 30-60 min, 11.53%, of 60-90 min and 4.54% of more than 90 min. 16.08% of the subjects complained of headache and 24.48% of fatigue. Impaired concentration was reported by 34.27% of respondents, memory disturbances by 40.56%, sleeplessness by 38.8%, hearing problems by 23.07%, and facial dermatitis by 16.78%. The sensation of warmth within the auricle and behind/around the ear was reported by 28.32%. Out of 286 subjects who participated in this study, 44.4% related their symptoms to mobile phone use.

CONCLUSIONS:

The findings of the present study indicate that mobile phones play a large part in the daily life of medical students. Therefore, its impact on psychology and health should be discussed among the students to prevent the harmful effects of mobile phone use.

PMID:

19228576

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[MeSH Terms](#)

MeSH Terms

Cellular Phone*

Electromagnetic Fields/adverse effects*

Female

Humans

Male

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MetaPress.com

EBSCO

ProQuest

Other Literature Sources

Labome Researcher Resource - ExactAntigen/Labome

Medical
Electromagnetic Fields - MedlinePlus Health Information