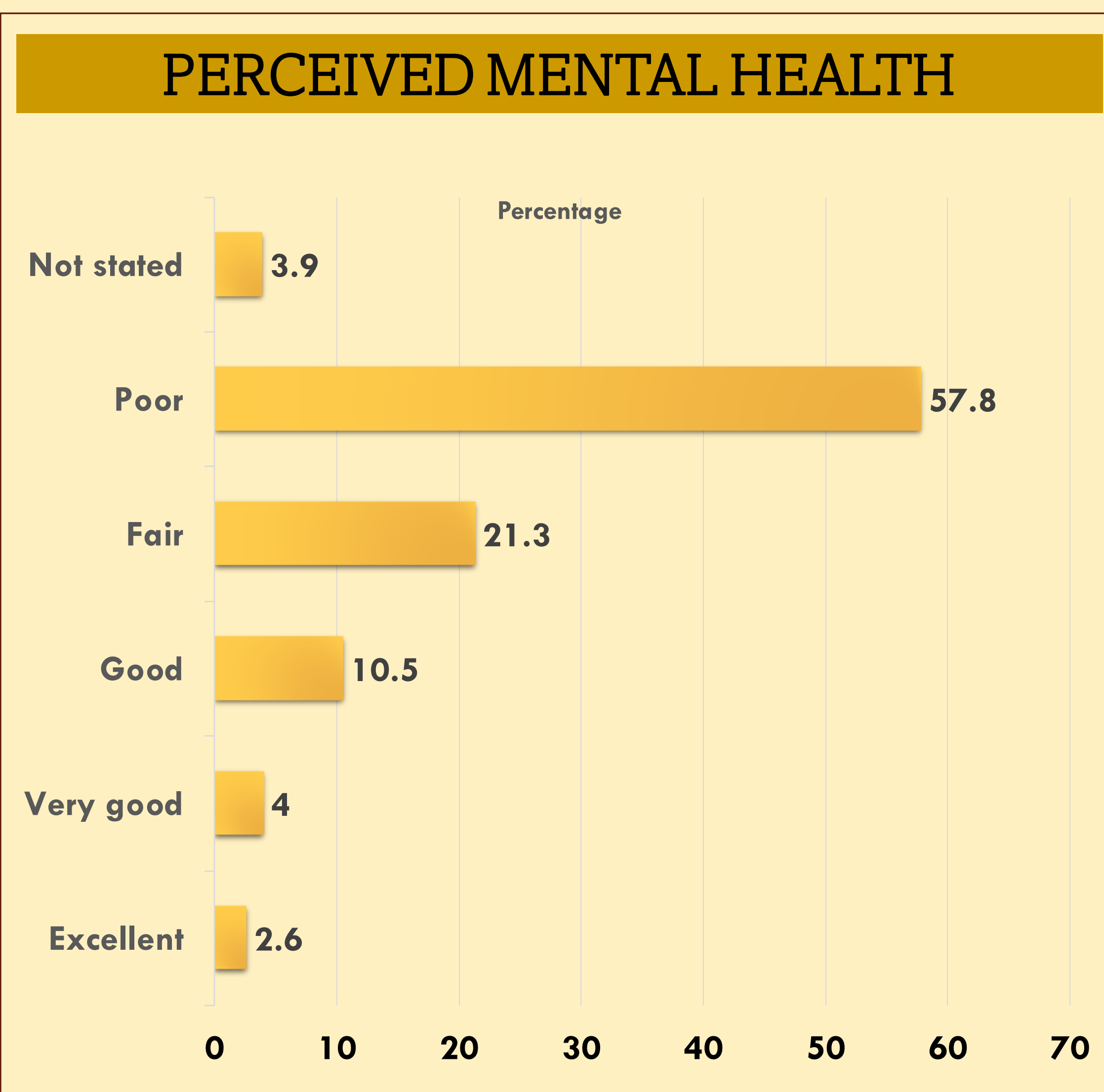
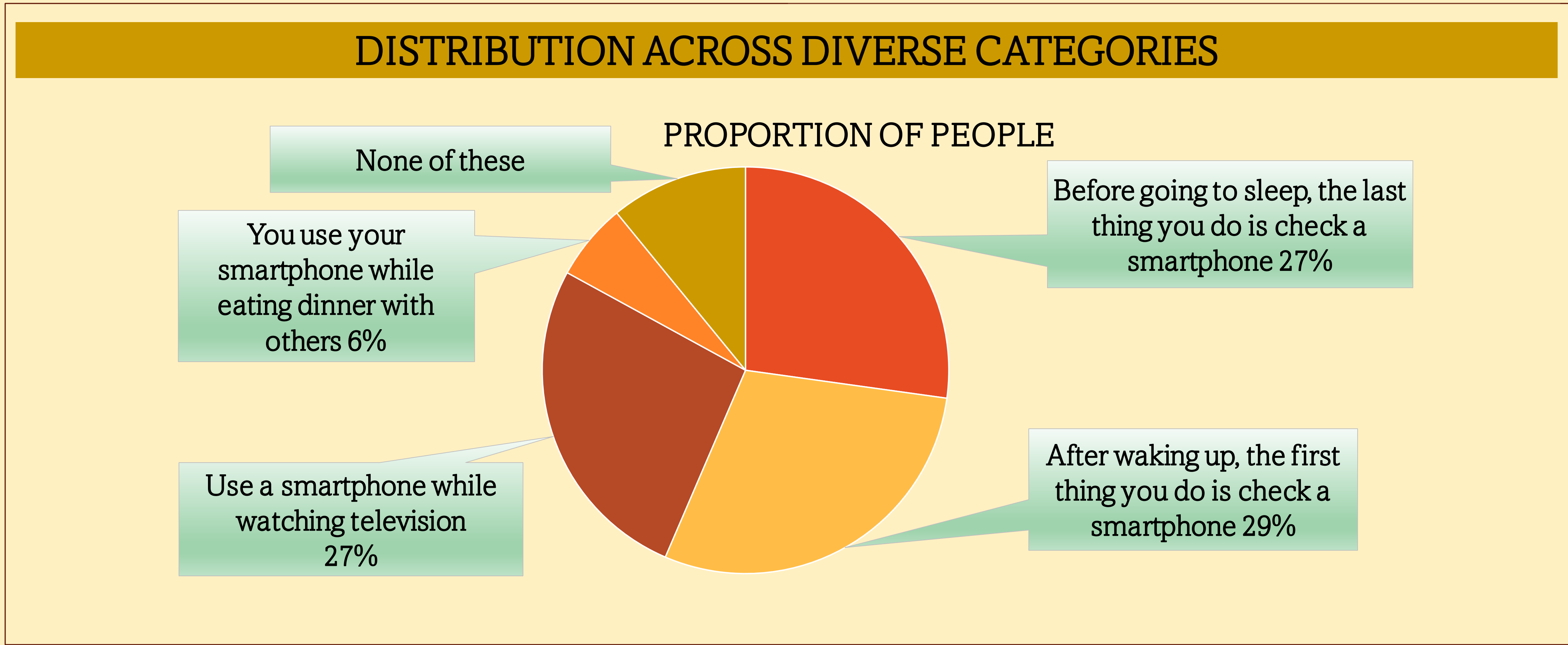
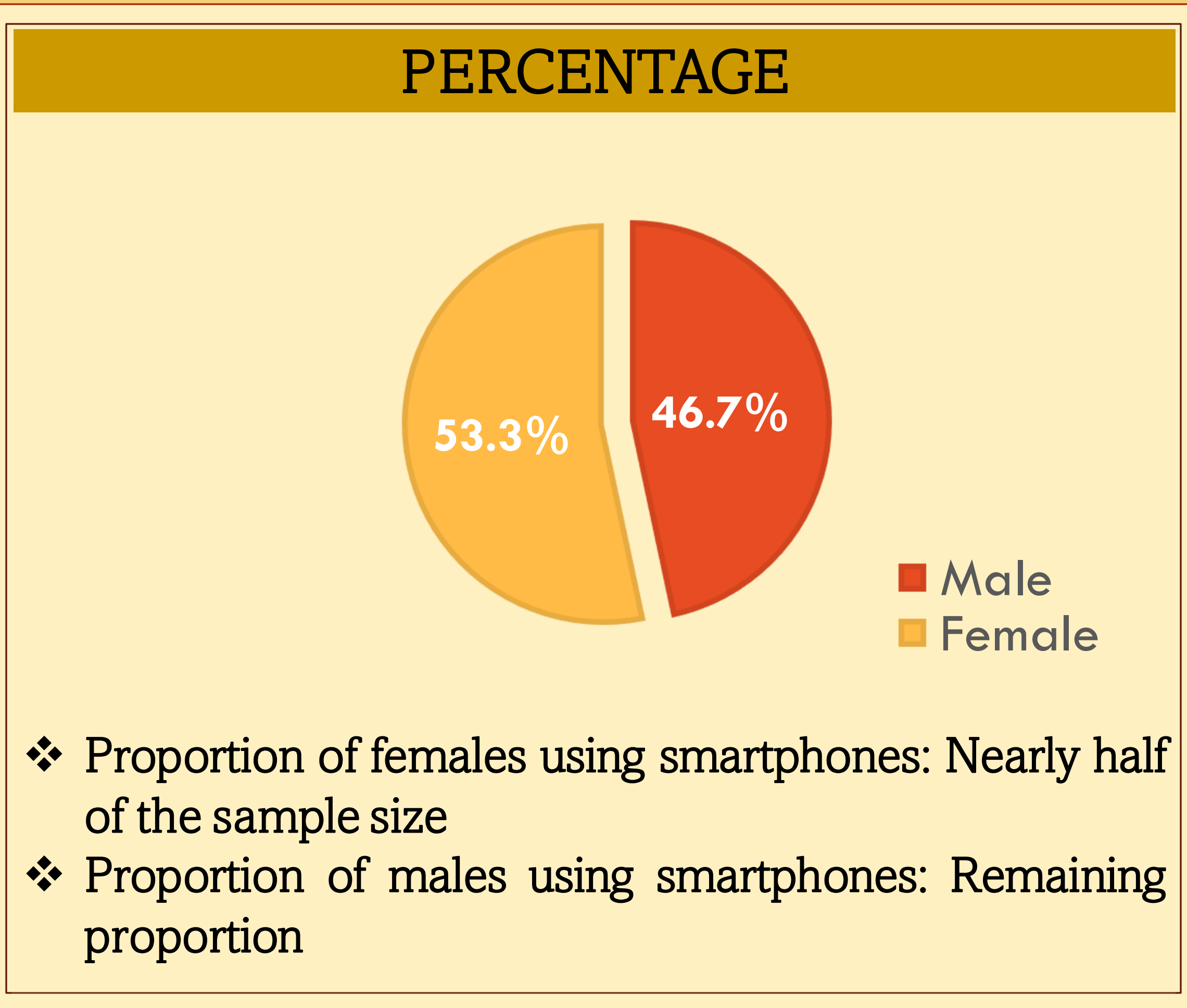
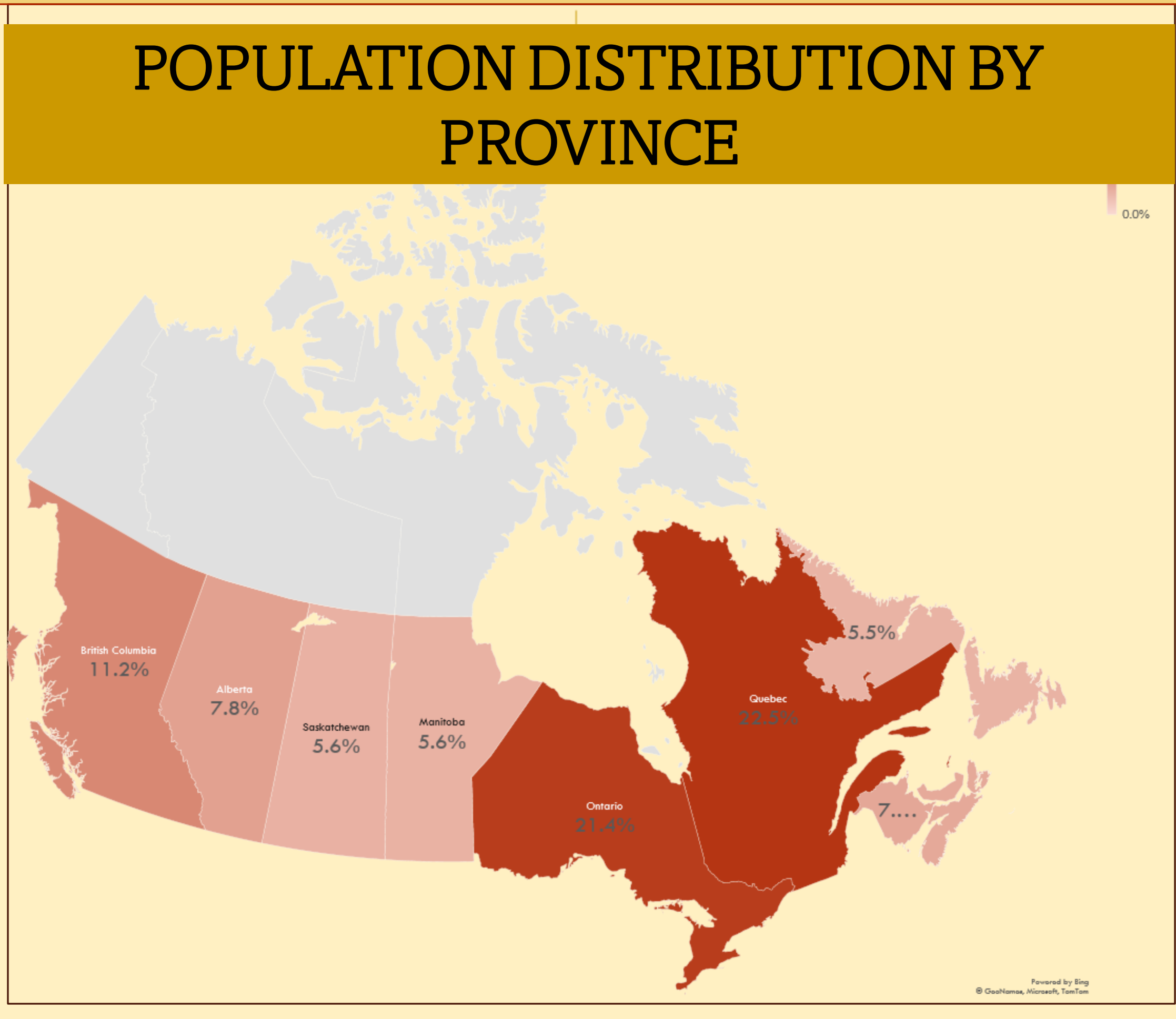


CAUGHT IN THE FOMO TRAP: ANALYSING CONTRIBUTING FACTORS AND EFFECTS ON PSYCHOLOGICAL WELL-BEING

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- ### RECOMMENDATIONS
- Study FOMO experiences across different age groups.
 - Explore age-specific coping strategies related to FOMO.
 - Consider generational, parental, socioeconomic, and technological factors
 - Expand well-being outcomes beyond anxiety and depression.
 - Develop targeted interventions for healthier digital engagement.