Table 1) Comparison of the use of cell-phone, sleep quality, anxiety, and depression among the students based on their gender

Studied Variables	Boys (n=120)		Girls (n=120)		Significance Level
	Mean	SD	Mean	SD	
Cell Phone Over Use	49.5	18.05	43.05	19.73	0.006
Sleep Quality	10.25	3.26	9.10	3.76	0.012
Anxiety and Depression	12.00	5.97	13.05	8.39	0.266

Table 2) Results related to the correlation between the cell phone over use variable and sleep quality, anxiety, and depression (n=240)

Predictive Variable	Criterion Variable	Correlation Coefficient	Significance Level
Cell Phone Over Use	Sleep Quality	0.56**	0.001
	Anxiety and Depression	0.38**	0.001

**Correlation is significant at the level of 0.01

Table 3) Multiple linear regression analysis to predict sleep quality and anxiety and depression through the use of mobile phones among participants

Variable	Regression Coefficient (β)	Standard Error	Slope (b)	Significance Level	Coefficient of Determination*
Sleep Quality	0.56	109.54	0.101	<0.001	31%
Fixed Amount	0.56	0.50		<0.001	
Anxiety and Depression	0.38	40.9	0.144	<0.001	14%
Fixed Amount	0.38	1.14		<0.001	

*Results are related to the second stage of step wise linear regression