

# SOCIAL MEDIA AND MENTAL HEALTH IN ADOLESCENTS

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# Faculty Disclosure

- No financial disclosures



# Educational Need/Practice Gap

- Evolving social media landscape
- Near universal internet use in US teens
- Complex effects of social media on adolescents' health and well-being.

# Objectives

Analyze the potential risks and benefits of social media on Adolescent mental health.

Identify signs of problematic internet use among young people.

Explore the role of families and healthcare providers in managing and mitigating excessive social media use

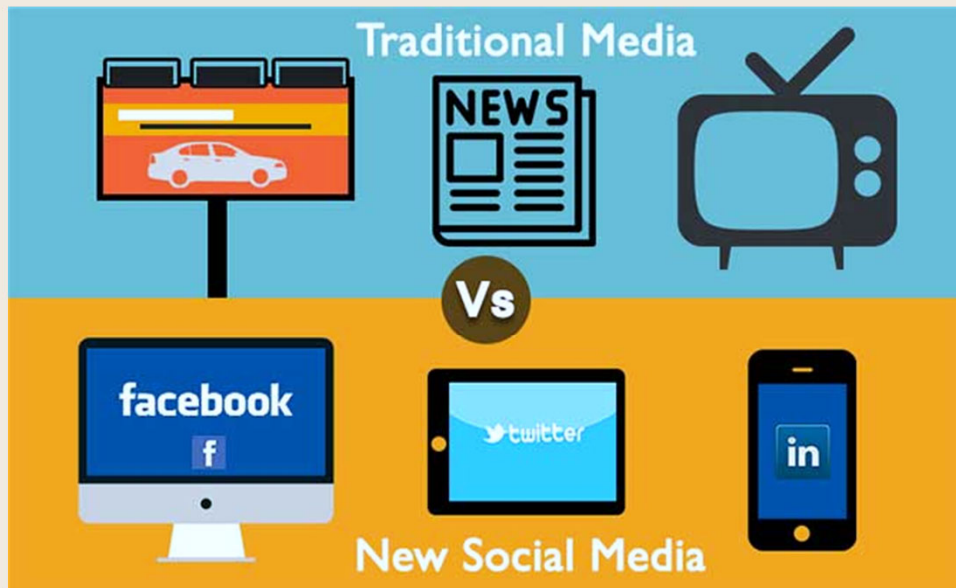
# Expected Outcome

Providers are able to screen for and identify problematic social media/internet use in Adolescents and Young Adults

Providers can support families to determine appropriate screen time and set boundaries for accessing content.

# The Digital Age





## Traditional vs. New Digital (or Social) Media

- **Traditional Media**
  - TV, radio, periodicals
- **Digital Media**
  - Variety of media formats – text/ photos/video/audio

# Evolution of Social Media



1997



2004

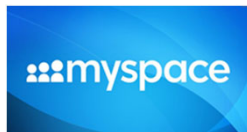


2010



2017

2003



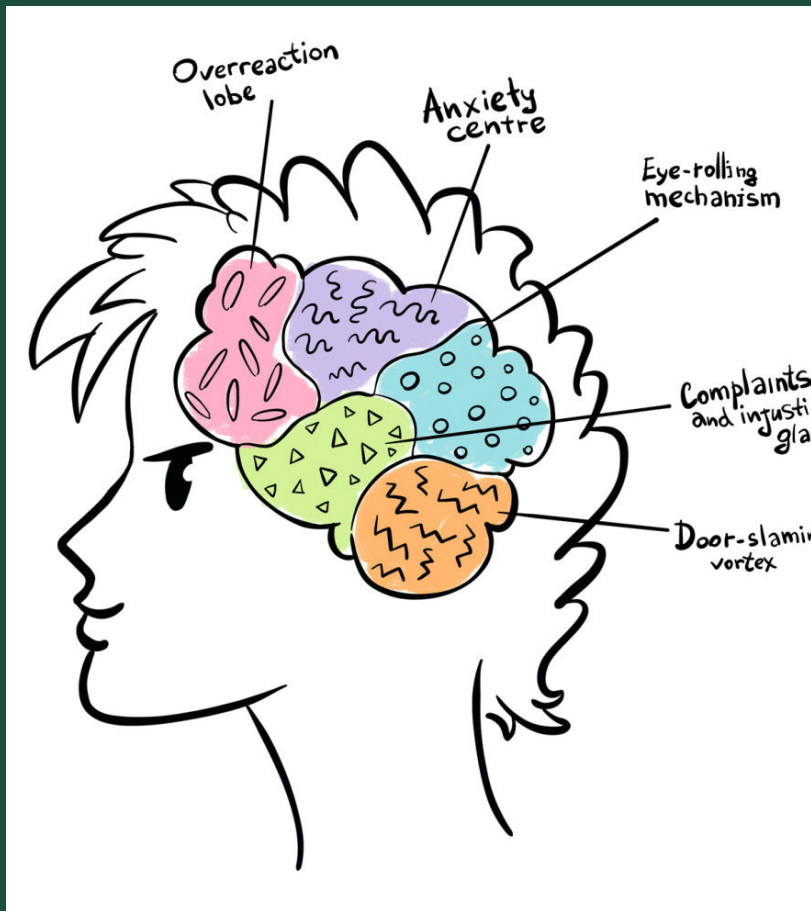
2006



2011



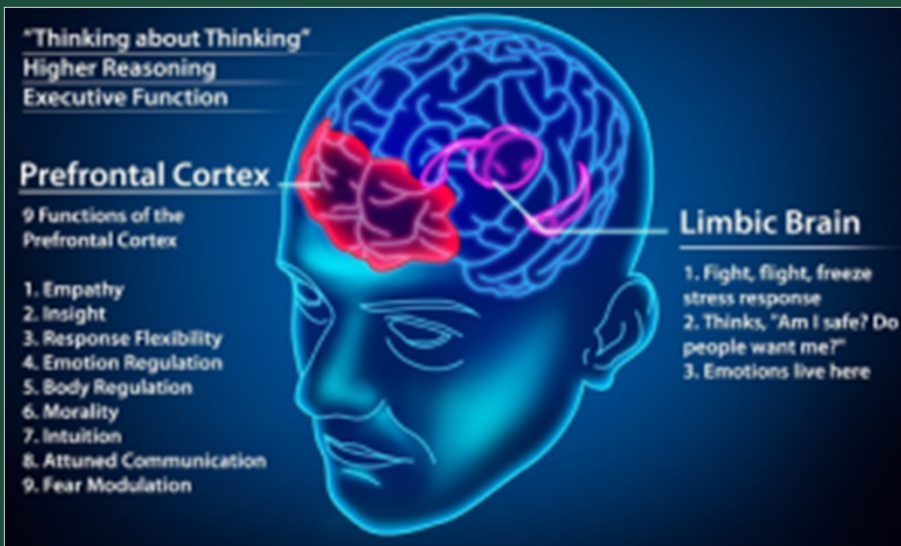




## A Vulnerable Phase of Development

- **Physiological changes**
  - Autonomy, Identity, Relationships
- **Social changes**
  - Drive for approval, peer acceptance

# Cognitive changes in the Adolescent brain

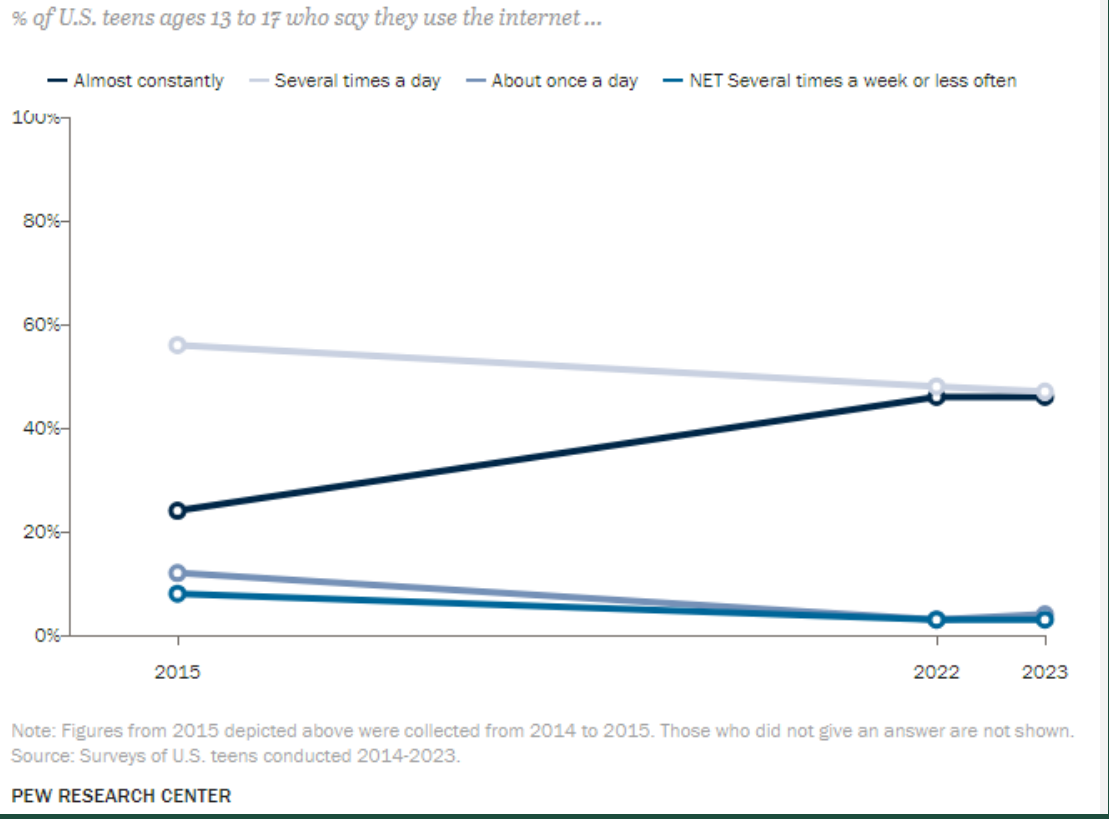


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- Pre-frontal Cortex still developing
- Underdeveloped impulse control
- Greater motivation & reward for same stimulus

# Social Media use in Adolescents



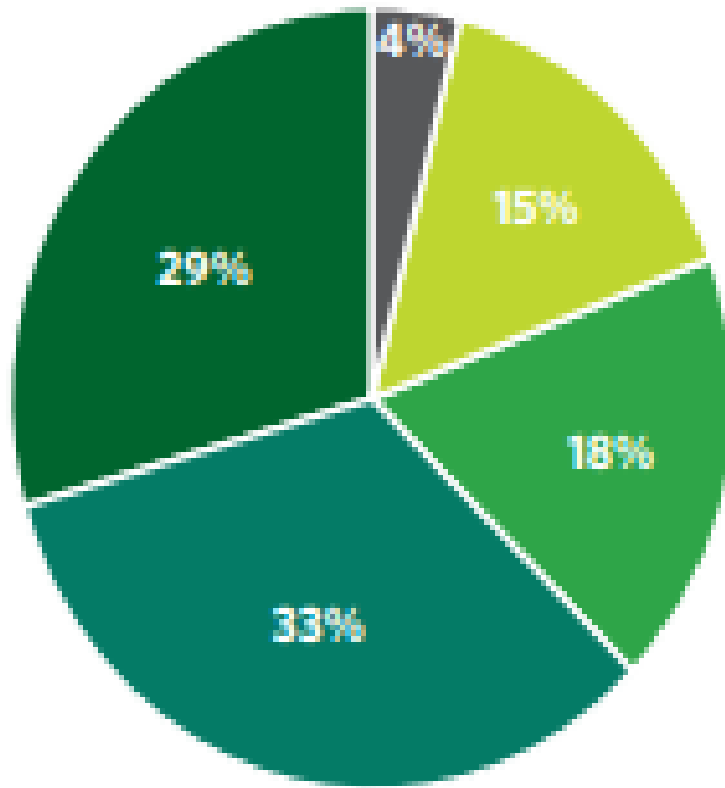


# How often do Teens use internet?

96%

US teens use the internet every day

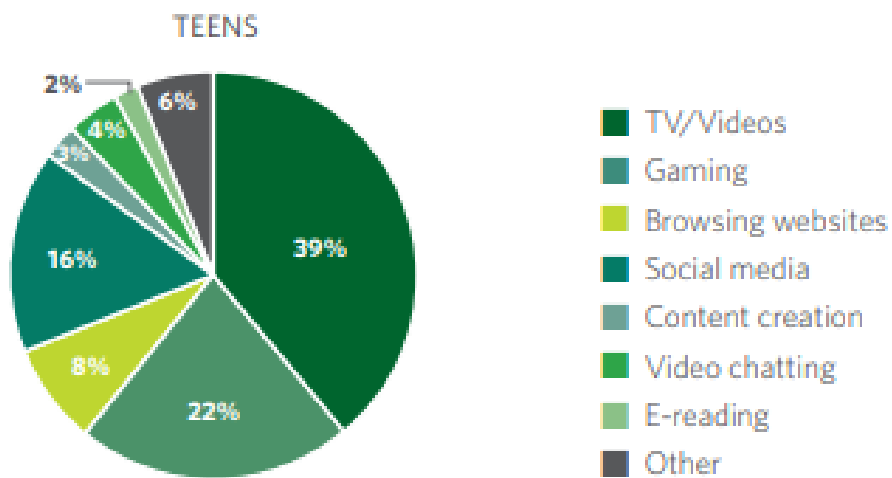
## TEENS



## How much time do teens spend online?

**7.22** hours of screen time outside of school or homework

**4.8** hours a day on social media

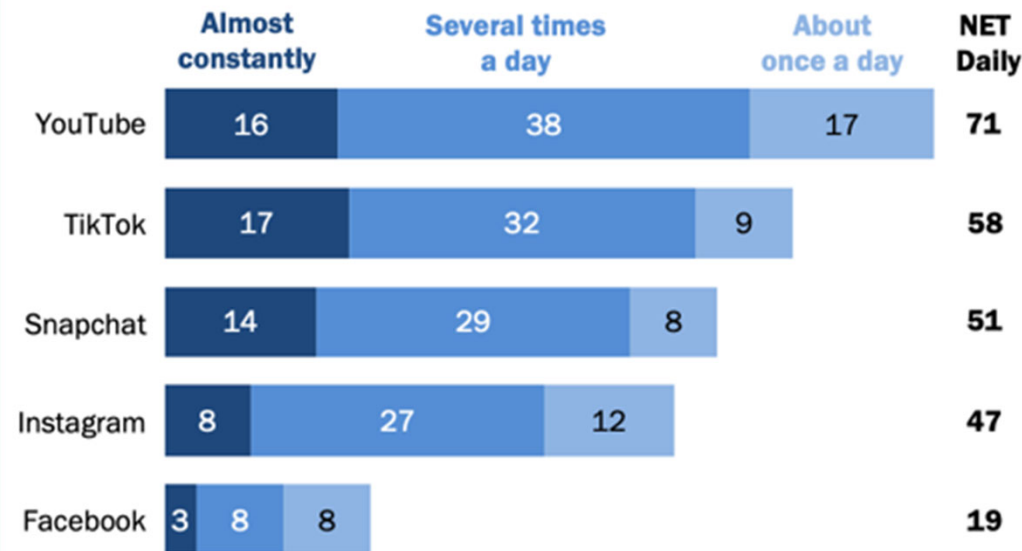


## How do teens use their screen time?

- 39% TV/Videos
- 22% Gaming
- 16 % Social Media
- 3% Creating content

## A majority of teens visit YouTube, TikTok daily

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

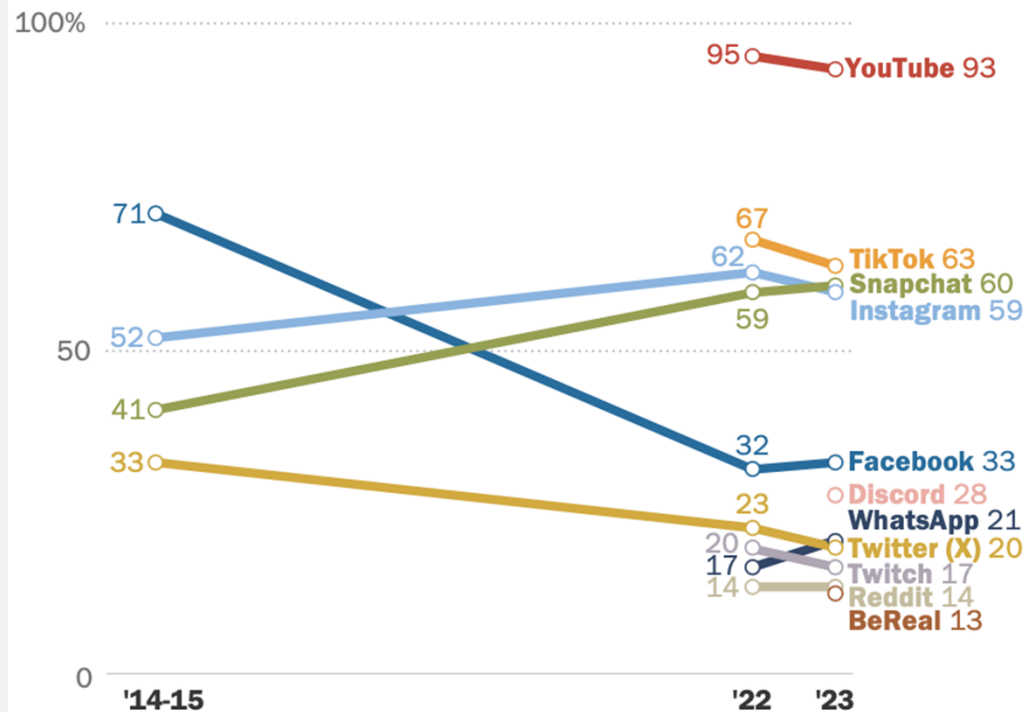
## How often do Teens use social media platforms?

# 1 in 3

Teens use social media "Almost Constantly"

## YouTube continues to be top platform among teens, followed by TikTok, Snapchat and Instagram

% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites



Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

## Which online platforms are most popular among teens?

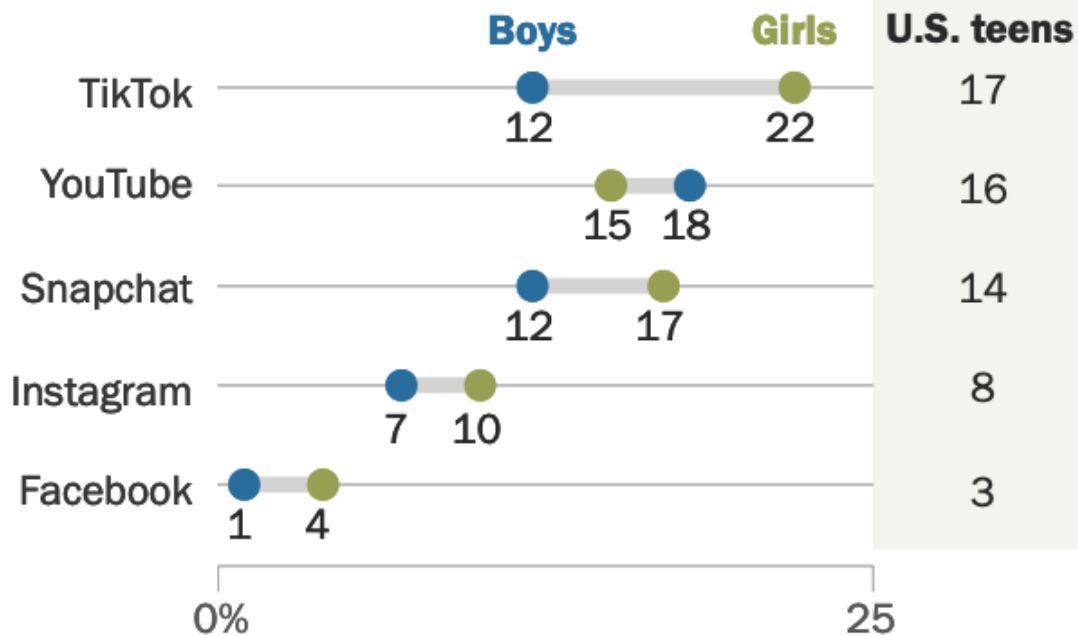
- You tube
- TikTok





## Older teens

are more likely than younger teens to use social media platforms



## Teen girls

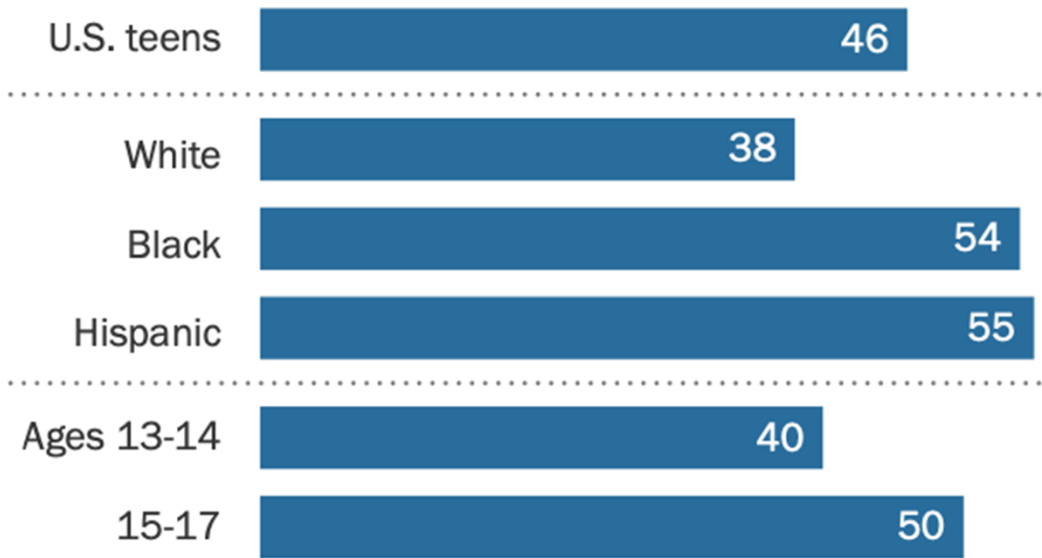
are more likely than boys to say they almost constantly use TikTok (22% vs. 12%) and Snapchat (17% vs. 12%)

Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.  
 "Teens, Social Media and Technology 2023"

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*% of U.S. teens ages 13 to 17 who say they use the internet **almost constantly***



Note: White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race.

## Black, Hispanic teens

more likely than White teens to say they are online almost constantly

# Teens from higher-income households

use 1 hr and 43 min a day less than lower-income households



Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



## Key Drivers of Social Media Use in Teens

- A desire to connect with others
- FOMO- a fear of missing out
- Social pressure and expectations
- Hyperconnectivity to technology
- Feelings of stress, anxiety, depression or boredom
- Dopamine response

# Social media benefits and risks



# What are some benefits of social media?

**Respond at**

<https://PollEv.com/mherbert279>

Or

Send mherbert279 and your message to 22333

# Benefits of Social Media on Teen Mental Health

Social engagement

Creativity

Self-expression

Community engagement

Access to information and services



# Benefits for Marginalized Young People

Fostering connections  
with peers

Facilitating  
identity development

Enabling  
social support



# What are some negative effects of social media?

Respond at

<https://PollEv.com/mherbert279>

Or

Send **mherbert279** and your message to **22333**

# Negative Psychological Effects of Social Media on Teen Mental Health

Depression  
and anxiety

Inadequate  
sleep

Low self-  
esteem

Poor  
body image

Eating disorder

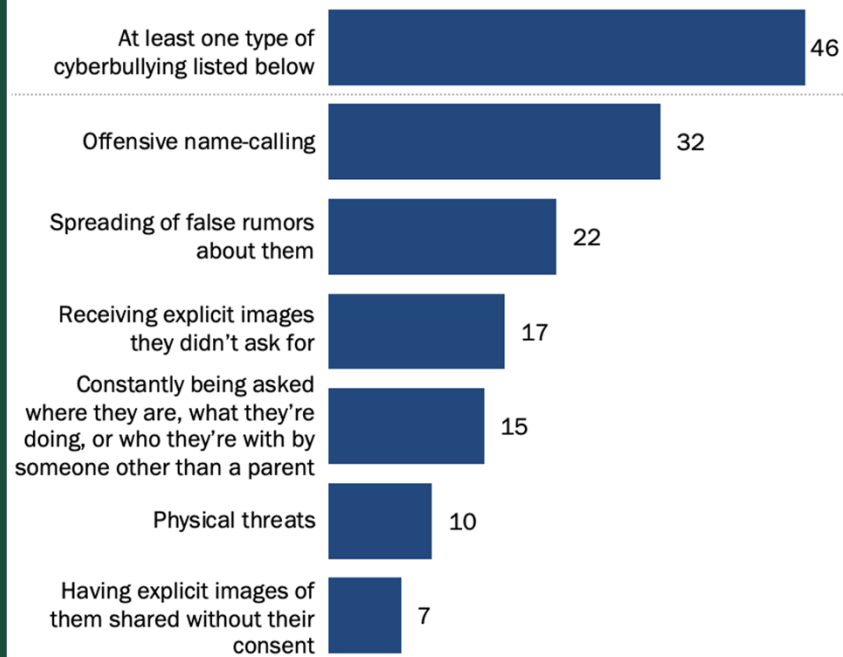
Cyberbullying



## Mental health and Well-being

- Time
- Content
- Engagement

% of U.S. teens who say they have ever experienced \_\_\_ when online or on their cellphone



Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.  
Source: Survey conducted April 14-May 4, 2022.  
"Teens and Cyberbullying 2022"

# Cyberbullying

Nearly half of teens have ever experienced cyberbullying, with "Offensive name calling" being most common

Teen girls and LGBTQ youth are more likely to experience cyberbullying



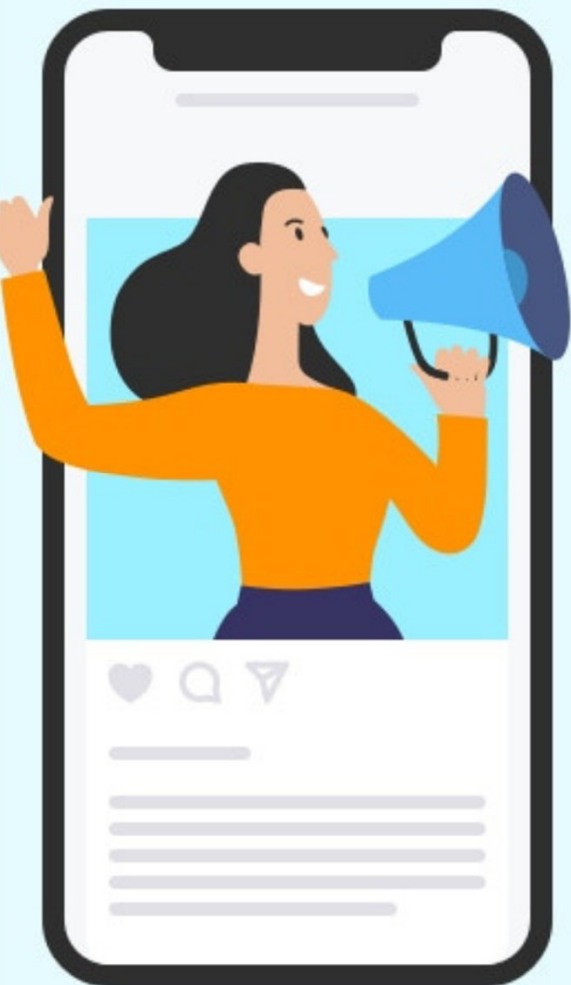
## Body Image and Disordered Eating

- Harmful body ideals
- Obesity



## Sleep

- Devices in bedroom
- Daytime screen use



## Social Media influencers (SMI)

Challenges that SMIs pose to adolescent health

- Unrealistic body image standards
- Unhealthy food content
- Promotion of substance use
- Inaccurate medical advice
- Inappropriate advertising





## Problematic Internet Use (PIU)

“Internet use that is risky, excessive, or impulsive in nature, leading to adverse life consequences, specifically physical, emotional, social, or functional impairment.”

- 7% to 11% of adolescents in US



**Are Teens “Addicted” to Social Media?**



## Signs of Potentially Problematic Technology Use

- Unable to stop when adolescents want to stop, or realize it is interfering with necessary tasks
- Spending excessive effort to ensure continuous access to social media
- Repeatedly spending more time on social media than intended
- Lying or deceptive behavior to retain access to social media use
- Loss or disruption of significant relationships or educational opportunities because of media use

# How to Protect Teens on Social Media?



**U.S Surgeon General  
Issues New Advisory  
About Effects Social  
Media Use Has on  
Youth Mental Health**

**May 2023**





## What can Health Care Providers do?

Screen for Problematic Internet use  
When?

- Routine well visits, sleep difficulty, challenges with limiting screen time, poor school performance

How?

- PRIUSS

### PROBLEMATIC AND RISKY INTERNET USE SCREENING SCALE (PRIUSS)

Please answer the questions below based on how you have felt and conducted yourself regarding your Internet use over the **past 6 months**. Please do your best to interpret these questions as they apply to your own experiences and feelings.

When considering your Internet use time, think about **any time you spend online**, whether you are using a computer or a mobile device. Do not include time you spend texting unless you are **using text messages to interact with an online application** such as Facebook or Twitter.

Place an **x** in the box which best describes your answer.

How often ...

	Never	Rarely	Sometimes	Often	Very Often
1. do you choose to socialize online instead of in-person?	0	1	2	3	4
2. do you have problems with face to face communication due to your internet use?	0	1	2	3	4
3. do you experience increased social anxiety due to your internet use?	0	1	2	3	4
4. do you fail to create real-life relationships because of the internet?	0	1	2	3	4
5. do you skip out on social events to spend time online?	0	1	2	3	4
6. do your offline relationships suffer due to your internet use?	0	1	2	3	4
7. do you feel irritated when you're not able to use the internet?	0	1	2	3	4
8. do you feel angry because you are away from the internet?	0	1	2	3	4
9. do you feel anxious because you are away from the internet?	0	1	2	3	4
10. do you feel vulnerable when the internet isn't available?	0	1	2	3	4
11. do you experience feelings of withdrawal from not using the internet?	0	1	2	3	4
12. do you put internet use in front of important, everyday activities?	0	1	2	3	4
13. do you avoid other activities in order to stay online?	0	1	2	3	4
14. do you neglect your responsibilities because of the internet?	0	1	2	3	4
15. do you lose motivation to do other things that need to get done because of the internet?	0	1	2	3	4
16. do you lose sleep due to nighttime internet use?	0	1	2	3	4
17. does time on the internet negatively affect your school performance?	0	1	2	3	4
18. do you feel you use the internet excessively?	0	1	2	3	4

# Problematic Internet Use Screening Scale (PRIUSS)

The only validated screening tool for Pediatric populations

PRIUSS 3

PRIUSS 18



## What can Health Care Providers do?

- **Work with families and schools** to promote understanding of the benefits and risks of social media
- **Family Media Plan**



# Screen time Guidelines (AACAP, AAP)

- Until 18 months of age: Avoid screen time other than video chatting along with an adult
- Age 18 and 24 months: limited to watching educational programming with a caregiver.
- Age 2-5 years: non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.
- Age 6 years and older: encourage healthy habits and limit activities that include screens.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.



## Role of Parents and Caregivers

- Determine the age your child will have access to social media.
- Family media plan
- Keep devices out of the bedroom and others
- Follow the rules yourself
- Open communication
- Approach conversations

# WHAT IS A FAMILY MEDIA USE PLAN?

A Family Media Use Plan helps parents balance their children's online and off-line lives. Because every family is different, the American Academy of Pediatrics has a new tool to help you create a personalized plan that works within your family's values and busy lifestyles.



## Younger Than 1½ to 2 Years

Avoid media use (except video chatting).

## Preschoolers

No more than 1 hour per day of high-quality programming

## Grade-schoolers & Teens

Don't let media displace other important activities.

- 1 hour of exercise daily
- Family meals
- A full night's sleep
- "Unplugged" downtime

## All Ages

Co-view media with your kids (enjoy it with them) to help them learn from what they are doing, seeing, and saying online.

**Be their media mentor!**

Create your family's plan at [HealthyChildren.org/MediaUsePlan](https://www.HealthyChildren.org/MediaUsePlan).





en ESPAÑOL

LOG IN | REGISTER

- Home
- Tutorial
- My Family**
- Priorities
- Media Balance
- Communicating About Media
- Kindness & Empathy
- Digital Privacy & Safety
- Screen Free Zones
- Screen Free Times
- Choosing Good Content
- Using Media Together
- Review

### My Family

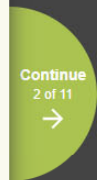
+ Add Another Family Member

	Family Member's Name * <input type="text" value="Mandy"/>	Age <input checked="" type="radio"/> 0-24 months <input type="radio"/> 2-5 years <input type="radio"/> 6-12 years <input type="radio"/> 13-18 years <input type="radio"/> Adult	✕
	Family Member's Name * <input type="text" value="Sandy"/>	Age <input type="radio"/> 0-24 months <input checked="" type="radio"/> 2-5 years <input type="radio"/> 6-12 years <input type="radio"/> 13-18 years <input type="radio"/> Adult	✕
	Family Member's Name * <input type="text" value="Handy"/>	Age <input type="radio"/> 0-24 months <input type="radio"/> 2-5 years <input type="radio"/> 6-12 years <input type="radio"/> 13-18 years <input checked="" type="radio"/> Adult	✕
	Family Member's Name * <input type="text" value="Candy"/>	Age <input type="radio"/> 0-24 months <input type="radio"/> 2-5 years <input type="radio"/> 6-12 years <input type="radio"/> 13-18 years <input checked="" type="radio"/> Adult	✕

+ Add Another Family Member



Supported by





## What Children and Adolescents Can Do?

- Reach out for help
- Create boundaries
- Be cautious about what you share
- Protect yourself and others
  - Don't keep online harassment or abuse a secret.
  - Don't take part in online harassment or abuse.

# Tips on Healthy Social Media Use

(created for and by young people)

- Take breaks from social media
- Turn off notifications
- Unfriend, unfollow, mute
- Track your screen time
- Balance online and offline time
- Prioritize your time
- Find the joy

Social Media and Youth Mental Health meeting at the Substance Abuse and Mental Health Services Administration (SAMHSA) on July 11, 2019



# Key Takeaways

- Teenagers use of social media is widespread and pervasive.
- Social media use can benefit teens, but it can also be detrimental to a young user's health, leading to mental health effects, sleep deficits, increased levels of stress and more.
- Families, health care providers, tech companies, policymakers and others must work together to create safer and healthier social media environment for young people.

# Q&A

- *How can I successfully approach setting limits with my child?*



# Q&A

- *How does a parent deal with a spike in aggressive, tantrum behaviors due to new limitations?*

# Q&A

- *How much screen time is safe for a teenager?*

# Q&A

- *What is an appropriate age to introduce a phone or other type of communication devices, like a watch with texting capabilities, to children/adolescents?*

# Q&A

- *As a young person who enjoys keeping up with current events through digital media, I was wondering how to protect one's mental health while still staying informed and involved?*

# Q&A

- *Teens share selfies that are manipulated to make them look more "perfect". This perpetuates unrealistic beauty standards. What can parents and educators do, if anything, to change this?*

# Objectives

Upon completion of this educational activity, you will be able to:

- ✓ Analyze the potential risks and benefits of social media on the Adolescent mental health.
- ✓ Identify signs of problematic internet use among young people.
- ✓ Investigate the role of families and healthcare providers in managing and mitigating excessive social media use

# Resources

- AAP Center of Excellence on Social Media and Youth Mental Health
- AAP Family Media Plan
- AAP Center of Excellence on Social Media and Youth Mental Health
- Common Sense Media
- Digital Wellness Lab (Boston Children's)