



ECHO IDAHO

Behavioral Health in
Primary Care

Social Media and Mental Health

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.





Learning Objectives

Participants will

- Define elements of mental health
- Explore the pressure to stay connected
- Explore social media's impact on the wellbeing of today's youth
- Identify strategies to support the wellbeing of youth in this digital age

Mental Health is...

The social, emotional, and behavioral well-being of students.

(National Center for School Mental Health.
University of Maryland School of Medicine, 2019)



Mental Illness is...

A condition that impacts a young person's thinking, emotions, and mood, such that it interferes with his or her daily functioning at home and school.

(SAMHSA)





Adolescent and Digital Use: The Statistics

Approximately 95% of adolescents in the United States have AT LEAST one mobile device of their own

89% of adolescent own a smartphone

Children (ages 8-12):
approximate time
spent viewing media
for non-school
purposes = 4.6 hrs/day

Approximately half (48%)
of 11-year-olds report
owning a mobile phone,
with 85% of adolescents
reporting the same by age
14

1 in 3 users of the internet
worldwide are under the
age of 18

Adolescents (ages 13-18):
approximate time spent
viewing media for non-
school purposes = 6.67
hrs/day



Adolescent and Digital Use: The Statistics

17% of highest users expressed poor body image vs. 6% of lowest users

10% of the highest use group depressed suicidal ideation in the past 12 months vs 55% of the lowest group

41% of teens with highest social media use, rate mental health as poor or very poor vs 23% of those with lowest use

60% of highest frequency users report low parental monitoring and weak parental relationships AND poor to very poor mental health, compared to 25% with high parental monitoring and strong parental relationships

YouTube, TikTok, and Instagram account for 87% of social media time

What factors shape the mental health of young people?

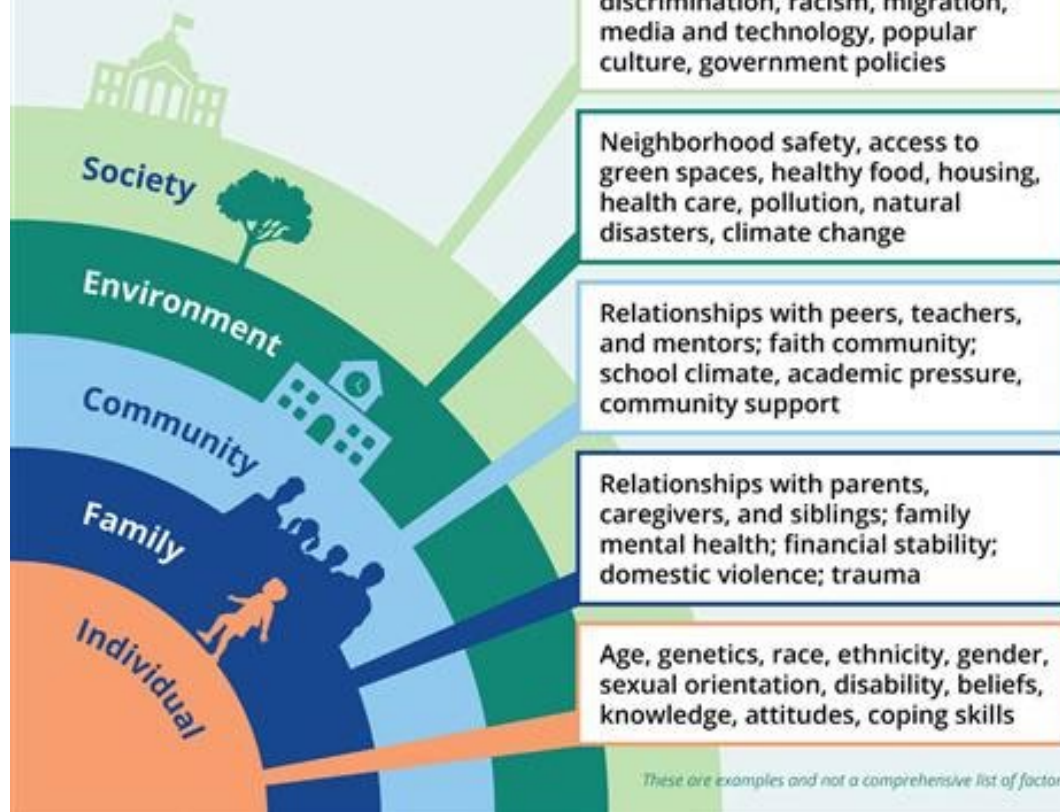
*Add your thoughts
to the chat box*



FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's *Determinants of Adolescent Health Development: An Ecological Model*, 2014 and Bronfenbrenner & Ceci (1994)



Adolescents and Digital Use: The Statistics

Major Depression Among Teens

41% of teens with highest social media use, rate mental health as poor or very poor vs 23% of those with lowest use

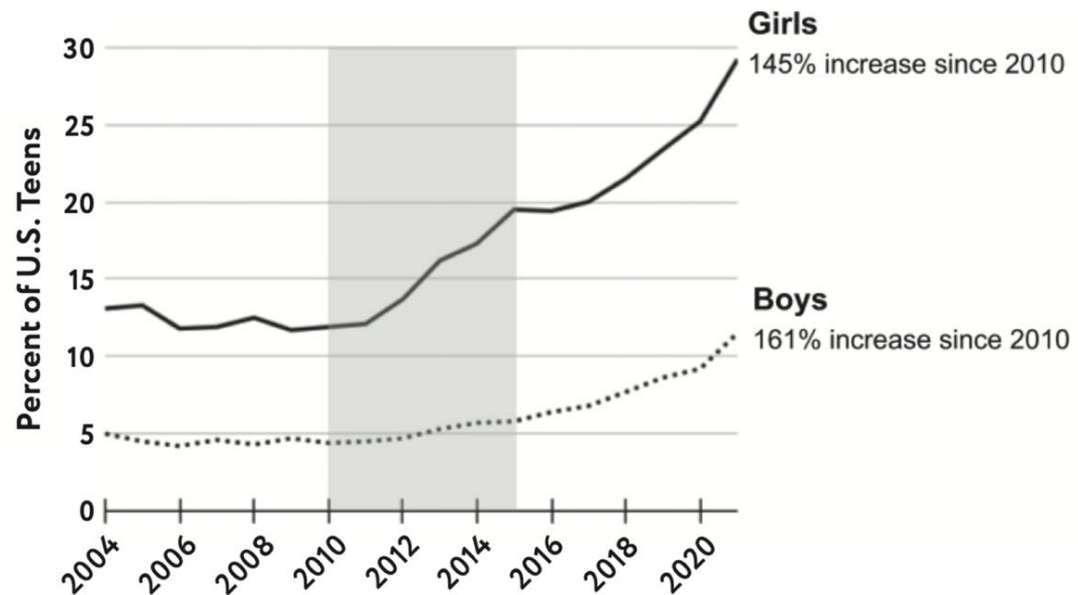


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)³

Adolescents and Digital Use: The Statistics

Mental Illness Among College Students

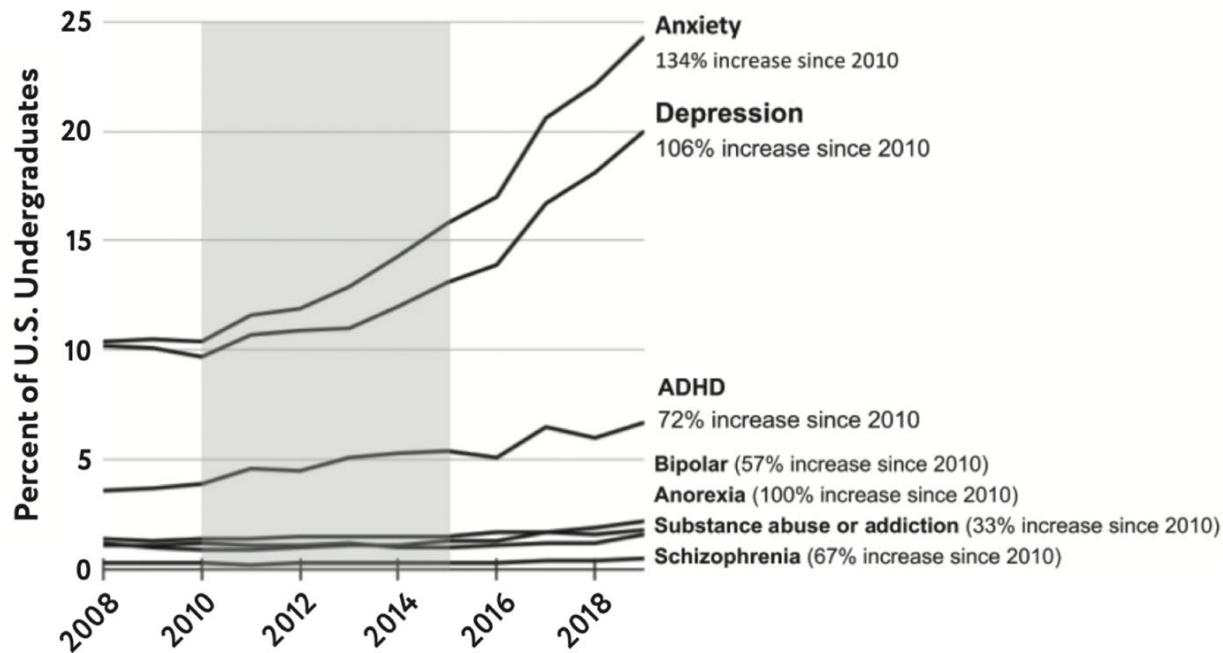


Figure 1.2. Percent of U.S. undergraduates with each of several mental illnesses. Rates of diagnosis of various mental illnesses increased in the 2010s among college students, especially for anxiety and depression. (Source: American College Health Association.)⁹

Adolescents and Digital Use: The Statistics

Anxiety Prevalence by Age

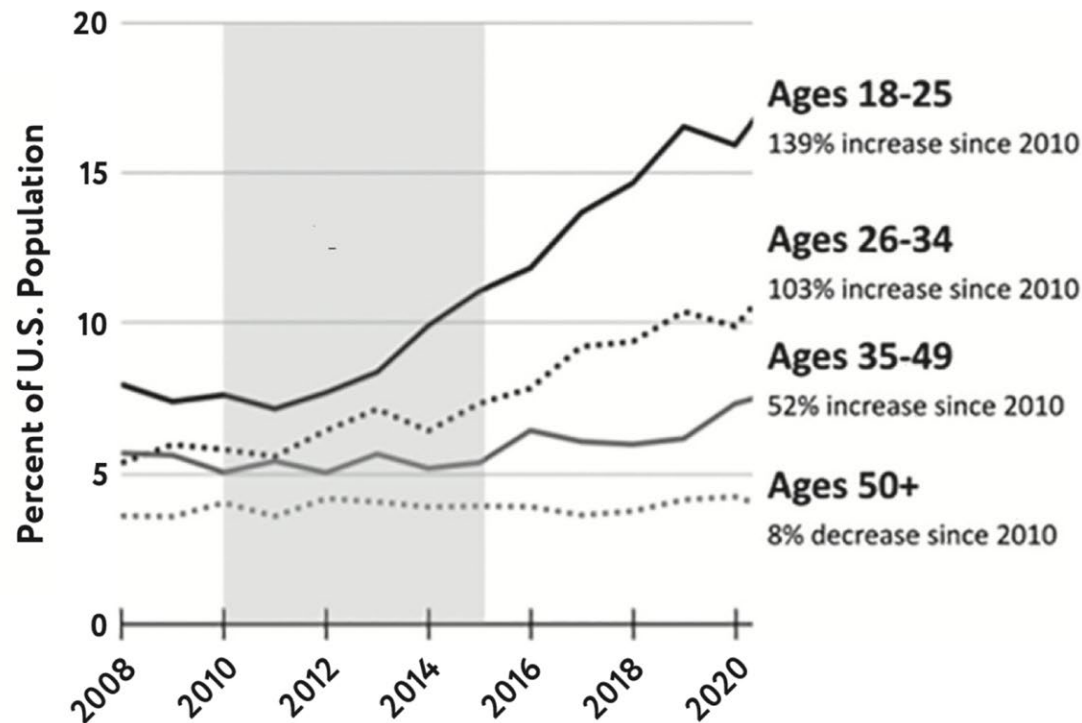


Figure 1.3. Percent of U.S. adults reporting high levels of anxiety by age group.
(Source: U.S. National Survey on Drug Use and Health.)¹¹

Adolescents and Digital Use: The Statistics

Emergency Room Visits for Self-Harm

10% of the highest use groups expressed suicidal thinking in the last 12 months vs 55% of the lowest group

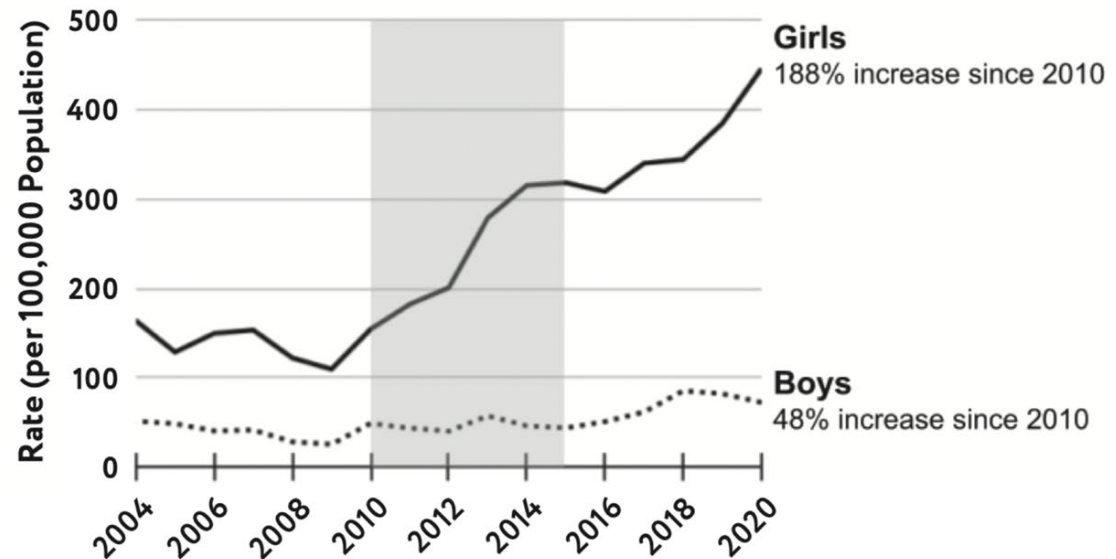


Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²⁰

Adolescents and Digital Use: The Statistics

Suicide Rates for Younger Adolescents

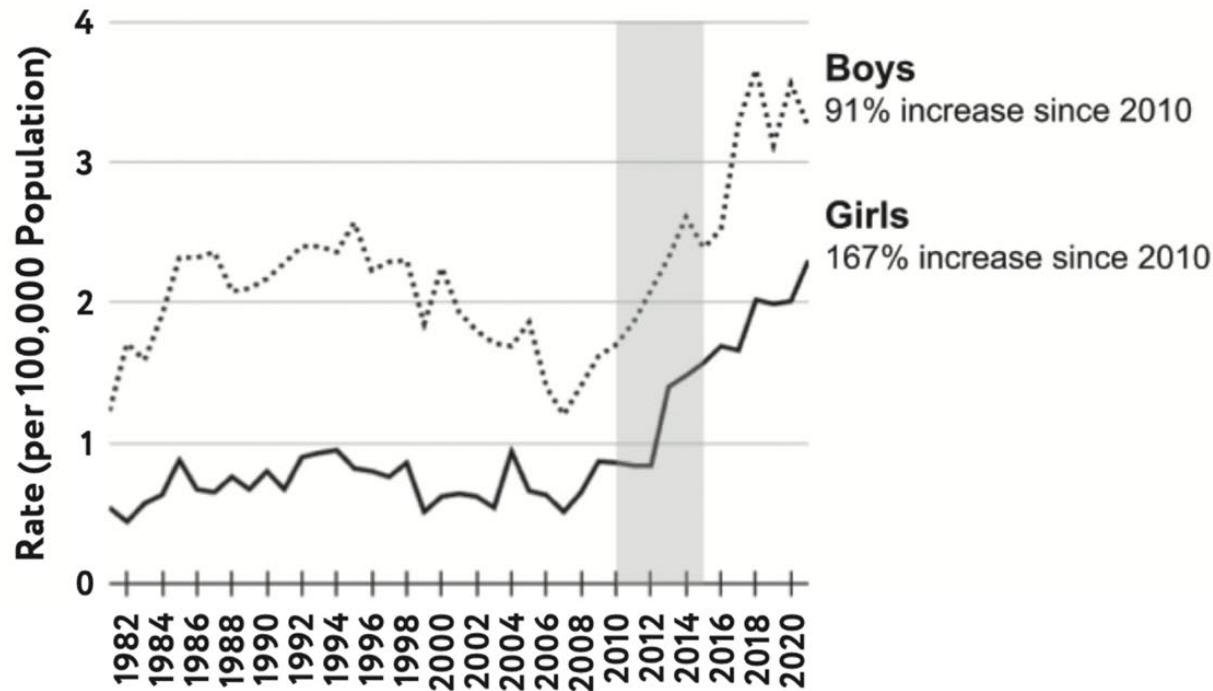


Figure 1.5. Suicide rates for U.S. adolescents, ages 10–14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²²

So what is it about the area highlighted in grey?

Communication Technology Adoption

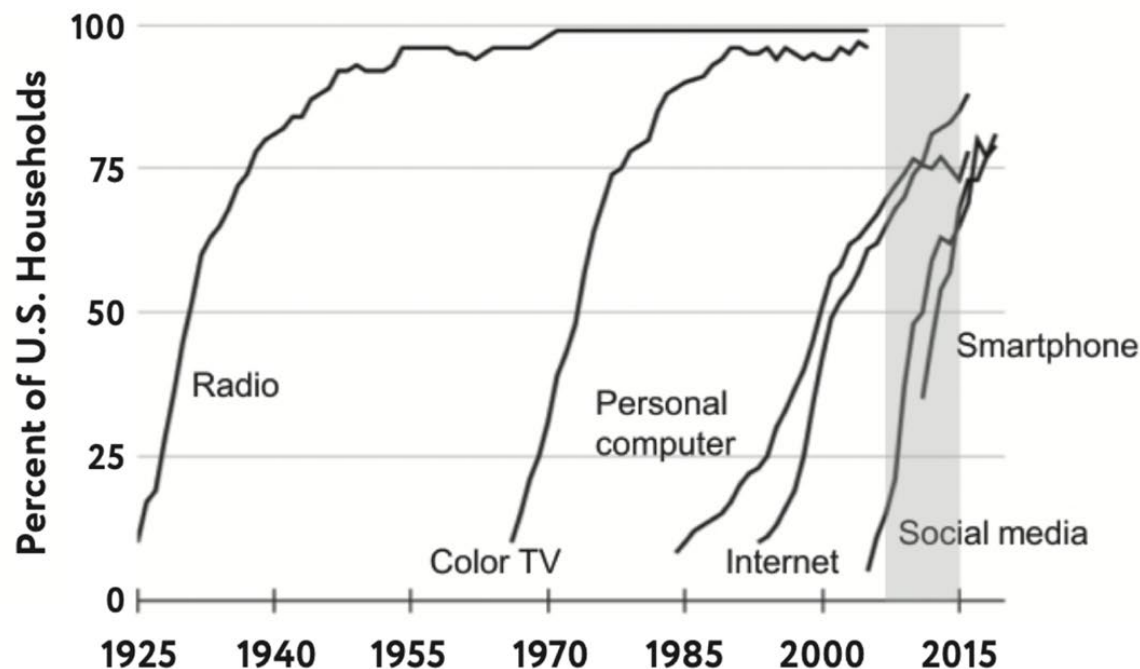
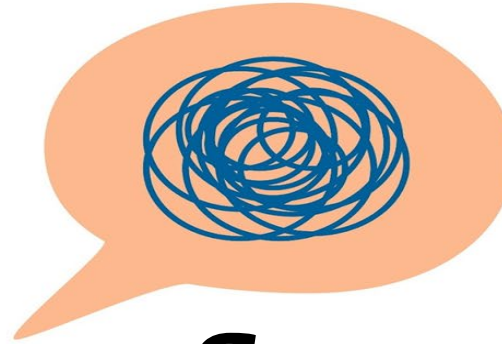


Figure 1.6. The share of U.S. households using specific technologies. The smartphone was adopted faster than any other communication technology in history. (Source: Our World in Data.)²⁵

*Add your thoughts
to the chat box*



So what is
the Nature
of the
Surge?

Why are we seeing an increase?

- The rise is concentrated in disorders related to anxiety and depression
 - Classed together as “internalizing disorders”
- Concentrated in Generation Z, with some spillover to younger millennials



Is there a generational divide?

Anxiety Prevalence by Age

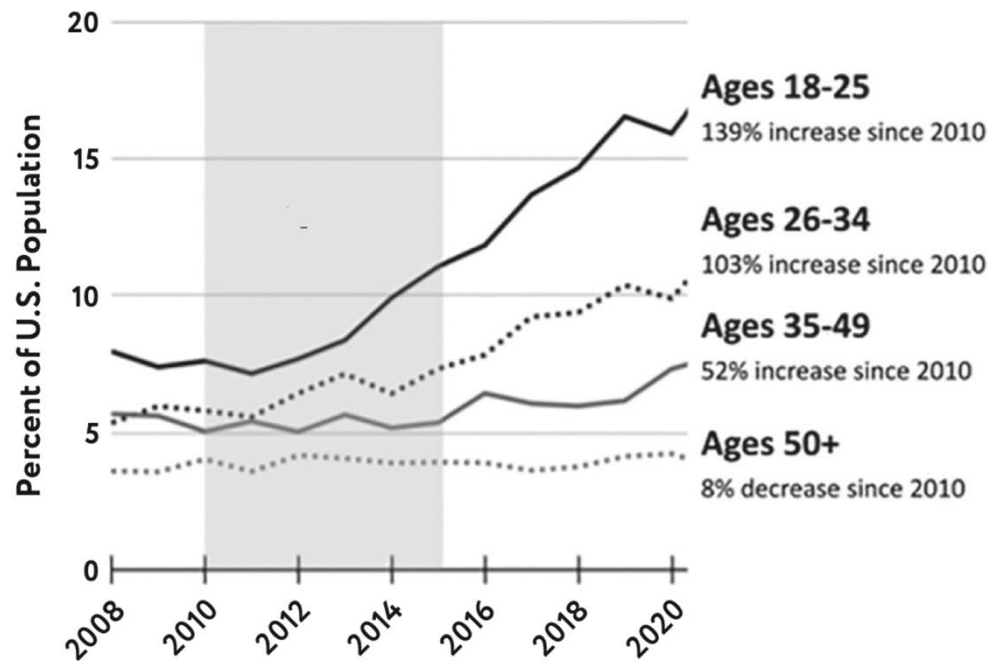


Figure 1.3. Percent of U.S. adults reporting high levels of anxiety by age group.
(Source: U.S. National Survey on Drug Use and Health.)¹¹

What are the concerns?

- Negative impact on physical activity and physical fitness
- Decreased ability to interact with others in “real life”
- Challenges with eye contact
- Avoidance of others
- Fear of making a phone call

Meet Up with Friends Daily

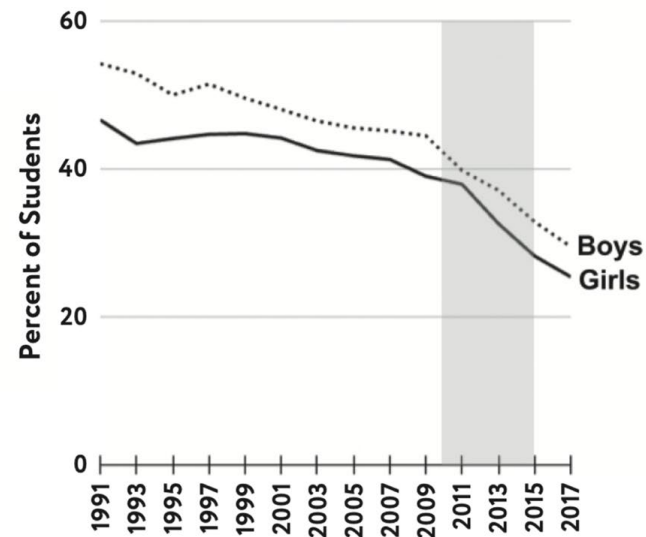
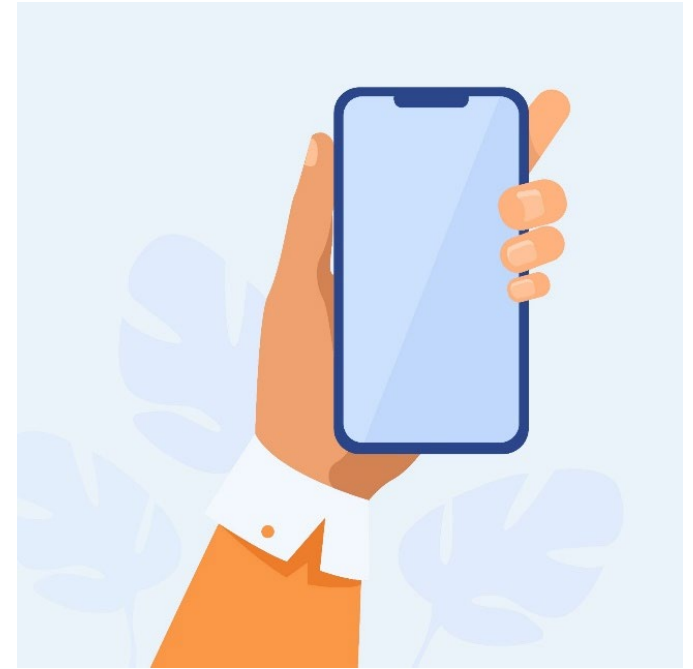


Figure 2.1. Percentage of U.S. students (8th, 10th, and 12th grade) who say that they meet up with their friends “almost every day” outside school.¹² (Source: Monitoring

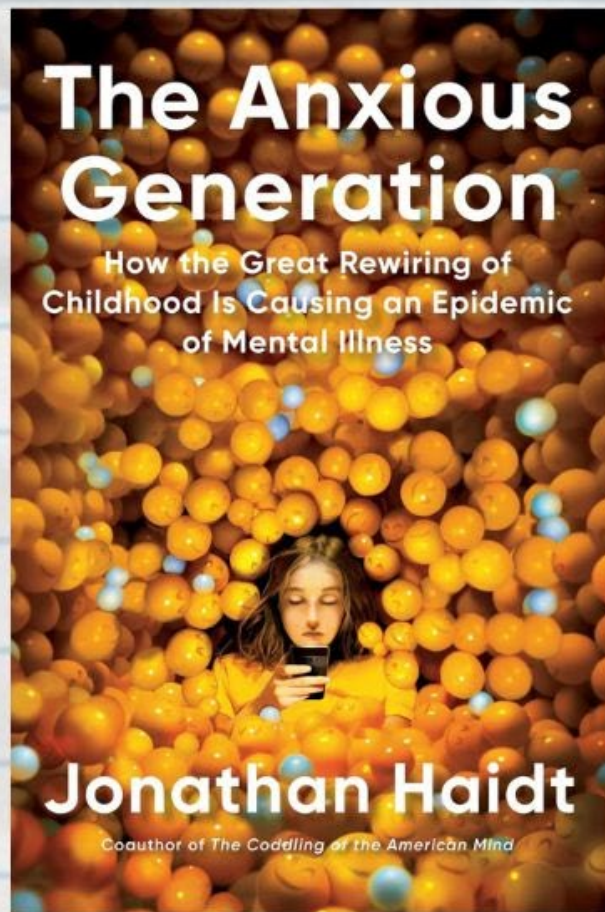


Have you witnessed
the pressure for your
kiddos to stay
connected?

Have you experienced
the pressure to stay
connected?



***Add your thoughts
to the chat box***



Play-Based Childhood

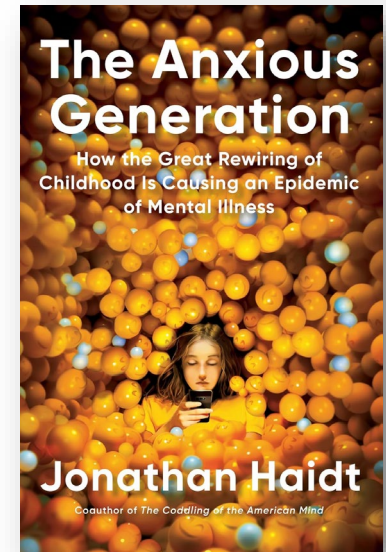


Phone-Based Childhood



Four Defining Features of Social Media

1. **User Profiles:** Users can create individual profiles where they can share personal information and interests
2. **User-Generated Content:** Users create and share of variety of content to a broad audience, including text posts, photos, videos, and links
3. **Networking:** Users can connect with other users by following their profiles, becoming friends, or joining the same groups
4. **Interactivity:** Users interact with each other and with the content they share; interactions may include liking, commenting, sharing, or direct messaging





So what are the pros and cons?

Cons

- Comparison and Envy
 - Feelings of inadequacy
 - Negative self-esteem
- Sleep disruption
 - Interferes with sleep quality
 - FOMO → Drives excessive use
 - Poor sleep = mood disturbances
- Anxiety and depression
 - Cyberbullying and other negative interactions

Pros

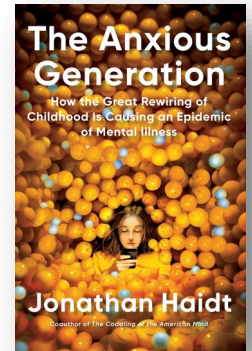
- Connection and support
 - Promotes connection with friends, family, like-minded people
 - Sense of community
- Access to Resources
 - Mental health resources
 - Coping strategies
 - Shared information
- Advocacy and awareness
 - Reduce stigma/advocate for change
 - Campaigns, hashtags and shared experiences

Foundational Harm of Social Media

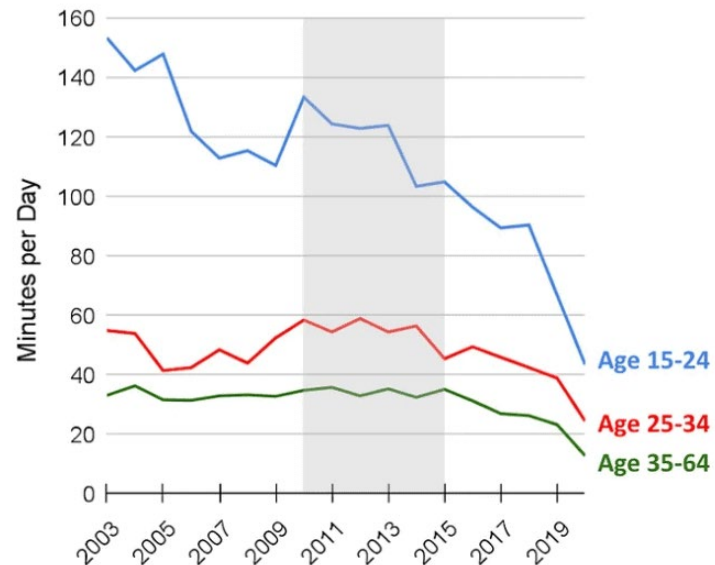
#1) Social Deprivation

“Teens who spend more time using social media are more likely to suffer from depression, anxiety, and other disorders, while teens who spend more time with groups of young people (such as playing team sports or participating in religious communities) have better mental health.”

(Twenge, J.M., 2017)

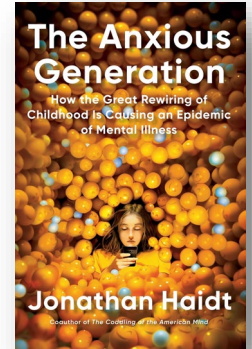


Daily Avg Time with Friends (minutes)



Foundational Harm of Social Media

#2) Sleep Deprivation

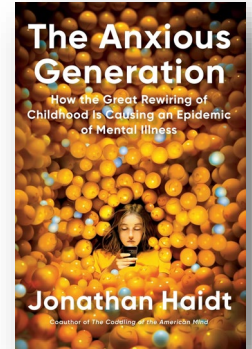


“...heavy use of screen media was associated with shorter sleep duration, longer sleep latency, and more mid-sleep awakenings.”

“The sleep disturbances were greatest for those who were on social media or who were surfing the internet in bed.”

Foundational Harm of Social Media

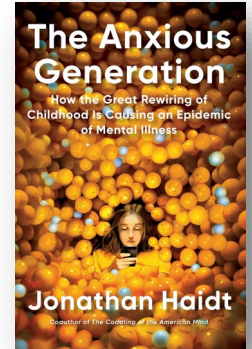
#3) Attention Fragmentation



“Attention is the ability to stay on one mental road while many off-ramps beckon. Staying on a road, staying on task, is a feature of maturity, and a sign of good executive function. But smartphones are kryptonite for attention. May adolescents get hundreds of notifications per day, meaning that they rarely have five or 10 minutes to think without interruption.”

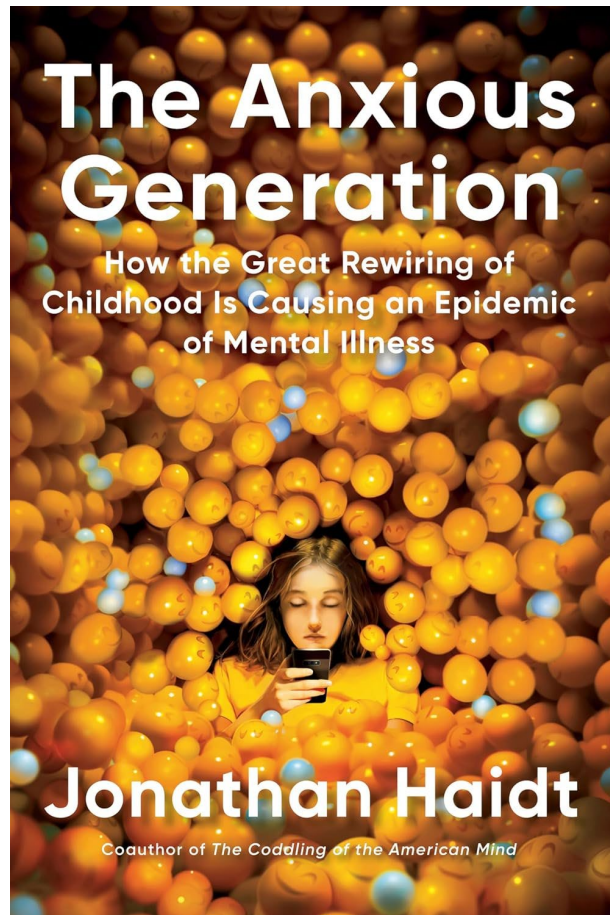
Foundational Harm of Social Media

#4) Addiction



“The behaviorists discovered that learning, for animals, is ‘wearing smooth of a path in the brain.’ The developers of the most successful social media apps used advanced behaviorists techniques to ‘hook’ children into becoming heavy users of their products.”

Four Needed Reforms



Reforms that would provide a foundation for a healthier childhood in the digital age:

1. No smartphones before high school
2. No social media before age 16
3. Phone-free schools
4. Far more unsupervised play and childhood independence

What can we do to help?

- Set boundaries
 - In school: ensure that phones are put away during school hours
 - At home: limit social media use, particularly around bedtime
 - Turn off notifications during certain hours of the day
 - AAP suggests that media time should be limited to two hours or less
- Curate the feed
 - Unfollow individuals/accounts that result in negative feelings or trigger strong (negative) emotions
 - Follow accounts that educate, inspire or uplift
 - Ask yourself when viewing SM, “How am I feeling right now?”
- Practice mindfulness
 - Maintain awareness about how SM impacts mood
 - Take breaks
 - Engage in activities that foster happiness and well-being



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References

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