

SOCIAL MEDIA: A DANGER TO ADOLESCENT MENTAL HEALTH

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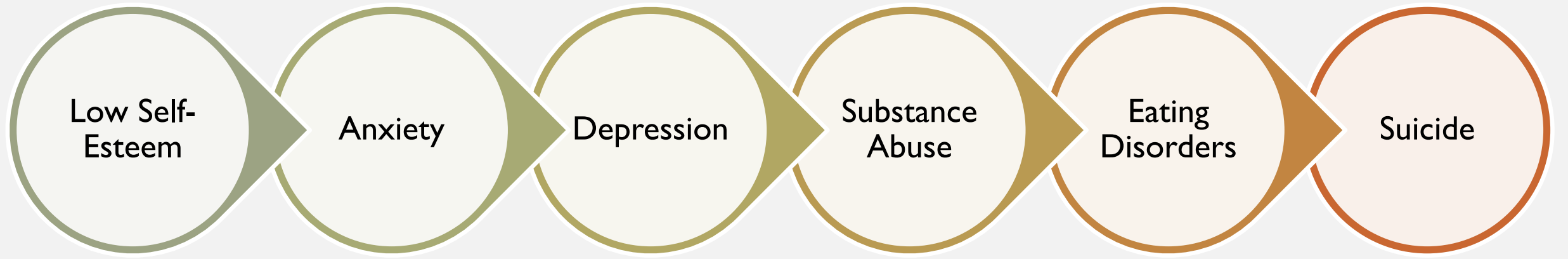
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PREVALENCE

- Mental Illness is a Leading Cause of Disability Worldwide
- “...the proportion of teens engaging in some form of social media usage has increased from 55% in 2006 to 83% in 2012” (Seo et al., 2013, para. 1).



CONSTANT THEMES



Cyberbullying



Poor Sleep



Problematic Use

SOCIAL MEDIA AND SELF- ESTEEM



SOCIAL MEDIA AND SELF-ESTEEM

- **Cyberbullying**

- Low self-esteem as consequence and precursor
- Traditional Bullying vs. Cyberbullying

- **Poor Sleep**

- Woods and Scott (2016)
- Screen Light: Melatonin Production
- Awoken by Notifications

- **Instagram and Other Photo Apps**

- Romero-Rodriguez et al. (2020) and Barthorpe et al. (2020)

- **Western Standard of Beauty**

- Women: Thin
- Men: Tall and Muscular



<https://vocal.media/motivation/america-s-horrifying-beauty-standards>

SOCIAL MEDIA AND ANXIETY



<https://theklutterkoach.com/2020/06/10/does-social-media-cause-stress/>

SOCIAL MEDIA AND ANXIETY

- Cyberbullying
 - Consequence and Precursor of Bullying in General
 - High Social Anxiety Among Victims of Traditional and Cyberbullying
 - Social Anxiety *Specifically*
- Poor Sleep
 - Fear of Missing Out; Fear of Being Left Out; Feelings of Stress and Guilt
 - Woods & Scott (2016)
- Self-Inflicted Heightening of Anxiety
 - Potentially Traumatic Videos
 - E.g., LiveLeak.com, Educational Surgery Videos
 - Trigger Warnings
 - Kumar et al. (2019)



<https://en.wikipedia.org/wiki/LiveLeak>



SOCIAL MEDIA AND DEPRESSION

SOCIAL MEDIA AND DEPRESSION

- **Cyberbullying**
 - Kowalski & Limber (2013)
 - High School > Middle School
- **Poor Sleep**
 - Vicious Cycle
 - Late Night Use → Later Bedtimes
 - *Problematic Behavior*
- **Self-Defeating Behavior**
 - Oversharing or Stress-Posting Content
 - Heightened Chance of Negative Responses
 - Purposely Viewing Triggering Content
 - Self-Harm

SOCIAL MEDIA AND SUBSTANCE ABUSE



DEPRESSANTS

- Alcohol
- Opioids
 - Heroin
- Sedative-Hypnotic Drugs
 - Benzodiazepines (Xanax)



STIMULANTS

- Cocaine
- Amphetamines
 - Methamphetamine
 - Methylenedioxymethamphetamine (MDMA/Ecstasy/Molly)
- Adderall
- Nicotine
- Caffeine



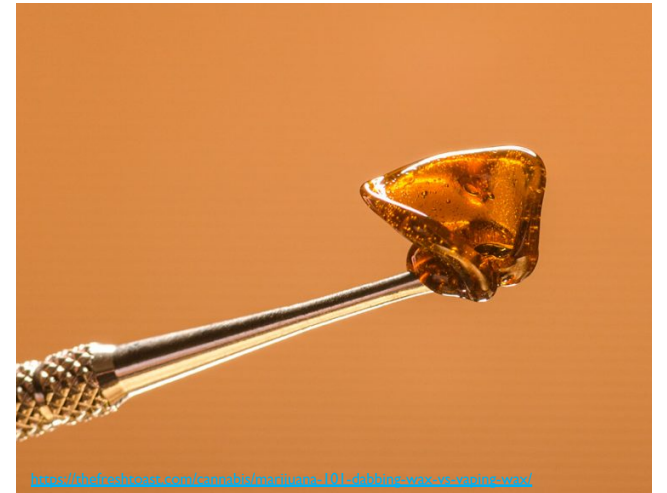
HALLUCINOGENS

- Lysergic acid diethylamide
 - LSD/Acid
- Psilocybin
 - Magic Mushrooms/Shrooms
- Mescaline
 - Peyote Cactus



THC

- Tetrahydrocannabinol
- Marijuana
- Can be viewed as a hallucinogen in some situations
- Many different forms
 - Plant
 - Wax
 - Vape (Oil)



SOCIAL MEDIA AND SUBSTANCE ABUSE (CONT.)

- Cyberbullying
 - Process
 - Yoon et al. (2019)
 - Nicotine, Alcohol, Marijuana reported most

Heightened
Risk of
Developing
Mental
Illnesses



Mental
Illnesses
Heighten Risk
of Developing
Substance
Dependency

SOCIAL MEDIA AND SUBSTANCE ABUSE (CONT.)

- Peer Pressure
 - Drive to be liked or feel cool

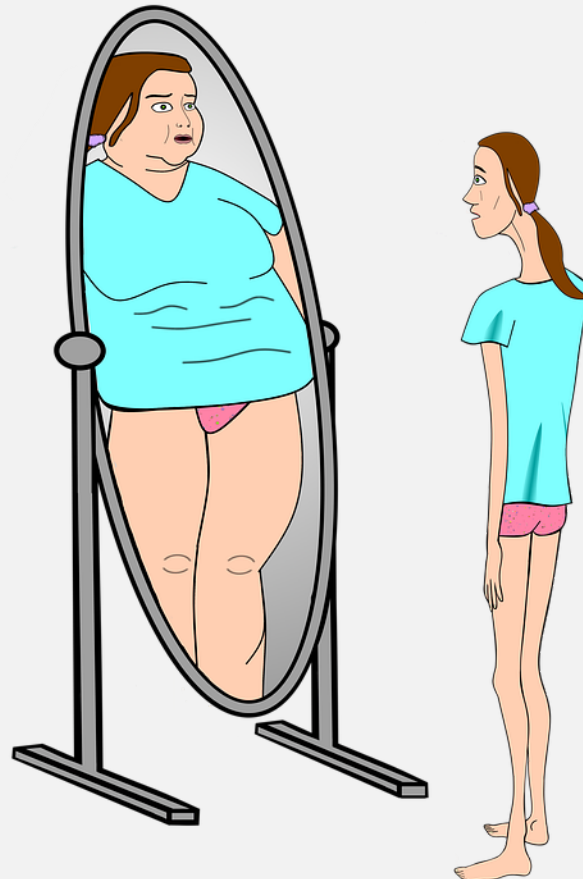




SOCIAL MEDIA AND EATING DISORDERS

ANOREXIA NERVOSA (AN)

- Restrict self from eating
 - Usually Get Very Thin
 - Feel In Control of Something
- Fear of Gaining Weight
- Amenorrhea
- Lowered Body Temperature and Blood Pressure
- Skin, Hair, Nail problems



<https://www.healthplace.com/eating-disorders/articles/eating-disorders-anorexia-nervosa-the-most-deadly-mental-illness>

<https://pixabay.com/illustrations/bulimia-anorexia-nervosa-404966/>

BULIMIA NERVOSA (BN)

- Binging
 - Secret
- Purging—Vomiting, Laxatives, Diuretics
- Weight often stays within normal range
- Dental Problems
- Compensation



<https://health.usnews.com/conditions/eating-disorder/bulimia-nervosa>

BINGE EATING DISORDER (BED)

- Episodes
- Secret Eating
- Absence of Excessive Compensatory Behaviors (Like in Bulimia)
- Half of those with BED are overweight or obese



<https://upsideof50.annvbaker.com/the-tragedy-of-body-shame-in-women-over-50/>

ORTHOREXIA NERVOSA (ON)

- Obsession with eating clean and healthy
- Fad dieting
- Must know where food came from and what it came in contact with
- Instagram and Other Photo Sharing Apps

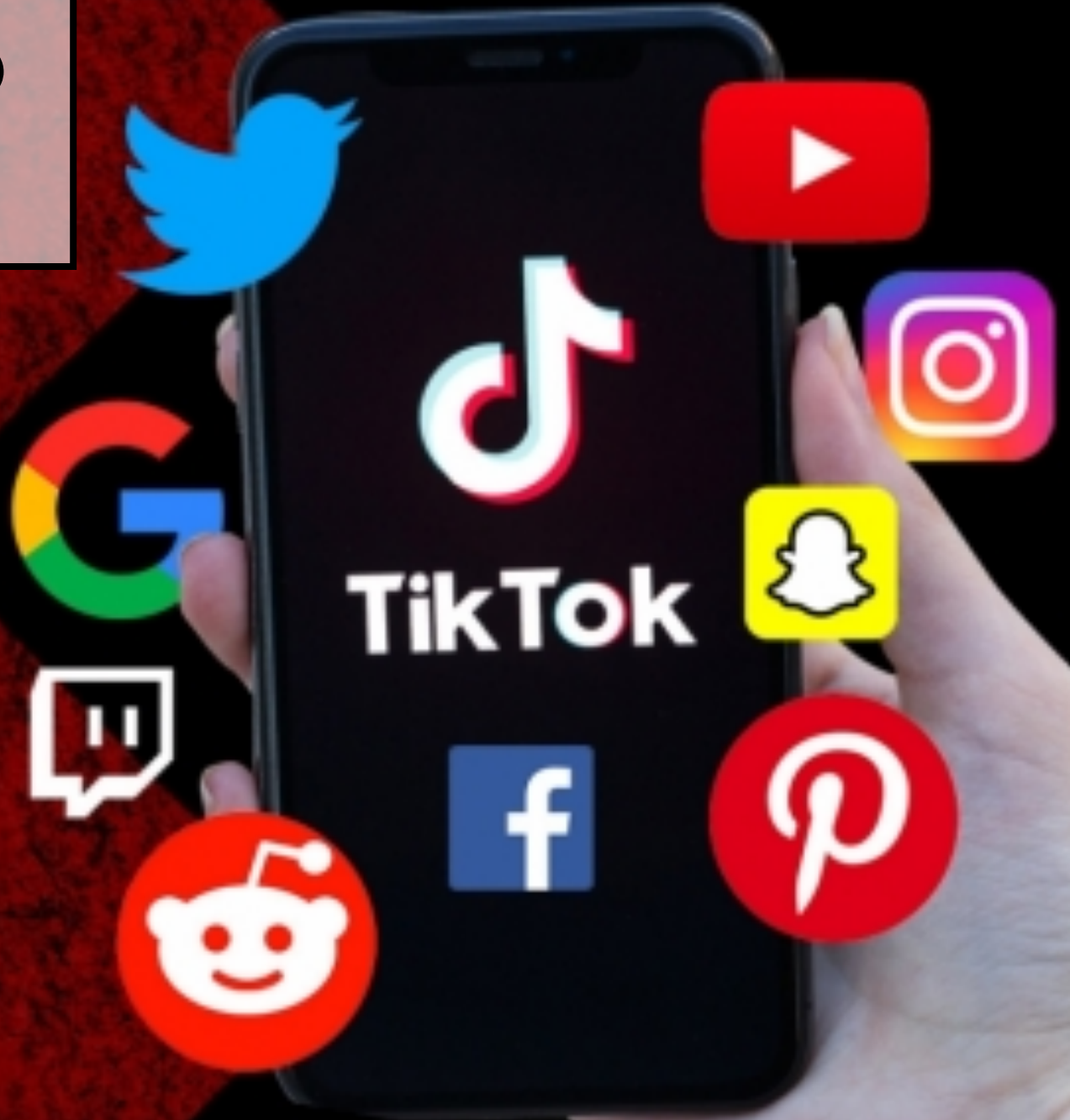


<https://www.foodworldnews.com/articles/17347/20150415/orthorexia-nervosa-what-why-extreme-healthy-eating-become-disorder.htm>

SOCIAL MEDIA AND EATING DISORDERS (CONT.)

- Pro-ana and Pro-mia/
Pro-bulimia Websites
 - Enabling → Significant Part of Eating Disorders
- Instagram and Other Photograph Platforms
 - Negative/Low Body Image
 - Orthorexia Nervosa
- Western Beauty Standards
 - Thin is Beautiful
 - Becker (2004): Girls in Fiji

SOCIAL MEDIA AND SUICIDE





SOCIAL MEDIA AND SUICIDE

- Cyberbullying
 - “Cyberbullicide”
 - “Although cyberbullying cannot be identified as a sole predictor of suicide in adolescents and young adults, it can increase risk of suicide by amplifying feelings of isolation, instability, and hopelessness for those with preexisting emotions, psychological, or environmental stressors” (Luxton et al., 2012, para. 7).

- **Pro-Suicide Sites**
 - Normalization and Enabling of Self-Harm Behavior
 - Provide Means for Cybersuicide Pacts
- **Suicide (or Cybersuicide) Pacts**
 - Two or More People
 - Same Time, Same Means
 - South Korea

BLUE WHALE CHALLENGE

- Blue Whale Challenge (Blue Whale Game)
 - Russia; *Vkontakte (VK)*
 - Target:
 - Those With Preexisting Mental Illness
 - Feel They Have No Value in Society
 - “Curator” and “Player”
 - “Curator” Assigns Tasks to “Player”
 - Tracking Virus to Make Sure Tasks are Being Completed

- 50 Days—Progressively More Harmful Tasks Each Day
 - Self-Alienation and Watching Traumatizing Videos While Self-Alienating
 - Climbing Buildings or Tall Construction Equipment
 - Depriving Oneself of Sleep
 - Self-Harming
 - Fiftieth Day: Jump from the Highest Building in Their City



<https://www.interris.it/news/esteri/il-figlio-di-un-ex-deputato-vittima-del-blue-whale/>



WHAT
CAN WE
DO?

- Increase Awareness:
 - Cyberbullying
 - Pacts and Cult-like traps like the Blue Whale Game
 - Developing a Healthy Relationship With Social Media
 - Maintaining a Healthy Relationship With Social Media
- Monitor Children's' Usage of Social Networking
- Radically:
 - Possibly Restrict Use Altogether Until They Reach a Certain Age
 - (at least 16, ideally 18)

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