

mental health
stigma
adolescents
media



ارسیا تقوا

کمیته رسانه و کاهش انگ

انجمن علمی روانپزشکان ایران

stigma

- در ایالات متحده کمتر از ۵۰ درصد بیماران تحت درمان مشکل عمده استیگما

- 10 and 20% of adolescents experience a mental disorder



استیگما



- ترس
- اجتناب
- تبعیض



مشکل استیگما در نوجوانان

- isolated or forced out of groups, classrooms and jobs
- self-stigma
- lower self-esteem
- limited aspirations. Failed education, job
- Secrecy, shame
- anxiety
- treatment avoidance
- Self medicate

Stigma leads:



- Self harm and eating disorder
- Social media addiction
- Cell phone addiction
- Increase the rate of death



Social media



- Technology is widely used with over 90% of adolescents using social media **regularly**
- **much of their social and emotional development** is happening digitally
- research into adolescent social media use 'is still in its **infancy**
- Social media is **often not thought of in positive ways** and because of that it can be challenging to consider how this medium might be used to promote adolescent mental health

Social media



- multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts
- Social media may promote negative experiences such as: Inadequacy about your life or appearance

- The **#MentalHealth** hashtag has been used in millions of TikTok videos, racking up 11 billion views, and it has generated nearly 30 million public Instagram posts.



Z generation survey



- 81 percent of teens believe that mental health is a significant issue
- 82 percent of those surveyed urged Americans to talk more openly and honestly
- 83 percent agreed with the statement “It is important for people to **take action** with their mental health.”
- 79 percent wished that their schools would provide a safe, inclusive space where students could **come together to talk about** mental health.

How does social media affect the adolescent brain?

- young teens ages

12 to 13 may be associated with **changes in how their brains develop over a three-year period.**

- The brains of adolescents who checked social media often – more than 15 times per day, became **more sensitive to social feedback.**





برای مقابله با استیگما

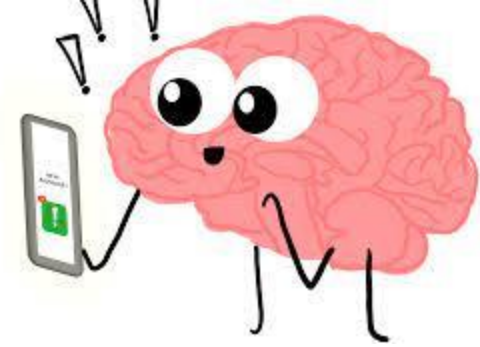
- **Political leaders** can support policies that help people access mental health treatment more easily. Also, they should work toward increasing funding for mental health awareness campaigns.
- **Researchers** can continue to study and monitor attitudes toward mental illness.
- **Mental health organizations** can provide **education and resources in their communities**.
- **Everyone** can change the way they refer to those with mental health **conditions by avoiding labels**. Instead of saying, “she’s anorexic,” for example, say “she has anorexia.”
- **Individuals** can learn how to offer **reassurance and acceptance** to friends, family members, neighbors, or others with mental health challenges
- **media** can avoid sensational stories about mental illness and portray more stories of recovery by people with mental health challenges

Cell phone addiction



- Cell phone addiction is so common
- Endemic
- 7 hours a day
- For teens, cell phones have become a way to comment and criticize, approve and admire.
- They are **not** always communicating with friends. Often, they are commenting on their activities. They are checking for likes and responses to their own posts.

Cell phone addiction



- There's a **biological component** to this behavior. The brain reacts to the cell phone as if it were a drug
- both the phone ringing and the alert of a new text cause the brain to release **dopamine**
- Talking on cell phones is **less common** among teens than adults
- A **recent poll** reveals that 50 percent of **teens** believe they are addicted to their cell phones.

- 61 percent of kids say smart-phone use has had a negative impact on their schoolwork



موبایل در نوجوانان



- anxiety increases when the cell phone is not readily available(nomophobia). Moreover, depression deepens with a lack of human contact
- People who self-described as having really addictive-style behaviors toward the Internet and cellphones scored much higher on depression and anxiety scales

Nomophobia



- 66% of the population suffers from Nomophobia
- a number that appears to be rising
- This distinctly 21st century phobia appears to inflict women more severely than men
- and 18-to-24-year-olds more persistently than older age groups
- The phobia is extremely pervasive, so much so that 62% of women and 48% of men even admitting to checking their cellphones during sex
- *large percentage of people would rather go shoeless without a week than go without their cellphones for the same time.*

Cell phone addiction



- Teen cell phone addiction is related to obsessive-compulsive disorder (OCD).
- روزانه ۱۱ نوجوان در آمریکا در حال تکست دادن در حین رانندگی می میرند
- 21 percent of teen drivers in fatal accidents were distracted by cell phones
- Text neck & Eye strain and blurred vision
- Teens who keep their smartphones under their pillows or by the bedside are more likely to become cell phone addicts.

Internet Addiction

- surfing
- shopping, sex, and interactive games



internet gaming disorder



- condition proposed for further study
- persons who continually use the internet to play games to the extent that it interferes with social relations and work
- need not be limited to games
- prevalence, from 0 to **almost 50 percent**, with some of the highest percentages reported in South Asian countries

Symptoms of Internet Gaming Disorder

- Activities associated with Gaming
- Preoccupation w/ gaming
- Withdrawal (discomfort when deprived of gaming)
- Tolerance (spending more time to achieve same enjoyment from the game)
- Compulsive Behavior
- Lack of control around gaming
- Social or Occupational Dysfunction
- Decreased alternative activities
- Negative effects on personal relationships, occupational or school performance due to gaming
- Lying to loved ones or clinicians about the frequency of gaming
- Relying on gaming to improve mood
- Continued use despite recognize the harmful effects of compulsive gaming

Internet Use and Victims


- anonymity, convenience, and escape (the ACE model)
- promotes the internet as a focus of psychopathology
- easy to **conceal** one's identity and even create alternate identities using various internet
- Sexual predators
- unregulated and difficult to detect



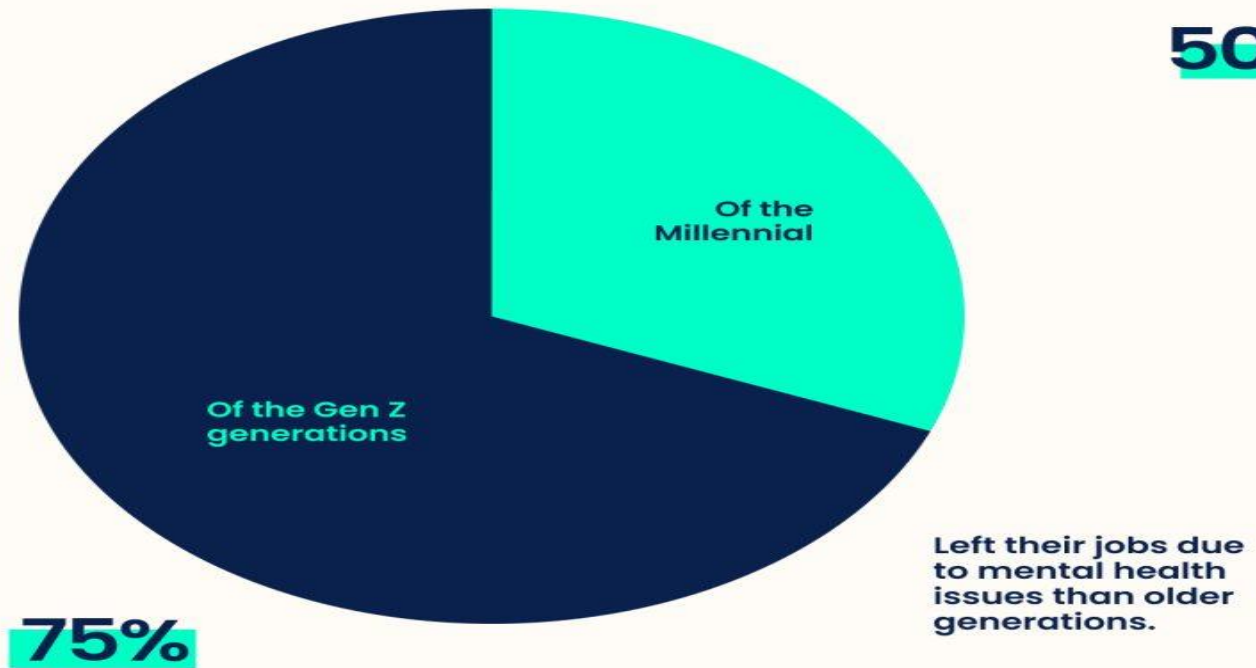
Potential of social media in promoting mental health in adolescents

- despite challenges of using social media
- social media does offer a **useful way** of educating and reaching adolescents to promote mental wellbeing.



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- as with the increasing prevalence of mental disorders, economic projections suggest that there is likely to be a huge impact on the economy by 2026
 - Betton V., Borschmann R., Docherty M., Coleman S., Brown M., Henderson C. (2015) The role of social media in reducing stigma and discrimination. *The British Journal of Psychiatry*, 206, 443–444

Mental Health Statistics



Gitnux

In conclusion:

- despite **challenges** of using social media
- social media does offer a useful way of educating and reaching adolescents to promote mental wellbeing
- articulate the key messages, account for current trends, utilize multidimensional strategies, and provide **user-generated content**

- Health Promot Int. 2019 Oct; 34(5): 981–991. doi: 10.1093/heapro/day056
- Potential of social media in promoting mental health in adolescents
- Michelle O'Reilly,¹ Nisha Dogra,¹ Jason Hughes,² Paul Reilly,³ Riya George,⁴ and Natasha Whiteman²

IT'S OKAY TO
NOT BE OKAY

