Digital Technologies and Mental Health: Risks, Opportunities, and Ethical Challenges

Brian A. Primack, MD, PhD
Dean, College of Public Health and Human Sciences
Oregon State University

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B: Be creative.

C: Be yourself.

D: Be selective.

E: Be free.

social media *noun*
[soh-shuhl•mee-dee-uh]

Forms of electronic communication (as Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)

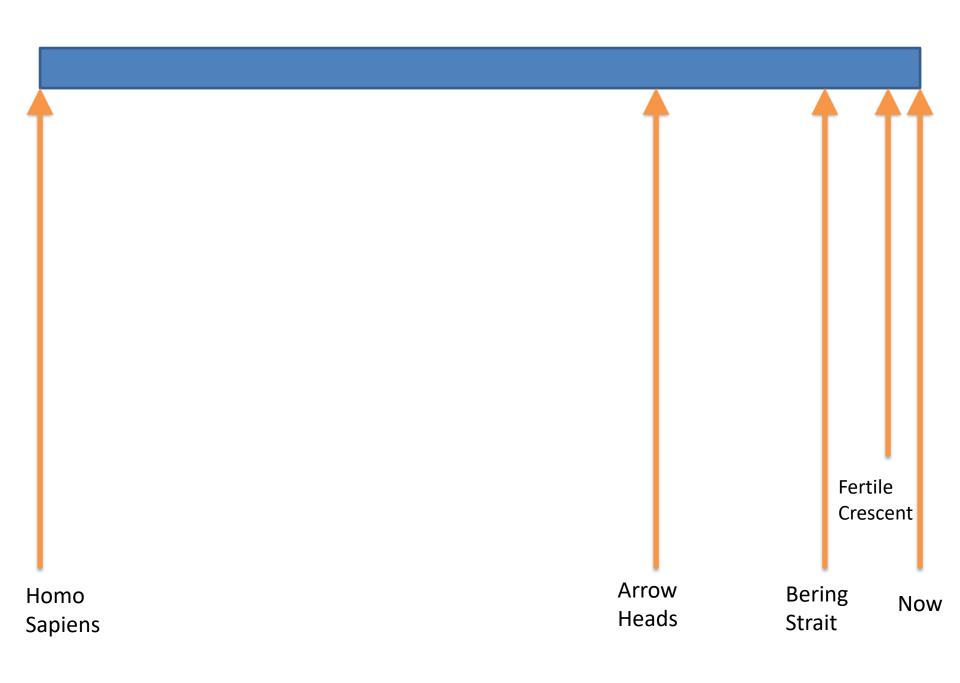The first known use of the term, **social media**, was in 2004.

Growth of Social Media

- Worldwide: **zero to about 4.76 billion** people in about 20 years
- Average time on social media about **2-5 hours per day**
- It's on your body

Homo
Sapiens

Arrow
Heads

Bering
Strait

Fertile
Crescent

Now

Press release

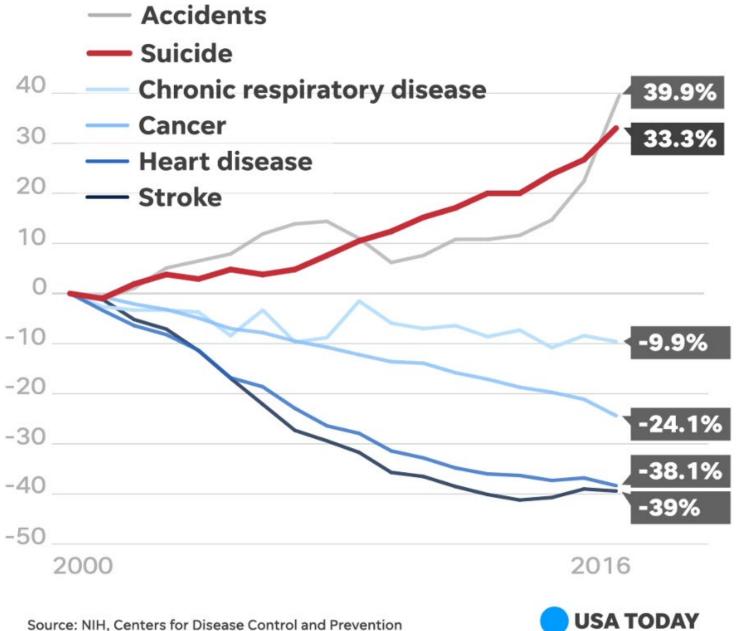# Loneliness minister: "It's more important than ever to take action"

This Loneliness Awareness Week, the Loneliness Minister Baroness Barran has warned we are still in a 'critical stage' of tackling loneliness.

From: **Department for Digital, Culture, Media & Sport**, **Office for Civil Society**, and **Baroness Barran MBE**

Published 17 June 2021

World Health Organization

Depression is leading cause of disability worldwide, says WHO study

30 MARCH 2017 | GENEVA - Depression is the leading cause of ill health and disability worldwide. According to the latest estimates from WHO, more than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015. Lack of support for people with mental disorders, coupled with a fear of stigma, prevent many from accessing the treatment they need to live healthy, productive lives.
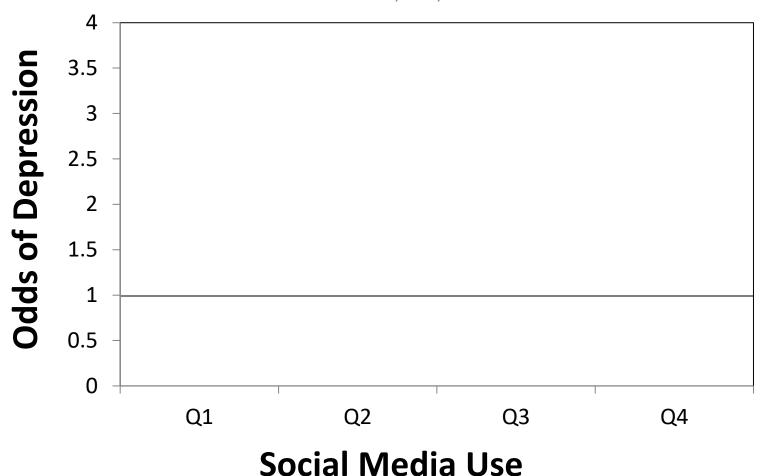
Accidents
Suicide
Chronic respiratory disease
Cancer
Heart disease
Stroke

40
30
20
10
0
-10
-20
-30
-40
-50

39.9%
33.3%
-9.9%
-24.1%
-38.1%
-39%

2000
2016

Source: NIH, Centers for Disease Control and Prevention

USA TODAY

Research Article

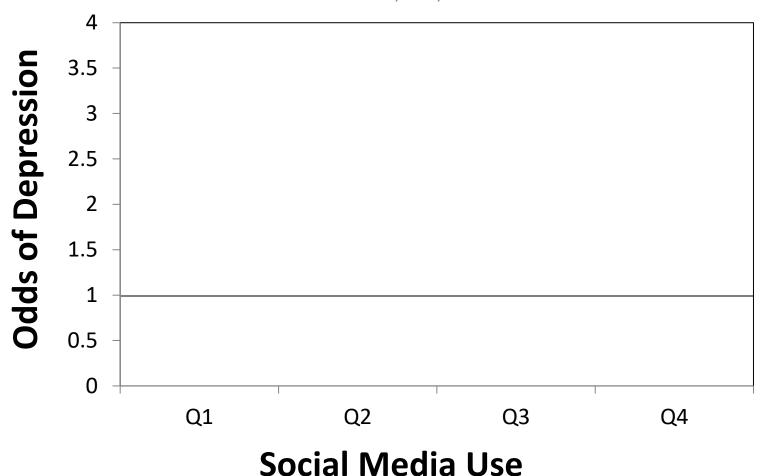## ASSOCIATION BETWEEN SOCIAL MEDIA USE AND DEPRESSION AMONG U.S. YOUNG ADULTS

Liu yi Lin, B.A.,[1,2] Jaime E. Sidani, Ph.D.,[1,2] Ariel Shensa, M.A.,[1,2] Ana Radovic, M.D., M.Sc.,[3,4] Elizabeth Miller, M.D., Ph.D.,[3,4] Jason B. Colditz, M.Ed.,[1,2] Beth L. Hoffman, B.Sc.,[1,2] Leila M. Giles, B.S.,[1,2] and Brian A. Primack, M.D., Ph.D.[1,2,3*]

Research Article

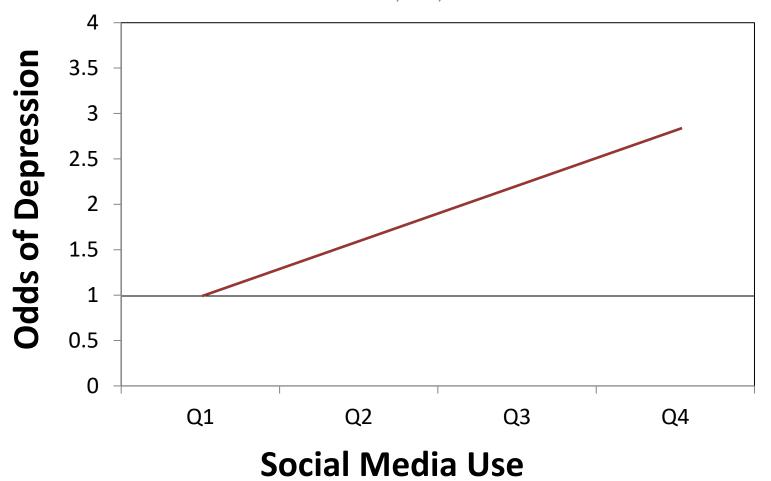## ASSOCIATION BETWEEN SOCIAL MEDIA USE AND DEPRESSION AMONG U.S. YOUNG ADULTS

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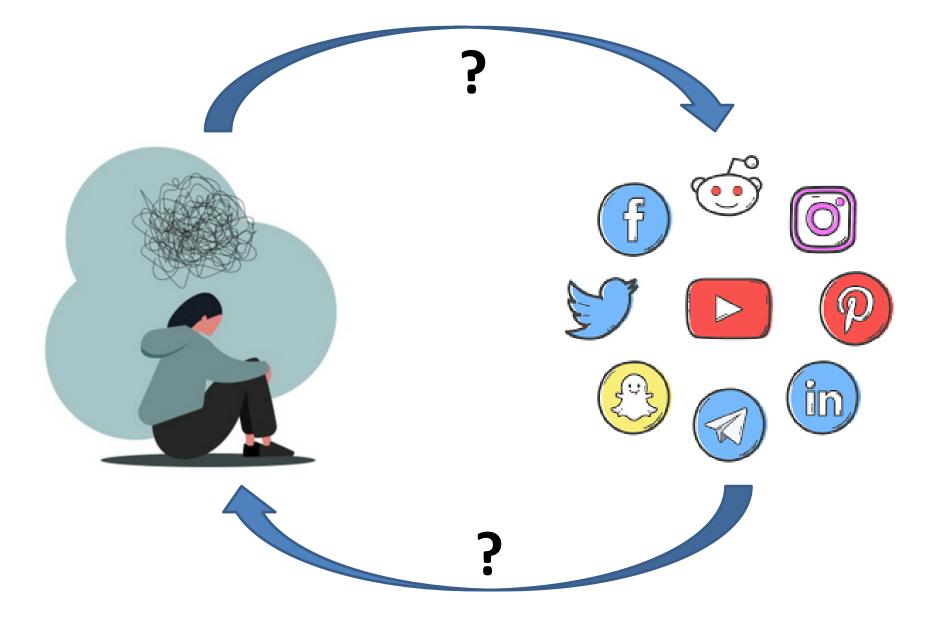and Brian A. Primack, M.D., Ph.D.[1,2,3]*

Research Article

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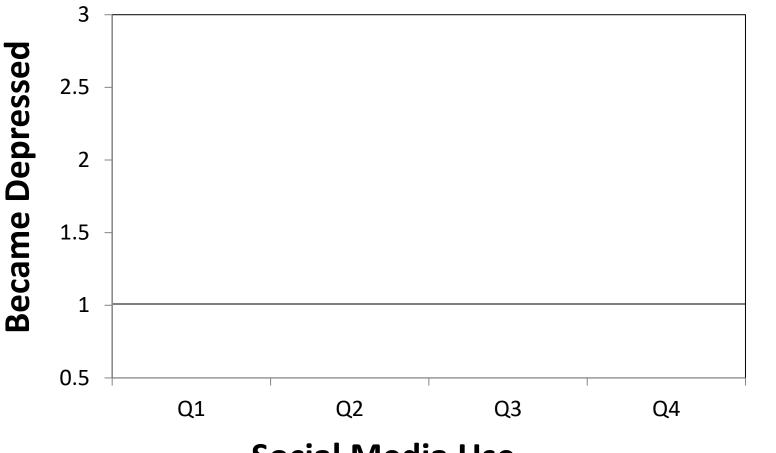# Temporal Associations Between Social Media Use and Depression

Brian A. Primack, MD, PhD ⚇ ✉ • Ariel Shensa, PhD • Jaime E. Sidani, PhD • César G. Escobar-Viera, MD, PhD •
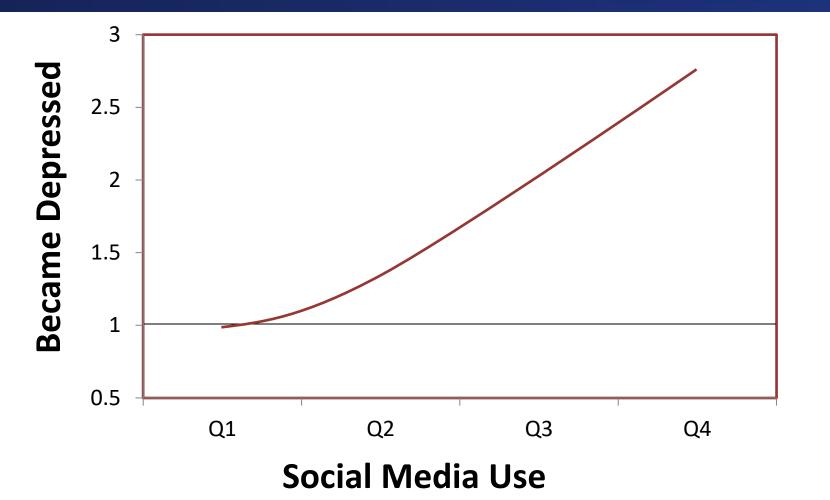
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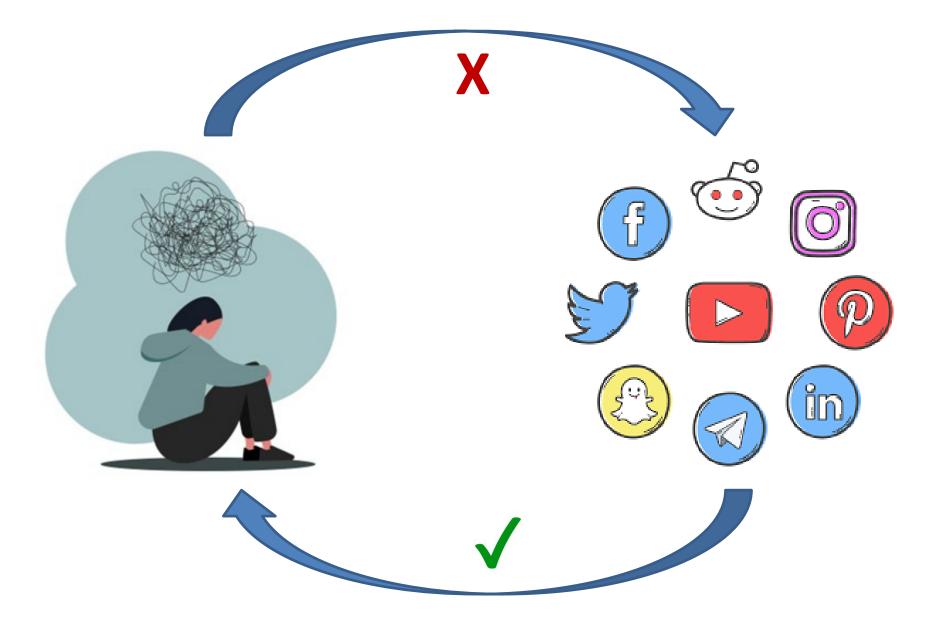
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Check for updates
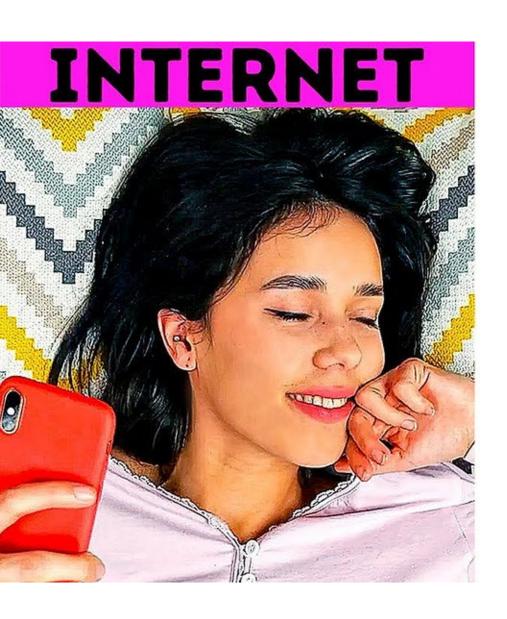
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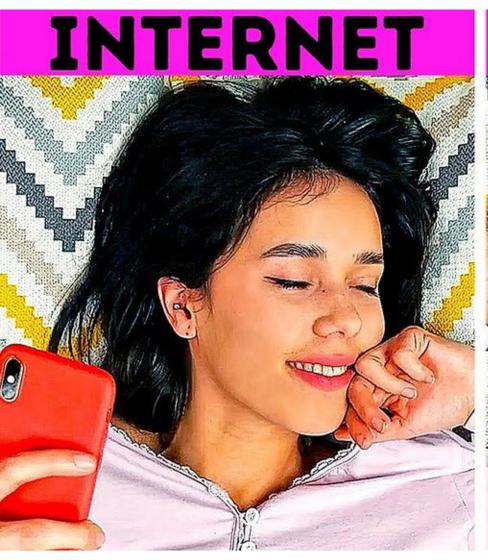
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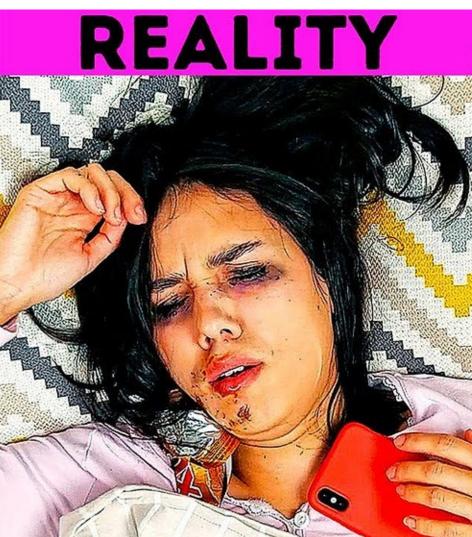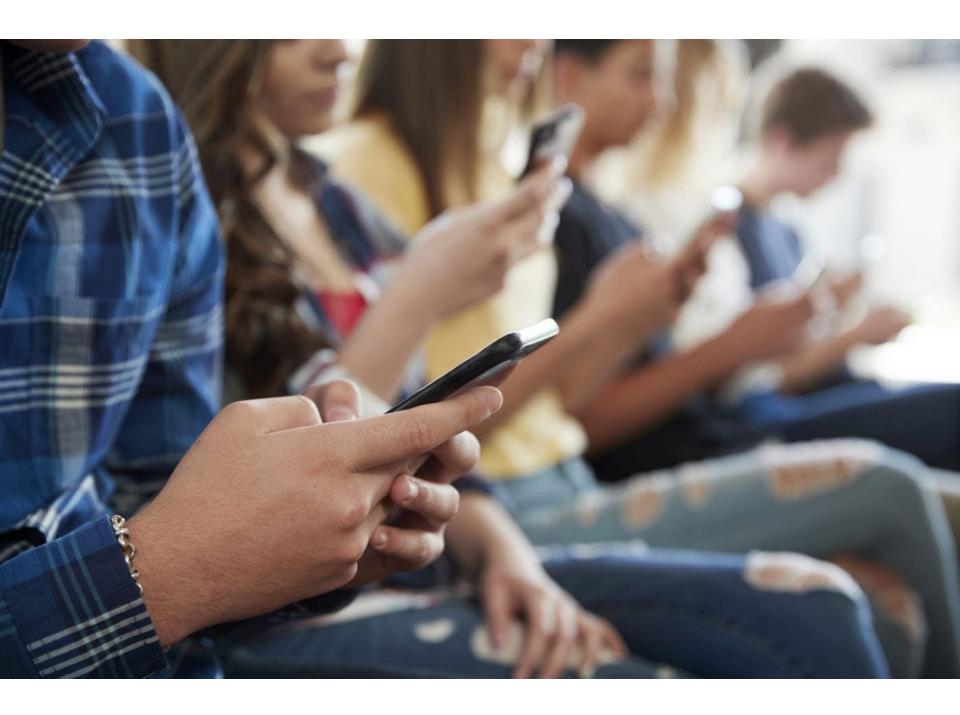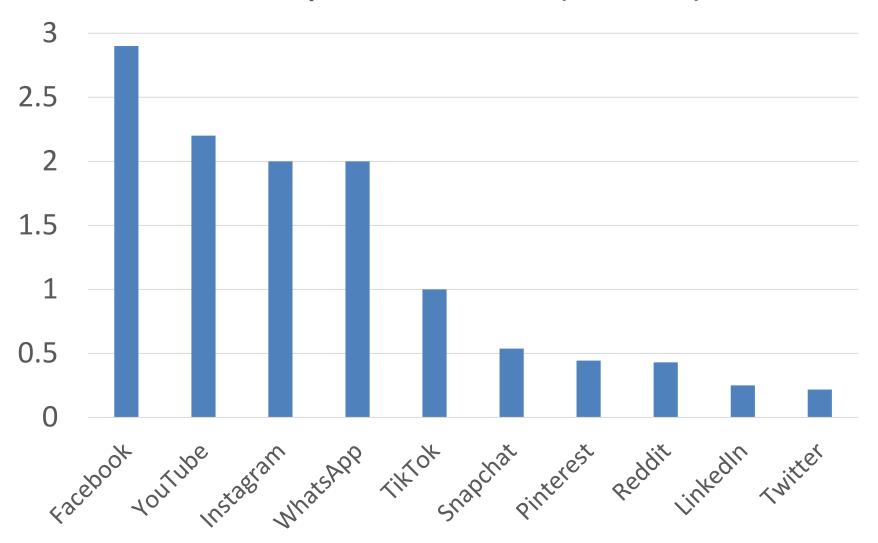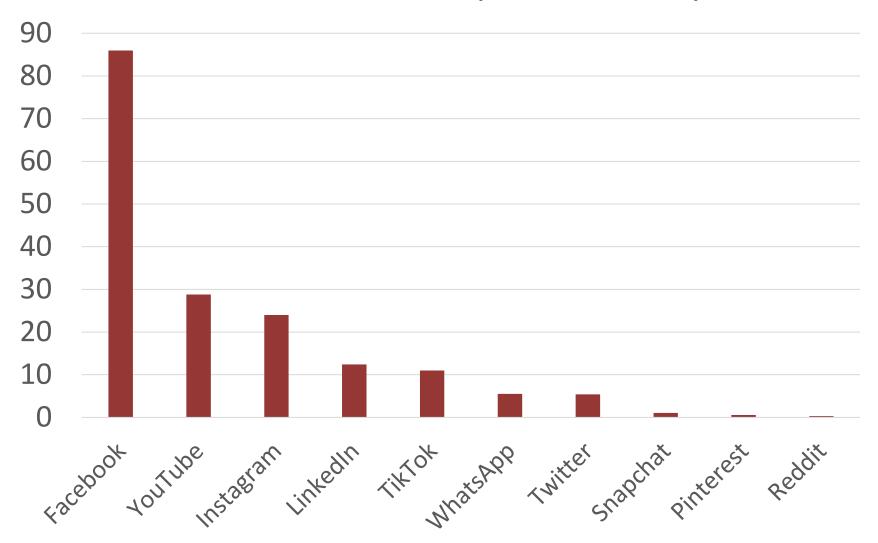
Monthly Active Users (Billions)

Annual Revenue (Billions USD)

ADAM MOSSERI, INSTAGRAM CEO

COMMENTARY

Brian Primack and Sadie Primack: Lawmakers should reject Instagram's attempts to throw parents under the bus

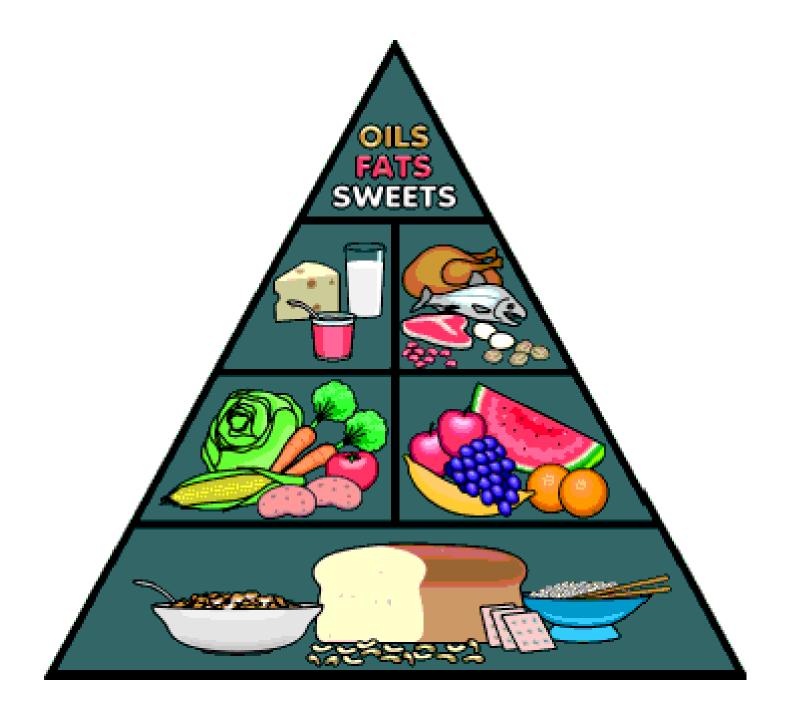By Brian A. Primack and Sadie J. Primack
Chicago Tribune • Feb 28, 2022 at 5:00 am

You Are What You Click

How Being Selective, Positive, and Creative Can Transform Your Social Media Experience
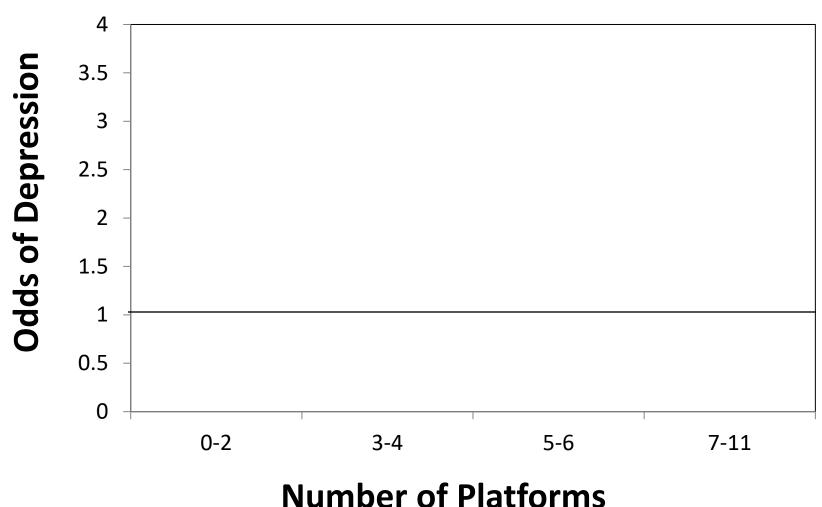
BRIAN A. PRIMACK, MD, PHD

You Are

Selective
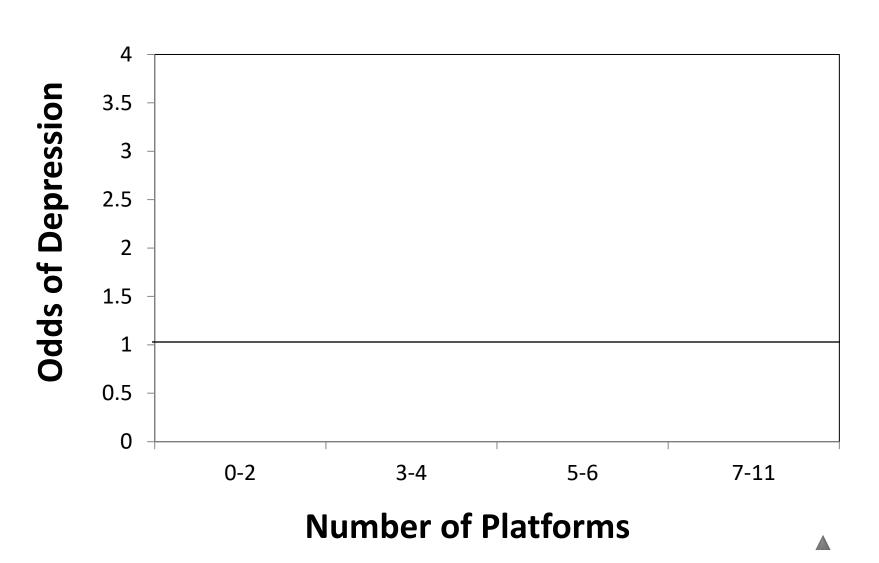
Differences by Number of Platforms
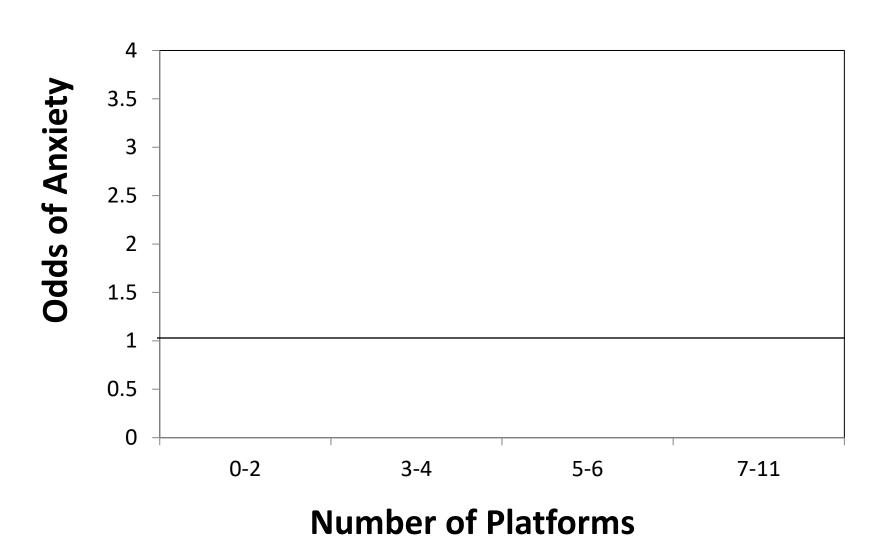
Platforms vs. Depression

Platforms vs. Depression

Platforms vs. Anxiety

Platforms vs. Anxiety

Number of Platforms
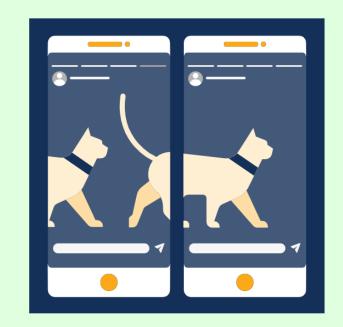
Instagram Story Hacks: 32 Tricks and Features You Should Know
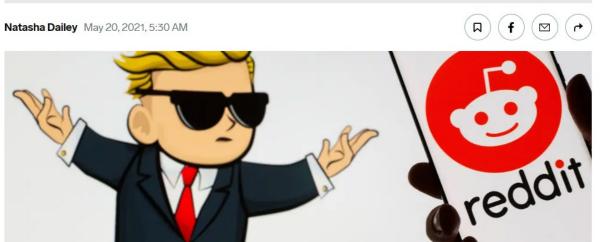
These Instagram Story hacks will save you time and make you the best storyteller in town (no pun intended).

Stacey McLachlan
June 1, 2021

From YOLO to diamond hands, here are 9 pieces of lingo you need to learn before diving into Wall Street Bets

Natasha Dailey   May 20, 2021, 5:30 AM

Selective

Real-life closeness of social media contacts and depressive symptoms among university students

Ariel Shensa ✉ , MA ⓘ , Jaime E. Sidani , PhD, MPH, César G. Escobar-Viera , MD, PhD, Kar-Hai Chu , PhD, Nicholas D. Bowman , PhD, Jennifer M. Knight , MA & Brian A. Primack , MD, PhD   ...show less

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BBGURL240 #selfie #boracay #goodlife

HOW FAKE IS YOUR SOCIAL MEDIA LIFE?
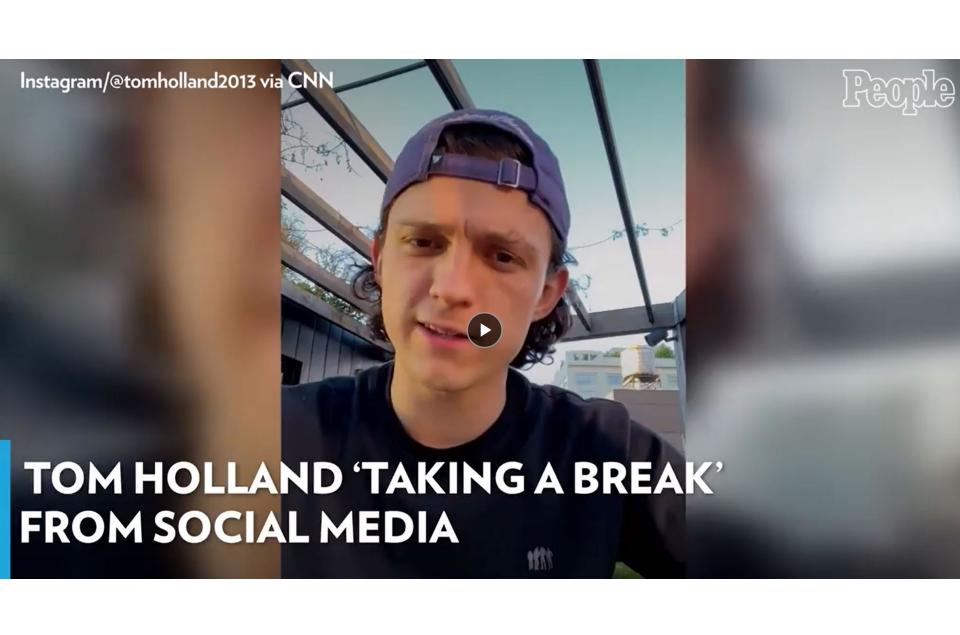
Differences by
Positive vs. Negative Experiences?
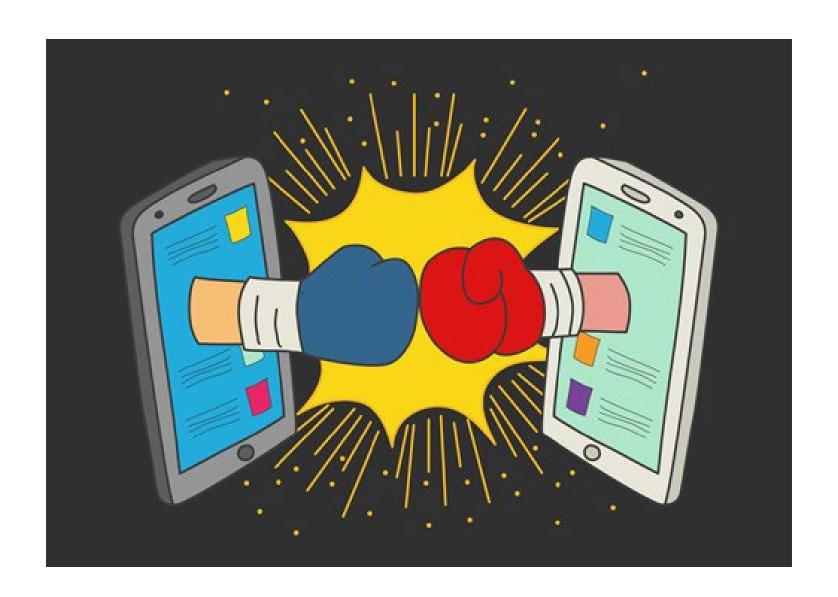
Change in depression for positive and negative experiences on social media

People

TOM HOLLAND 'TAKING A BREAK' FROM SOCIAL MEDIA
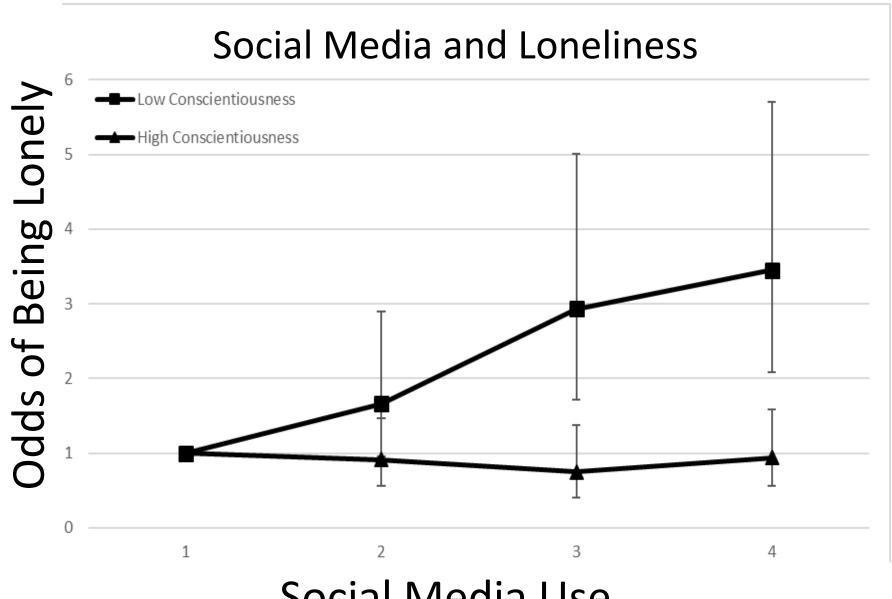
Differences by Personality Type

The Big Five (OCEAN)

- Openness to experience

- Conscientiousness

- Extroversion

- Agreeableness

- Neuroticism

Social Media and Loneliness
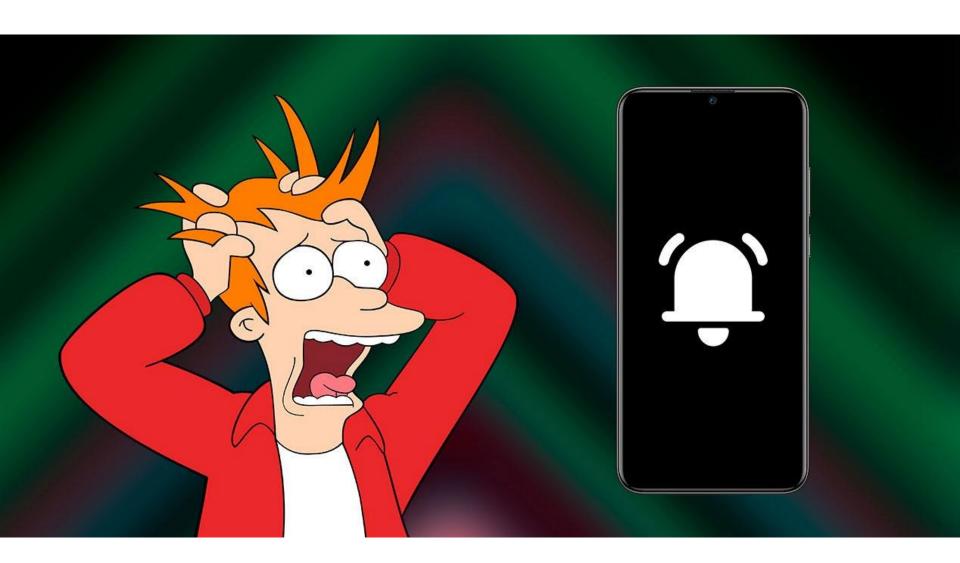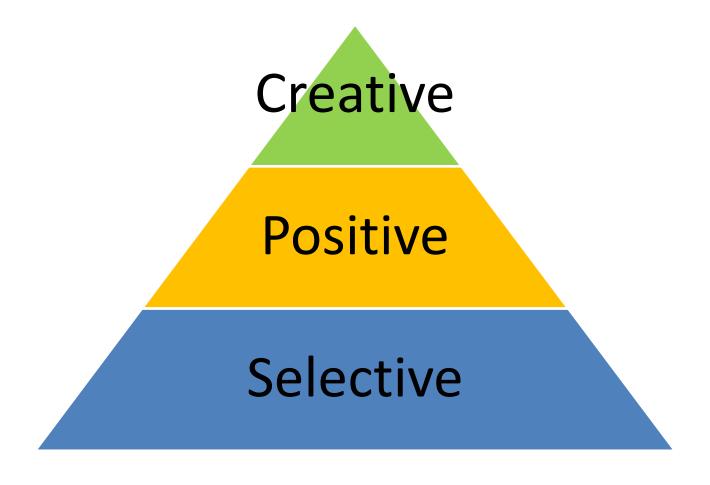
We Can Achieve Healthy Balance!

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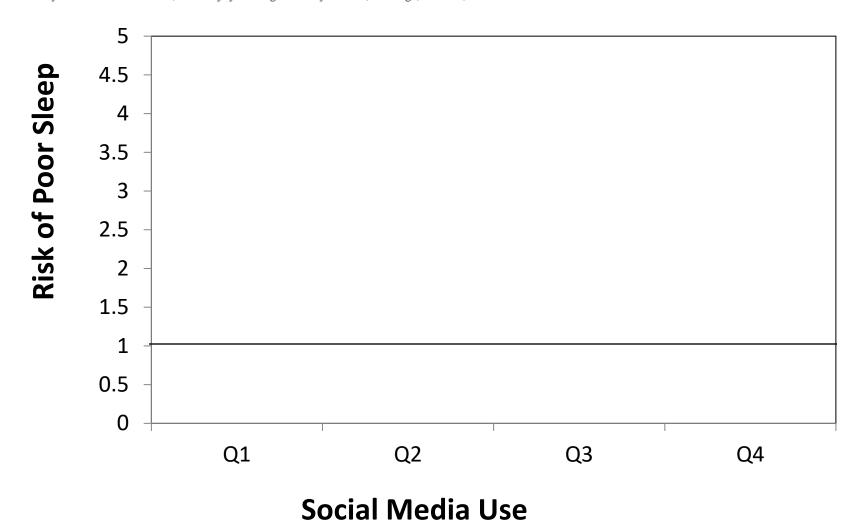D: Be selective.

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Thank You!

brian.primack@oregonstate.edu

The association between social media use and sleep disturbance among young adults

Jessica C. Levenson [a], Ariel Shensa [b,c], Jaime E. Sidani [b,c], Jason B. Colditz [b,c], Brian A. Primack [b,c,*]

[a] Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA 15213, USA
[b] Center for Research on Media, Technology, and Health, University of Pittsburgh, Pittsburgh, PA 15260, USA
[c] Division of General Internal Medicine, University of Pittsburgh School of Medicine, Pittsburgh, PA 15213, USA

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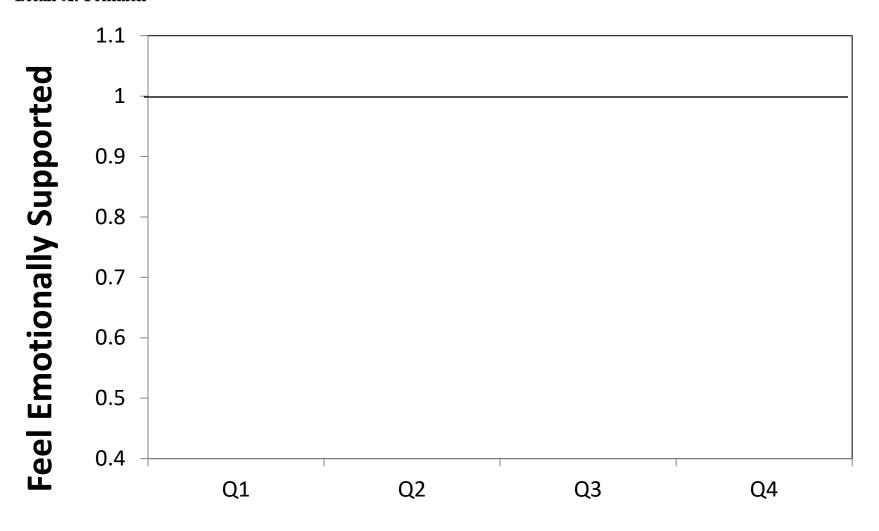[a] Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA 15213, USA
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Social Media Use and Perceived Emotional Support Among US Young Adults
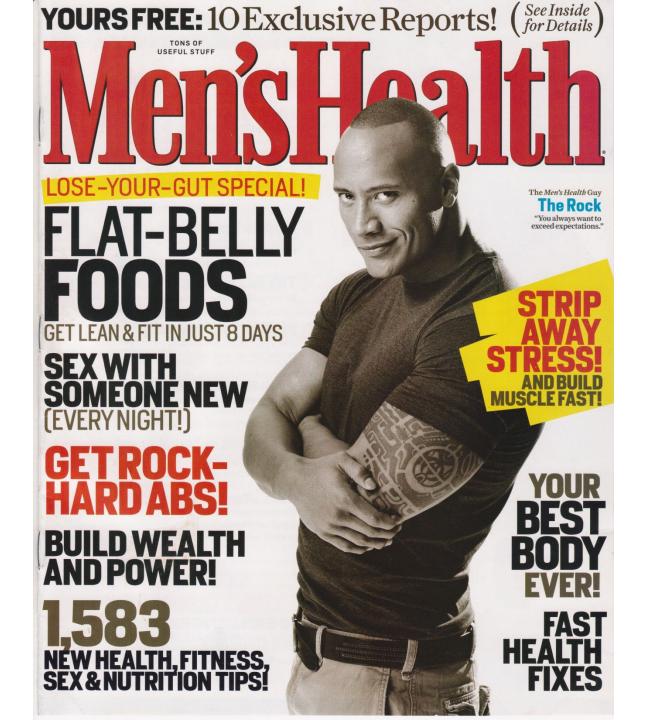
Ariel Shensa[1,2] · Jaime E. Sidani[1,2] · Liu yi Lin[1] · Nicholas D. Bowman[4] ·
Brian A. Primack[1,2,3]

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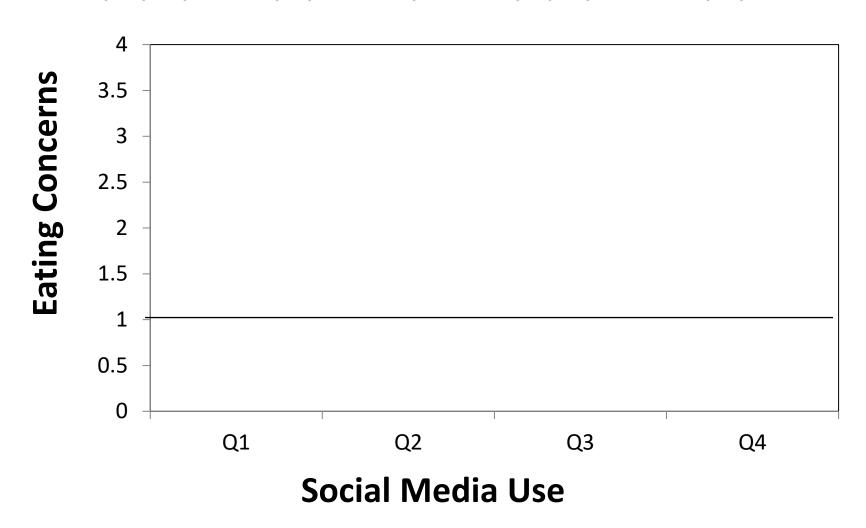Instagram

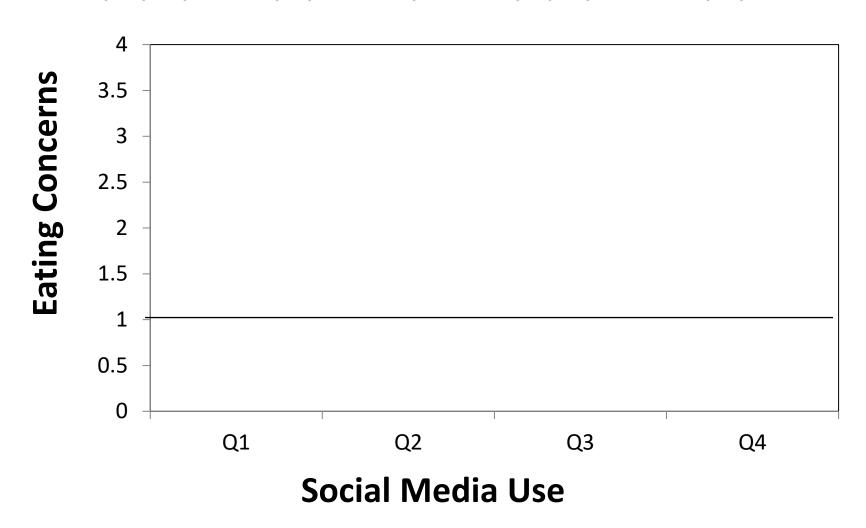nisaaamild
บ้านนิสาไม่มากร้านนะคะ

♥ ◯

The Association between Social Media Use and Eating Concerns among US Young Adults
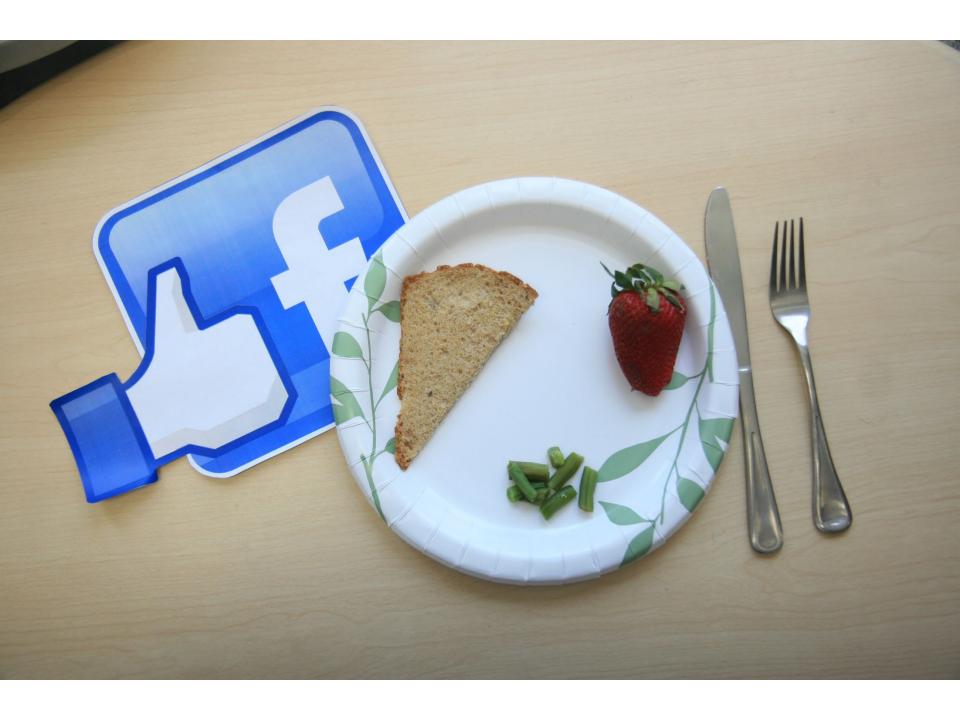
Jaime E. Sidani, PhD, MPH; Ariel Shensa, MA; Beth Hoffman; Janel Hanmer, MD, PhD; Brian A. Primack, MD, PhD

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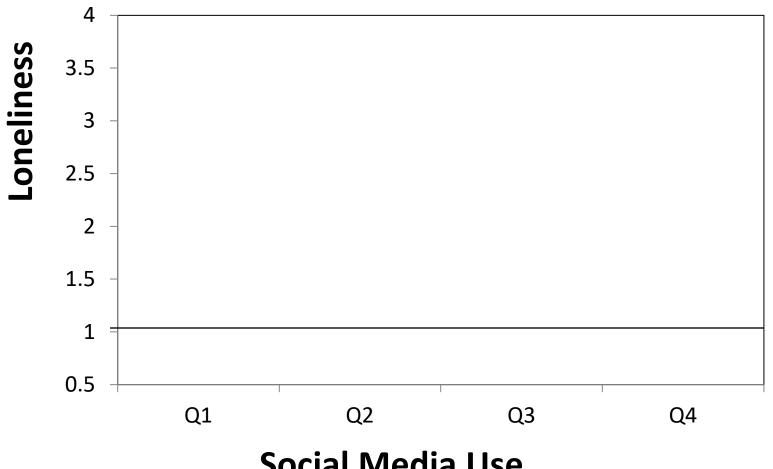
Social Media Use and Perceived Social Isolation Among Young Adults in the U.S.

Brian A. Primack, MD, PhD,[1,2,3] Ariel Shensa, MA,[1,2] Jaime E. Sidani, PhD, MPH,[1,2]
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