Screens and Teens

What we (don’t) know

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3 July 2018

Psychologically, however, they are more vulnerable than Millennials were: Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones.

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Jeremy Hunt: Social media poses as great a threat to children as obesity

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Giving your child a smartphone is like giving them a gram of cocaine, says top addiction expert

Harley Street clinic director Mandy Saligari says many of her patients are 13-year-old girls who see sexting as 'normal'

Rachael Pells Education Correspondent | @rachaelpells | Wednesday 7 June 2017 16:29 BST | 3 comments

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Interview

Are smartphones really making our children sad?

By Interview by Ian Tucker

US psychologist Jean Twenge, who has claimed that social media is having a malign affect on the young, answers critics who accuse her of crying wolf

Sun 13 Aug 2017 07.30 BST

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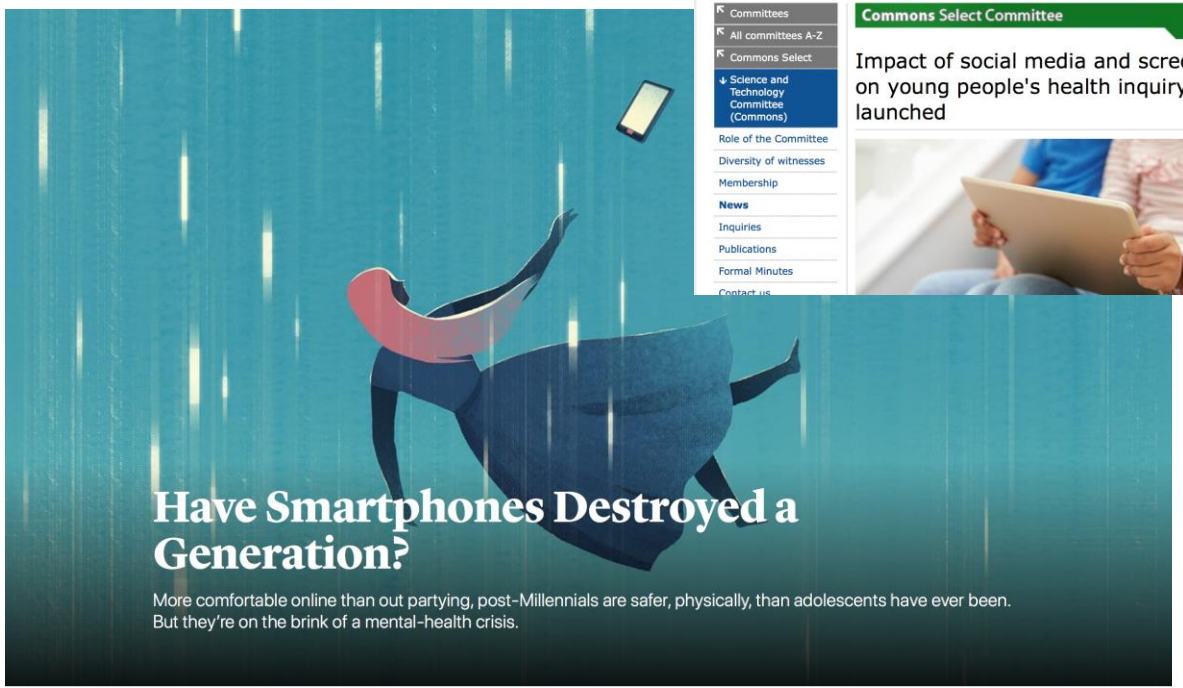
Commons Select Committee

Impact of social media and screen-use on young people's health inquiry launched



Where is the “cliff-edge”?

Does using social media as a generation decrease wellbeing?

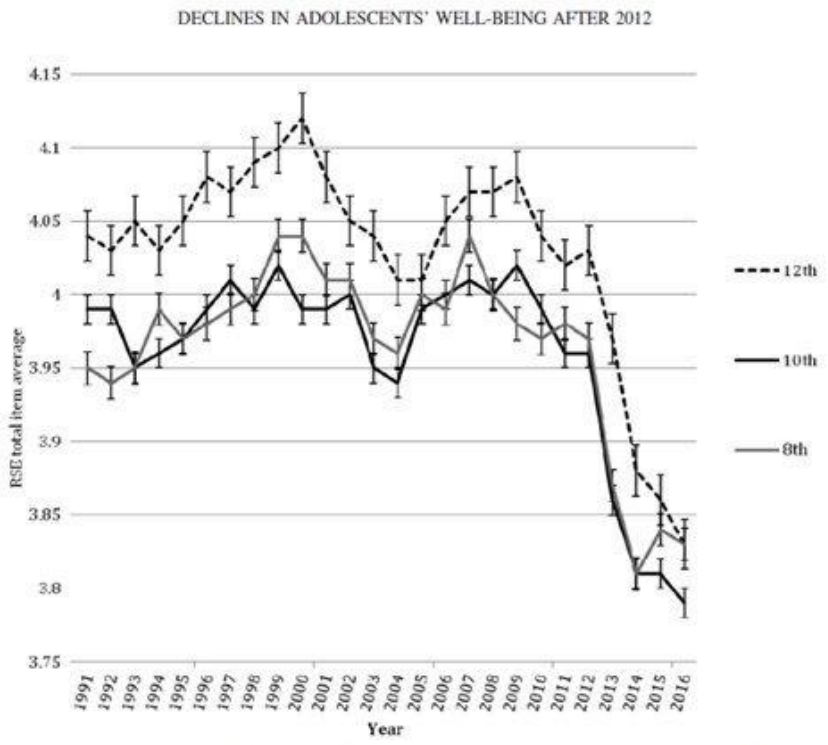
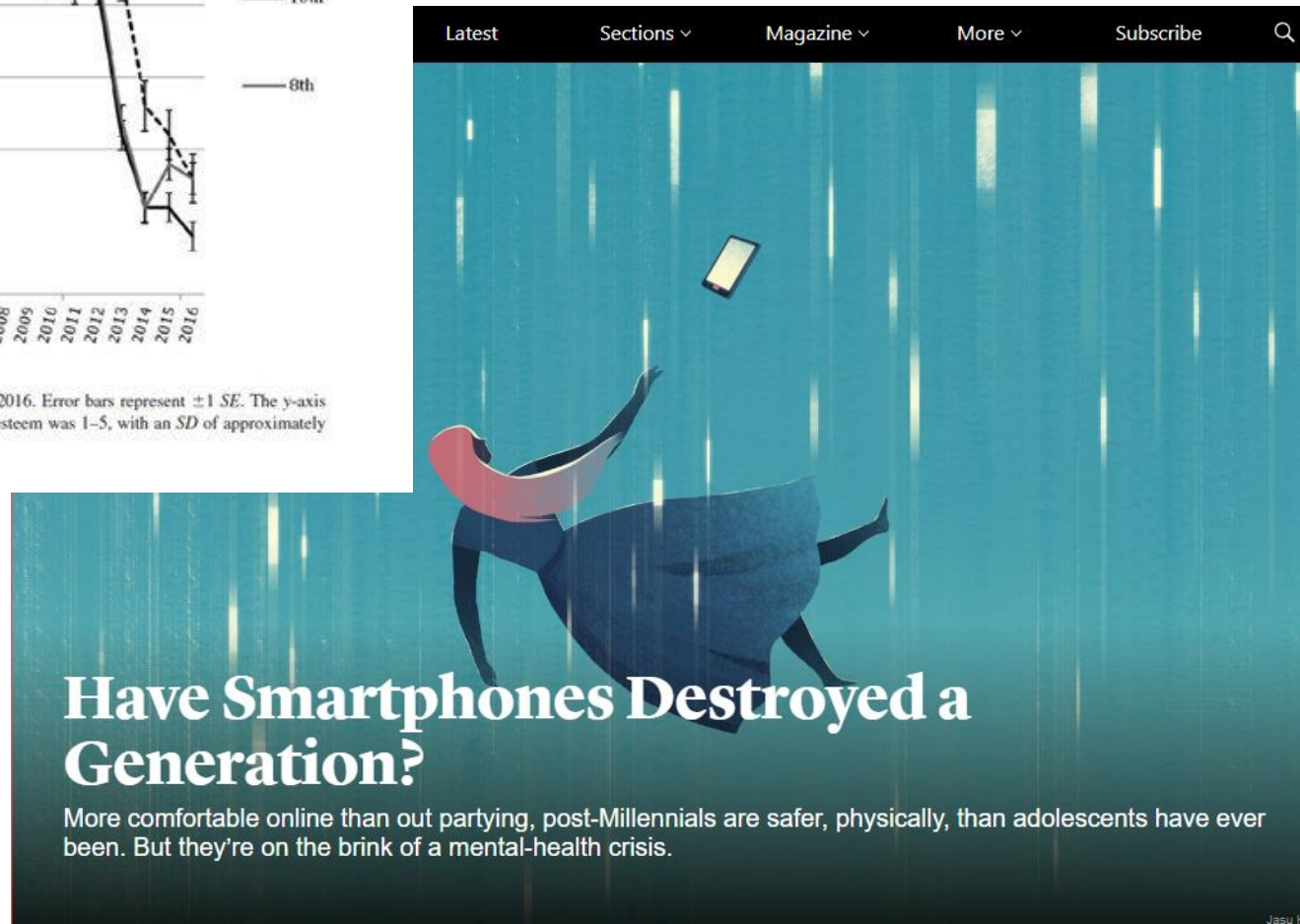


Figure 1. Total self-esteem, 8th, 10th, and 12th graders, 1991–2016. Error bars represent ±1 *SE*. The *y*-axis is truncated to illustrate the changes. The potential range of self-esteem was 1–5, with an *SD* of approximately .97. More detail given in Table 1.



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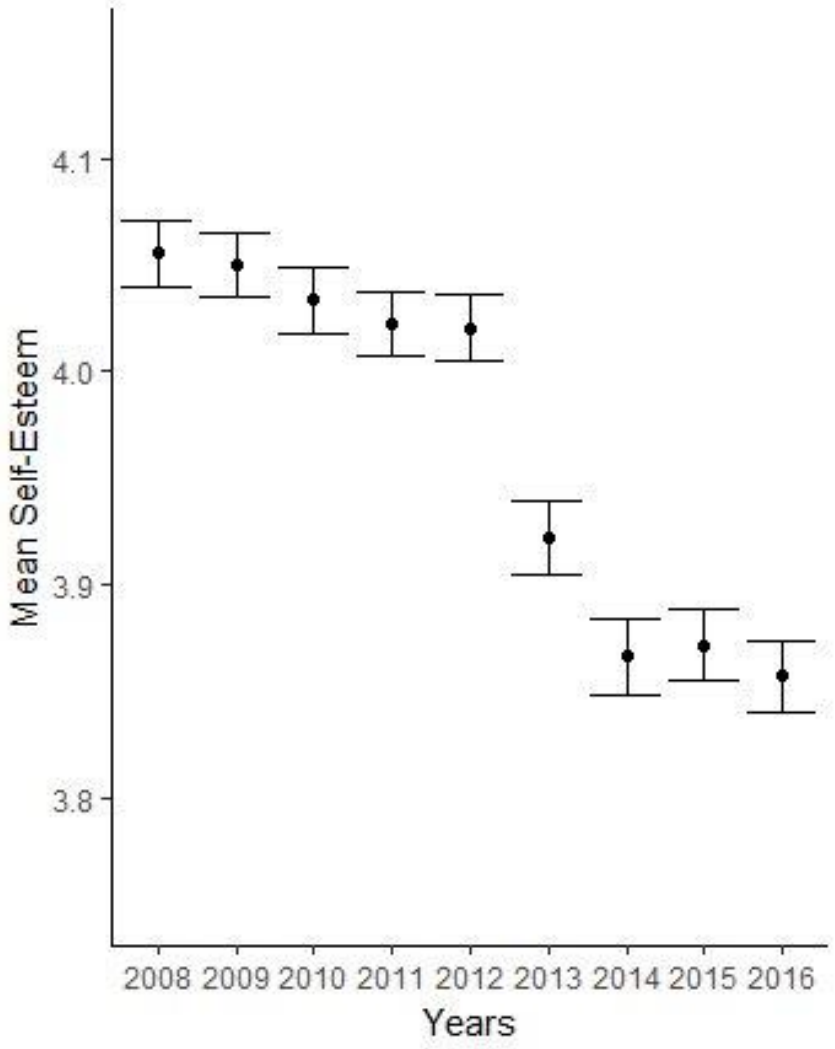

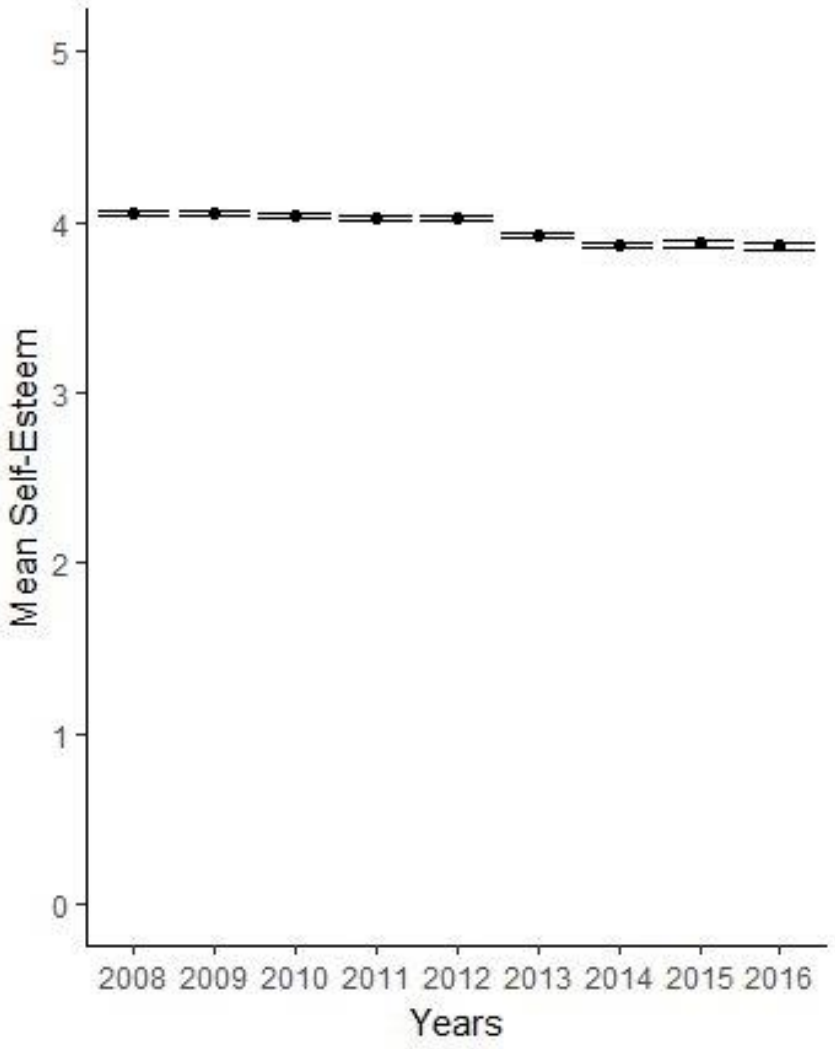

Twenge et al. (2017), Orben, Mutak, Rohrer, Przybylski (in prep)

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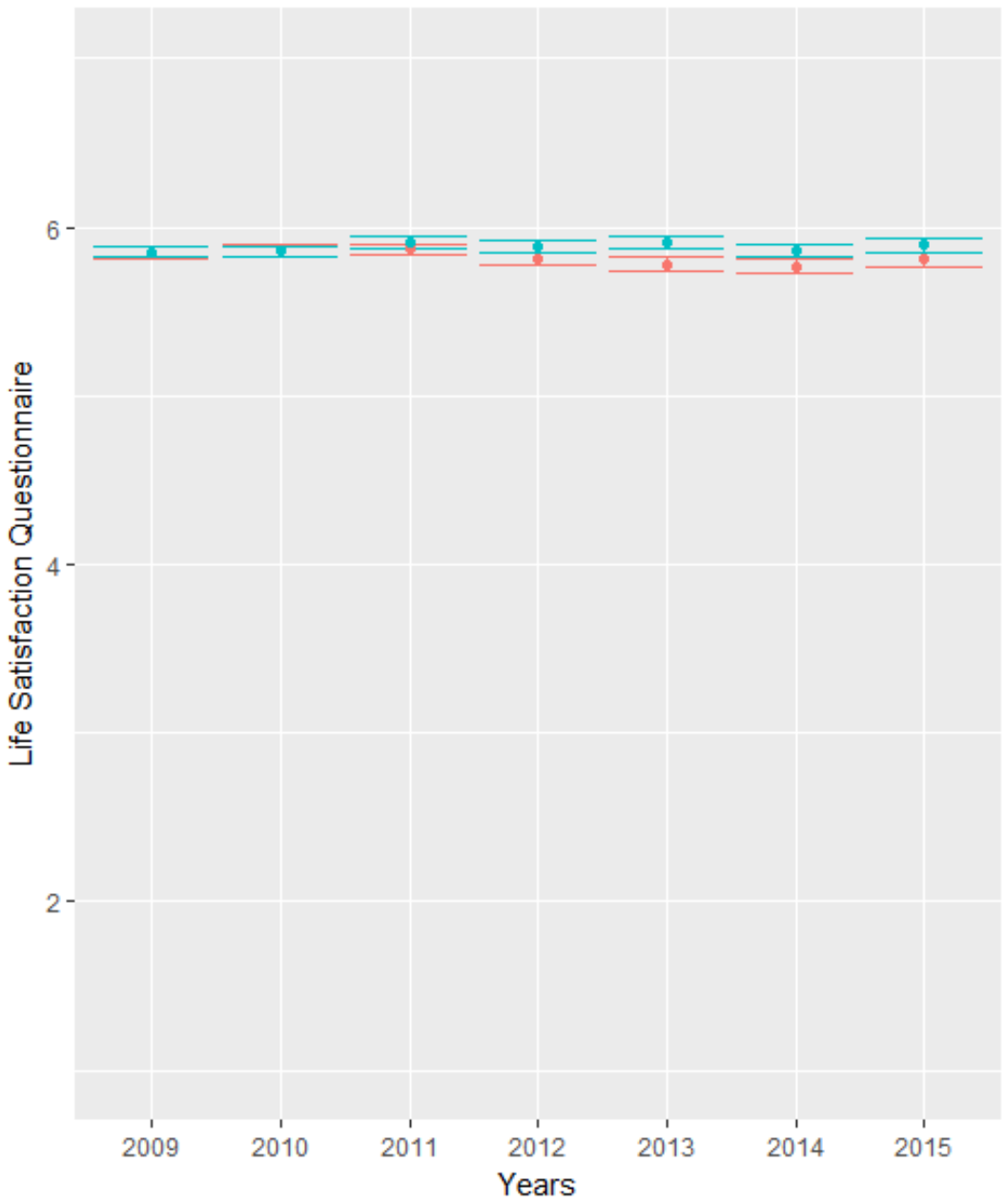
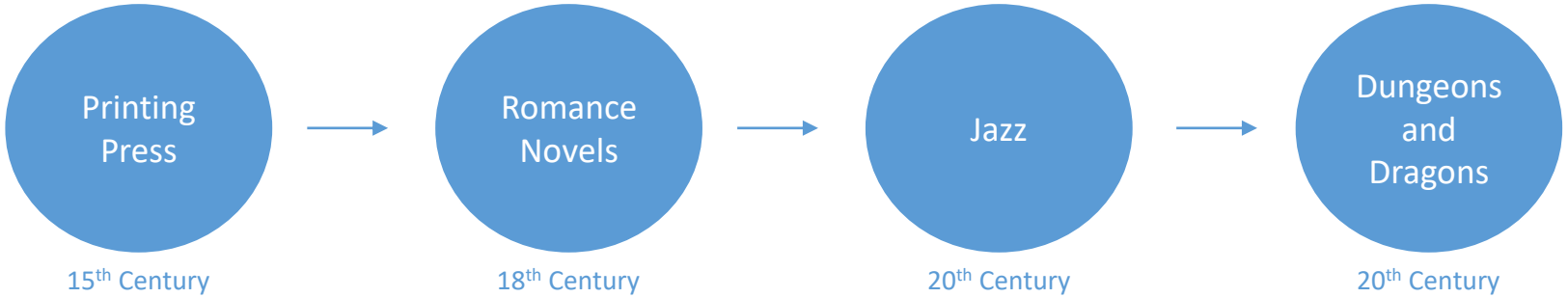


Orben, Mutak, Rohrer, Przybylski (in prep)


Printing Press
15th Century
Romance Novels
18th Century
Jazz
20th Century
Dungeons and Dragons
20th Century

THE AUTOMOBILE BRAIN.

A DEBATE recently took place in Paris between a brain specialist and an eminent physician as to the effect high-speed auto racing had upon the brain. There was a marked disparity in the views set forth, and this has led to much discussion on the subject.

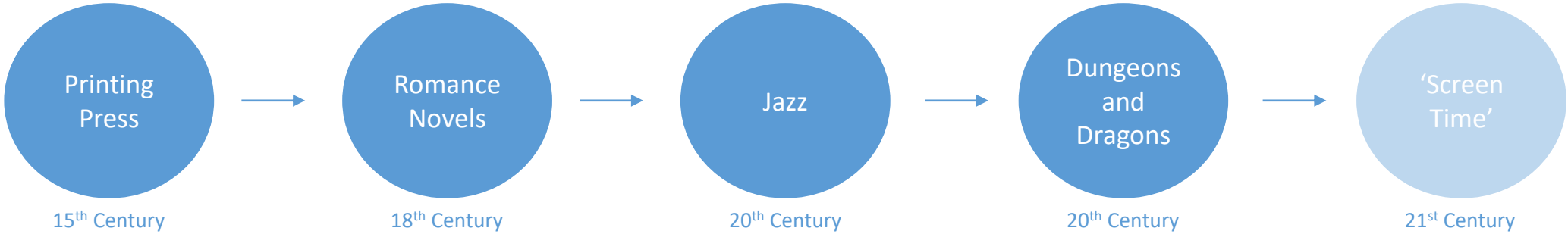
The brain specialist predicted that motor maniacs will be represented in the insane asylums in the near future. There are a

The Autoist's Brain.

The Normal Brain.

few already there, and he contended that many more should be confined although driving their cars unmolested at the present time.

New York Times, 1904


Printing Press
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20th Century
'Screen Time'
21st Century

The concept of ‘screen time’ is misguided

The ongoing debate.

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Screen-based lifestyle harms children’s health

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Neil Leitch *CEO, Pre-school Learning Alliance*
Theresa Casey *President, International Play Association*
Gareth Wyn Davies *CEO, Forest School Association*
Penelope Leach *Hon senior research fellow, Tavistock & Portman NHS Trust*
Neil Roskilley *CEO, Independent Schools Association*

The concept of 'screen time' is misguided

The ongoing debate.

Science Head quarters

Screen time guidelines need to be built on evidence, not hype

Open letter: There is an important debate to be had about screen time, but we need quality research and evidence to support it

Fri 6 Jan 2017 16.23 GMT

4,599 131

▲ Context and content may be more important factors than time alone when it comes to technology use during childhood Photograph: ddp USA/REX/Shutterstock

Moral panic about the impact of new technologies on our behaviour and development is not new. Socrates railed against the dangers of writing for fear that it would nurture "forgetfulness in the learners' souls, because they will not use their memories." One source of contemporary anxiety is "screen time". Recently, a letter signed by a group of writers, psychologists and charity heads raised concerns that childhood health and wellbeing in the UK is declining, in part due to "increasingly screen-based lifestyles." The signatories argued that the policy response to these concerns, first raised over a decade ago, has been half-hearted and ineffective.

As a group of scientists from different countries and academic fields with research expertise and experience in screen time, child development and evidence-based

Dr Pete Etchells *Senior lecturer in biological psychology, Bath Spa University*
Dr Sue Fletcher-Watson *Chancellor's fellow, Centre for Clinical Brain Sciences, Edinburgh University*
Prof. Sarah-Jayne Blakemore *Professor of cognitive neuroscience, UCL*
Prof. Chris Chambers *Head of brain stimulation, CUBRIC, Cardiff University*
Dr Daniel Kardefelt-Winther *Postdoctoral researcher, department of clinical neuroscience, Karolinska Institutet*
Dr Kathryn Mills *Postdoctoral researcher in developmental social neuroscience, University of Oregon*
Prof. Marcus Munafò *Professor of biological psychology, University of Bristol*
Dr Adam Rutherford *Honorary research fellow, UCL*
Prof. Miranda Wolpert *Director of the evidence based practice unit, UCL/Anna Freud National Centre for Children and Families*
Prof. Essi Viding *Co-director of the developmental risk and resilience unit, UCL*
Prof. Steven Pinker *Johnstone family professor, department of psychology, Harvard University*
Dr Suzi Gage *Lecturer, department of psychological sciences, University of Liverpool*
Dr Richard D. Morey *Senior lecturer, school of psychology, Cardiff University*
Prof. Paul Fletcher *Bernard Wolfe professor of health neuroscience, University of Cambridge, UK*
Dr Catherine Sebastian *Senior lecturer in psychology, Royal Holloway, University of London*
Prof. Daniel J. Simons *Professor of psychology, University of Illinois at Urbana-Champaign*
Prof. Uta Frith *Emeritus professor of cognitive development, UCL*
Prof. Sonia Livingstone *department of media and communications, LSE*
Dr Andrew K Przybylski *Research fellow, University of Oxford*

Individual Effects

Does using social media more cause depression?

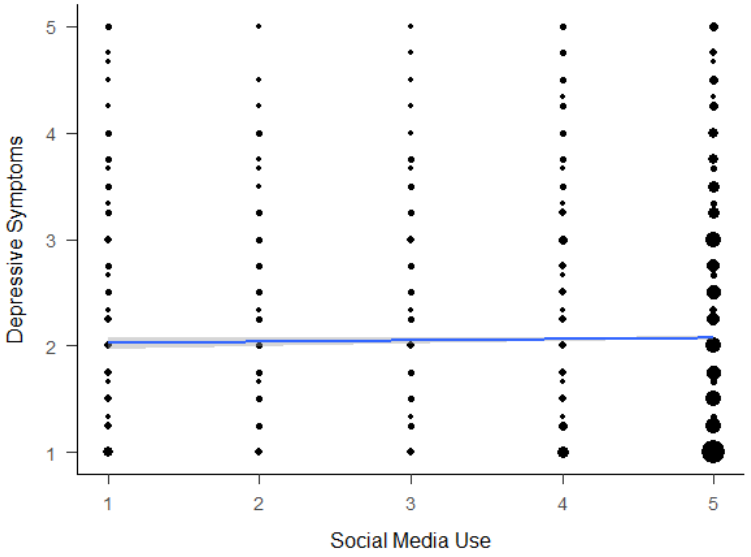
THE TIMES

Heavy social media use linked to teenage blues

Tom Whipple, Science Editor

January 22 2018, 5:00pm, The Times

Social media



Twenge et al. (2017)

Individual Effects

Not a straightforward relationship.

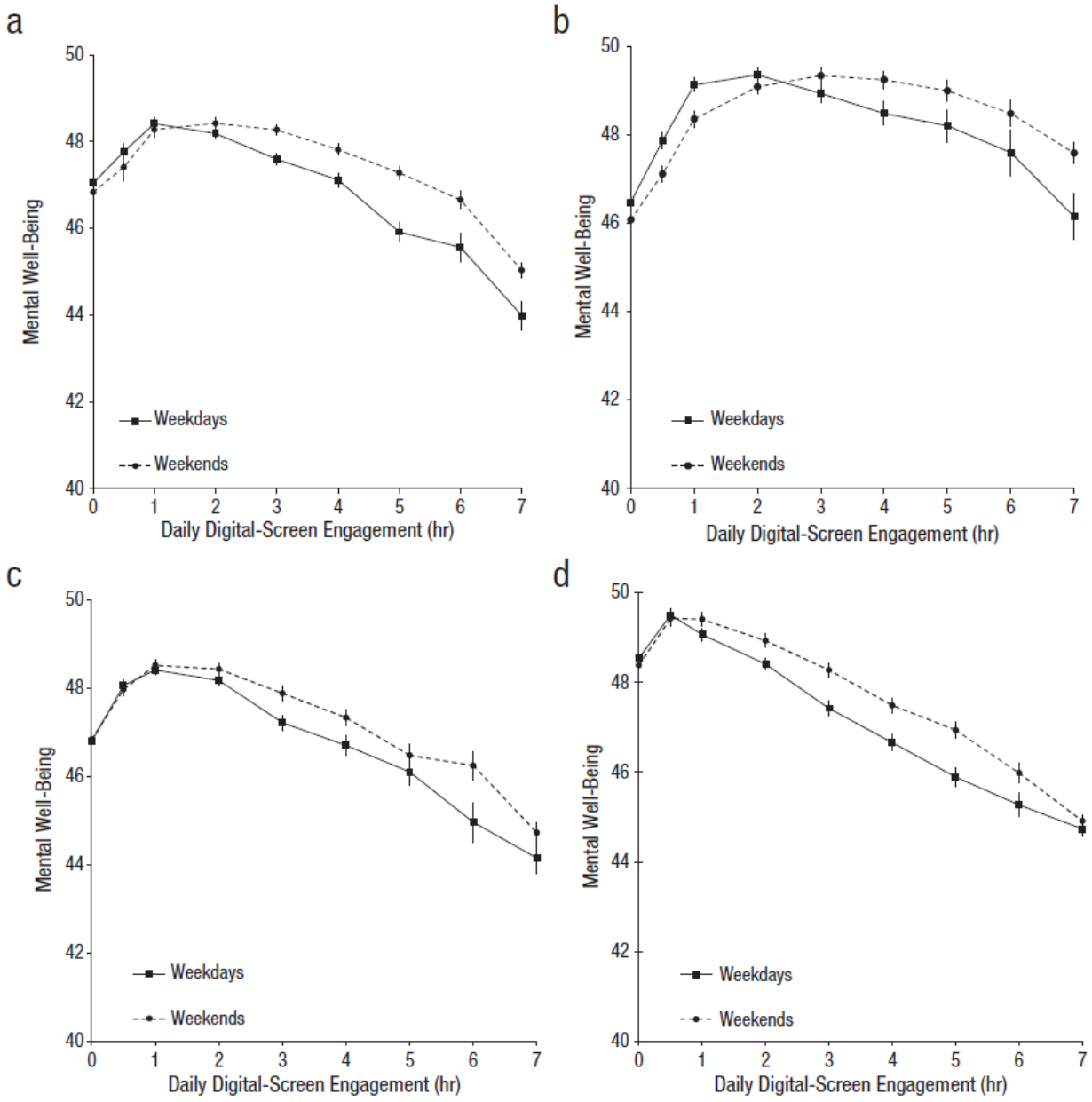


Fig. 1. Mental well-being as a function of daily digital-screen time on weekdays and weekends. Results are shown separately for time spent (a) watching TV and movies, (b) playing video games, (c) using computers, and (d) using smartphones. Error bars denote the 95% confidence intervals for the observed means.

Przybylski and Weinstein (2017)

Individual Effects

Tiny effects

Table 3: Comparison specification results compared to the effect of technology use in the YRBS, MTF and MCS datasets.

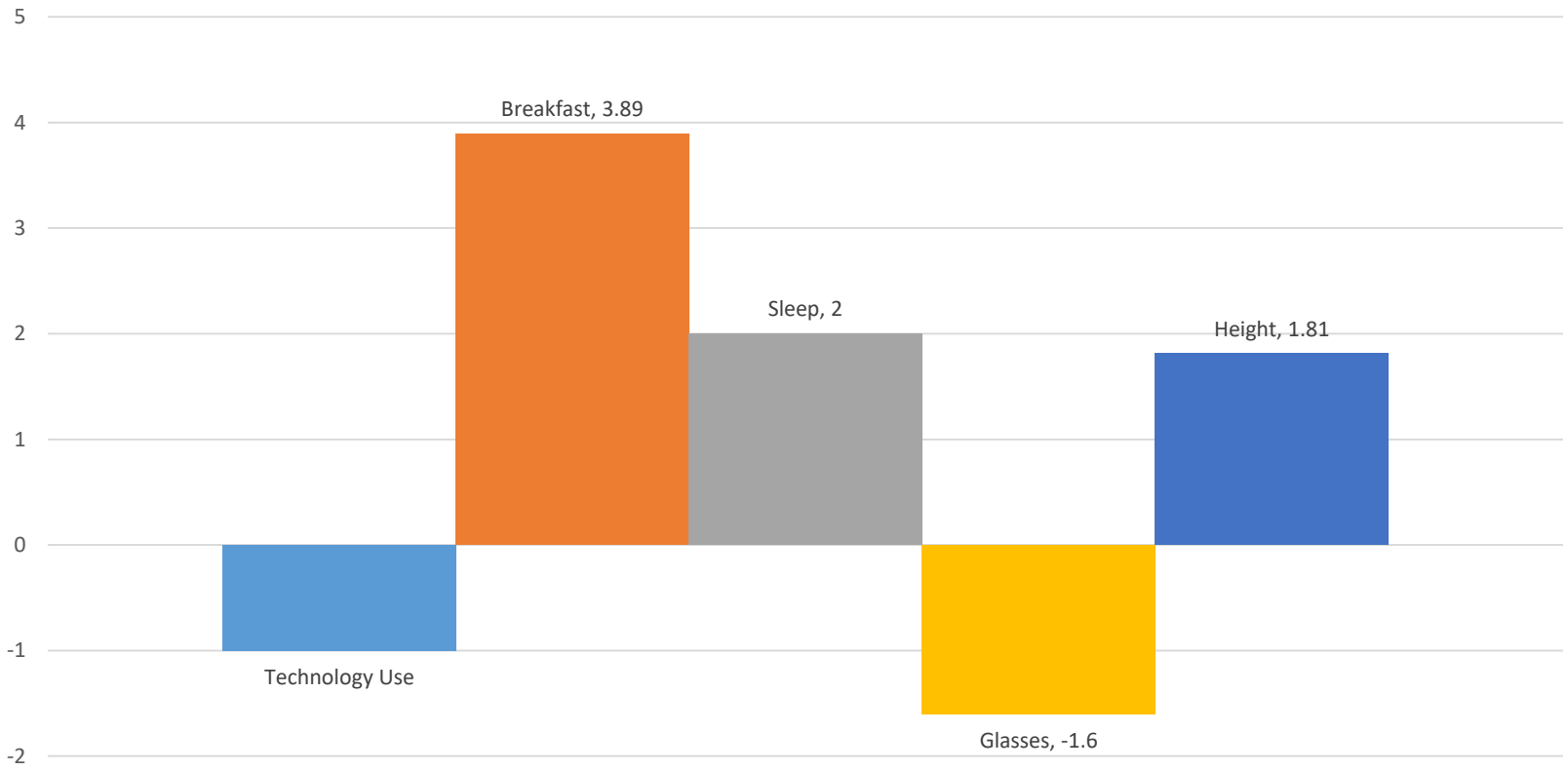
Comparison Specifications		YRBS	MTF	MCS
Negative Factors	Binge drinking	2.61x	17.09x	1.55x
	Marijuana	2.76x	20.50x	1.30x
	Cyberbullying	4.85x	--	5.47x
	Getting into fights	3.52x	33.24x	--
	Cigarettes	--	34.87x	--
	Being arrested	--	--	1.22x
Neutral Factors	Perceived weight	1.02x	--	--
	Potatoes	0.62x	--	--
	Asthma	0.77x*	--	--
	Milk	0.17x*	--	--
	City living	--	4.22x*	--
	Religion	--	26.93x*	--
	Music	--	64.12x	--
	Homework	--	6.53x*	--
	Cycling	--	--	1.70x*
	Height	--	--	1.81x*
	Glasses	--	--	1.60x
	Handedness	--	--	0.14x
Positive Factors	Fruit	0.25x	17.78x*	1.36x*
	Vegetables	0.30x	33.22x*	1.64x*
	Sleep	3.04x*	74.89x*	2.00x*
	Breakfast	2.31x*	54.68x*	3.89x*

Note. For the YRBS the average effect linking technology to well-being was: β = -0.049. For the MTF the average effect linking technology to well-being was: β = -0.003. For the MCS the average effect linking technology to well-being was: β = -0.053. * Denotes relationship is negative.

Orben and Przybylski (in review)

Individual Effects

Tiny effects



Orben and Przybylski (in review)

Science
Head quarters

Why Hunt's screen time limits for kids are scientific nonsense

Amy Orben

Mon 23 Apr 2018 16.22 BST

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Shouldn't policy be based on evidence – not the other way around?

Thank you

Any Questions?

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@OrbenAmy