

Presenter Information

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Links to Resources

The U.S. Surgeon General's Advisory

Social Media and Youth Mental Health

- <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

American Academy of Pediatrics

Center for Excellence on Social Media and Youth Mental Health

- <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>

Common Sense Media

Constant Companion: A Week in the Life of a Young Person's Smartphone Use

- https://www.commonsensemedia.org/sites/default/files/research/report/2023-cs-smartphone-research-report_final-for-web.pdf

The Common Sense Census: Media Use by Tweens and Teens

- https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

Top 5 Myths About Kids' Online Safety Legislation

- <https://www.commonsensemedia.org/kids-action/articles/top-5-myths-about-kids-online-safety-legislation>

All Apps

- <https://www.commonsensemedia.org/app-reviews>

PsychChild

- <https://www.psychchild.com/>

Clinician Resources

- <https://www.psychchild.com/clinicians>

Pew Research Center

Connection, Creativity and Drama: Teen Life on Social Media in 2022

- <https://www.pewresearch.org/internet/2022/11/16/connection-creativity-and-drama-teen-life-on-social-media-in-2022/>

Links to Research Articles

Mechanisms Linking Social Media Use to Adolescent Mental Health Vulnerability (Orben et al., 2024)

- <https://www.nature.com/articles/s44159-024-00307-y>

Reducing Social Media Use Improves Appearance and Weight Esteem in Youth with Emotional Distress
(Thai et al., 2024)

- <https://psycnet.apa.org/record/2023-48778-001>

The Reach and Accuracy of Information on Autism on TikTok (Aragon-Guevara et al., 2023)

- <https://pubmed.ncbi.nlm.nih.gov/37544970/>

Does Time Spent Using Social Media Impact Mental Health?: A Eight Year Longitudinal Study (Coyne et al., 2020)

- <https://www.sciencedirect.com/science/article/pii/S0747563219303723>

Association of Screen Time and Depression in Adolescence (Boers et al., 2019)

- <https://pubmed.ncbi.nlm.nih.gov/31305878/>

Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth (Riehm et al., 2019)

- <https://pubmed.ncbi.nlm.nih.gov/31509167/>

Social Media Use and Adolescent Mental Health: Findings from the UK Millennium Cohort Study (Kelly et al., 2019)

- <https://pubmed.ncbi.nlm.nih.gov/31193561/>

Associations Between Screen Time and Lower Psychological Well-Being Among Children and Adolescents: Evidence from a Population-Based Study (Twenge & Campbell, 2018)

- <https://pubmed.ncbi.nlm.nih.gov/30406005/>

A Large-Scale Test of the Goldilocks Hypothesis: Quantifying the Relations Between Digital-Screen Use and the Mental Well-Being of Adolescents (Przybylki & Weinstein, 2017)

- <https://journals.sagepub.com/doi/10.1177/0956797616678438>

Benefits and Costs of Social Media in Adolescents (Uhls et al., 2017)

- https://publications.aap.org/pediatrics/article/140/Supplement_2/S67/34168/Benefits-and-Costs-of-Social-Media-in-Adolescence?autologincheck=redirected

Development and Testing of a 3-Item Screening Tool for Problematic Internet Use (Moreno et al., 2016)

- <https://pubmed.ncbi.nlm.nih.gov/27395768/>

Social Comparisons on Social Media: The Impact of Facebook on Young Women's Body Image Concerns and Mood (Fardouly et al., 2015)

- <https://pubmed.ncbi.nlm.nih.gov/25615425/>

Online Communication, Social Media and Adolescent Wellbeing: A Systematic Review (Best et al., 2014)

- <https://www.sciencedirect.com/science/article/pii/S0190740914000693>