

Mental Health Consequences of Digital Media Addiction: Is Technology Decreasing Our Happiness?

Tomasz Gruchala, BA, Alan Blum, MD

The Problem: The rising dependence on digital media (which we call digital media addiction), which encompasses an excessive reliance on cellphones, television, personal computers, and social media, poses concerns to users' mental health. In the past decade there has been an increase in the number of peer-reviewed articles relating technology use to increased symptoms of depression, anxiety, and poor body image. Little is being done in the fields of medicine, academia, and psychology to combat this global mental health problem.

Purpose: This poster summarizes the scientific literature that relates heavy digital media use to adverse mental health consequences such as depression and anxiety.

Evidence-based References: The poster was based on 69 references, including

Burrow A, Rainone N: How many likes did I get? Links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology* 2017; 69:223-236.

Gigi I, Bachner-Melman R, Lev-Ari L: The association between sexual orientation, susceptibility to social messages and disordered eating in men. *Appetite* 2016; 99:25-33.

Hunt M, Marx R, Lipson C, Young J: No More FOMO: Limiting social media decreases loneliness and depression. *Journal of Social and Clinical Psychology* 2018;37(10):751-768.

Diversity: The poster addresses how digital media use can cause differing adverse mental health consequences between men and women. The poster also identifies and addresses groups with increased vulnerability to adverse mental health consequences of digital media addiction.