



Resources on Technology & Mental Wellness

Anxiety and Children:

“The Decline of Play and the Rise of Psychopathology in Children and Adolescents”

<https://files.eric.ed.gov/fulltext/EJ985541.pdf>

“The Decline of Play and Rise in Children’s Mental Disorders”

<https://medium.com/the-mission/the-decline-of-play-and-rise-in-childrens-mental-disorders-7cc348ee8529>

“Epidemiology of mental disorders in children and adolescents”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2807642/>

“Preventing and Calming Kids’ Technology-Fueled Anxiety”

<https://www.psychologytoday.com/blog/going-beyond-intelligence/201711/preventing-and-calming-kids-technology-fueled-anxiety>

“Happiness is Other People,” by Ruth Whippman

“We Need to Talk About Kids and Smartphones”

<http://time.com/4974863/kids-smartphones-depression/>

“Young and Cueless: Thinking about the Big Rise in Anxiety”

<https://www.psychologytoday.com/blog/sliding-vs-deciding/201711/young-and-cueless-thinking-about-the-big-rise-in-anxiety>

“Study finds smartphone use undermines enjoyment of face-to-face social interactions”

<http://www.psypost.org/2017/11/study-finds-smartphone-use-undermines-enjoyment-face-face-social-interactions-50239>

Anxiety and Teenagers:

“How has society managed to produce a generation of teenagers in which mental-health problems are so prevalent?”

<http://www.independent.co.uk/life-style/health-and-families/features/teenage-mental-health-crisis-rates-of-depression-have-soared-in-the-past-25-years-a6894676.html>

Rates of depression and anxiety among teenagers have increased by 70 per cent in the past 25 years

“When Anxiety Hits at School”

<https://www.theatlantic.com/health/archive/2014/10/when-anxiety-hits-at-school/380622/>

“Why Are More Teenagers than Ever Suffering from Severe Anxiety?”

by Benoit Denizet-Lewis

“Smartphones, Cyberbullying Seen as Possible Causes of Rising Teen Suicide Rate,”

by Jericka Duncan

“Why are So Many Teens and 20-Somethings Today Anxiety-Ridden?”

<https://journal.thriveglobal.com/why-are-so-many-teens-and-20-somethings-today-anxiety-ridden-63180f8a8678>

A study published in the British Medical Journal reported that the more screen time teens engage in, the longer it takes them to fall asleep. Teens with 4 or more hours of screen time per day were 350% more likely to sleep less than 5 hours at night and 49% more likely to need more than 60 minutes to fall asleep. The impact of less sleep? Anxiety, depression, inability to concentrate and poor grades.

Anxiety: the epidemic sweeping through Generation Y

<http://www.telegraph.co.uk/health-fitness/body/anxiety-the-epidemic-sweeping-through-generation-y/>

So, what’s going on? The rise of technology, overly-protective parenting and “exam-factory” schooling are among the reasons psychologists suggest for our generational angst. Another, brought up on multiple occasions by my peers and by psychologists I spoke to, is the luxury (as ungrateful as it sounds) of too much choice.

ADHD

“What Is ADHD?”

<https://www.everydayhealth.com/adhd/guide/>

“Technology Makes ADHD Better, Not Worse -- Part I”

<https://www.forbes.com/sites/dalearcher/2015/06/25/technology-makes-adhd-better-not-worse-part-i/#cb3dbf44992c>

“A Nation of Kids with Gadgets and ADHD”

<http://techland.time.com/2013/07/08/a-nation-of-kids-with-gadgets-and-adhd/>

“INITIAL REPORT of the Waldorf ADHD Research Project”

https://www.waldorflibrary.org/images/stories/Journal_Articles/RB7107.pdf

Technology and kids

“Does Technology Cause ADHD?”

<https://www.everydayhealth.com/adhd-awareness/does-technology-cause-adhd.aspx>

“Between a Cyborg and a Hard Place,”

by Tracy Dennis-Tiwary

“Trying to Get the Kids to Put Down Those Phones? Here’s Help,”

by Katherine Hobson

Families Managing Media

“How to Reconnect our Digitally Distracted Kids,”

by Tom Kersting

Screenwise,

by Devorah Heitner : <https://www.raisingdigitalnatives.com/>

“Lightweb Darkweb: Three Reasons to Reform Social Media Before It Re-Forms Us,”

by Raffi Cavoukian

“Is the Web a Vast Sociological Experiment? Raffi Urges Internet Reform to Keep Kids Safe,”

by Marilyn Price-Mitchell

“Youth Suicide Rates Are Rising. School and The Internet May Be to Blame,”

by Lara Korte

“Cyberbullying Facts and Statistics,”

by TeenSafe

“attributes a lot of the anxiety to the growing presence of technology in students’ lives.”

Positive Impacts of Technology and Youth

“Parenting Teenagers: Build Community; Go Online; Play Video Games; Chat Online: Learn to Manage Emotions,”

by Dona Matthews

“Studies of Teens Challenge Us to Keep Learning,”

by Marilyn Price-Mitchell

“Beyond Intelligence: Secrets for Raising Happily Productive Kids,”

by Dona Matthews and Joanne Foster

“Personal Zen, the App for Reducing Stress and Anxiety,”

by Tracy Dennis-Tiwary

“Digital Mental Health,”

by Tracy Dennis-Tiwary

Pornography and Kids

“Online pornography: Effects on children & young people”

https://aifs.gov.au/sites/default/files/publication-documents/online_pornography-effects_on_children_young_people_snapshot.pdf

“So How Do We Talk About This?: When Children See Internet Pornography “

<http://www.nytimes.com/2012/05/10/garden/when-children-see-internet-pornography.html>

“X-rated material and perpetration of sexually aggressive behavior among children and adolescents: is there a link?”

<http://onlinelibrary.wiley.com/doi/10.1002/ab.20367/abstract>

“So your kid is looking at porn. Now what?”

<http://www.safekids.com/2011/12/17/so-your-kid-is-looking-at-pornography-now-what/>

“Understanding the Effects of Pornography on Children”

<http://preventchildabuse.org/resource/understanding-the-effects-of-pornography-on-children/>

Rises of Anxiety and Depression

“Why So Many People Are Stressed and Depressed

Generation Me doesn't admit to depression more -- they're actually feeling it.”

<https://www.psychologytoday.com/blog/our-changing-culture/201410/why-so-many-people-are-stressed-and-depressed>

(although the argument that technology isn't related is a tough one, considering author is connecting anxiety to loss of community and relationship, increase in social comparison and high expectations - this has to exacerbate the situation)

“It's Not the Job Market”

http://www.slate.com/articles/arts/culturebox/2011/01/its_not_the_job_market.html

“According to the 2002 World Mental Health Survey, people in developing-world countries such as Nigeria are up to five times less likely to show clinically significant anxiety levels than Americans, despite having more basic life-necessities to worry about. What's more, when these less-anxious developing-world citizens emigrate to the United States, they tend to get just as anxious as Americans. Something about our particular way of life, then, is making us less calm and composed.”

“Rich countries are more anxious than poorer countries”

<https://www.statnews.com/2017/03/15/anxiety-rich-country-poor-country/>

“Anxiety nation: why are so many of us so ill at ease?”

<https://www.newstatesman.com/2014/04/anxiety-nation-why-are-so-many-us-so-ill-ease>

“Perhaps anxiety is a luxury that comes with wealth, freedom and the privilege of having nothing fundamental to fear in our modern society.”

“Anxiety: the epidemic sweeping through Generation Y”

<http://www.telegraph.co.uk/health-fitness/body/anxiety-the-epidemic-sweeping-through-generation-y/>

Anxiety is hardly new, despite it being recognised as a clinical category only in the past 30 years. Sigmund Freud wrote a book about it in 1926, as did Soren Kierkegaard 80 years before him. In the fourth century BC, Hippocrates wrote that anxiousness is “a difficult disease. The patient thinks he has something like a thorn, something pricking him in his viscera, and nausea torments him.”