

Teens, Screens, and Wellbeing – Data

Smartphones, Screens, and Wellbeing

Link: [Social Media and Mental Health: A Collaborative Review](#)

Link: [Social Media Industrial Scale Harms: Statistics](#)

1. Davis, C. G., & Goldfield, G. S. (2024). Limiting social media use decreases depression, anxiety, and fear of missing out in youth with emotional distress: A randomized controlled trial. *Psychology of Popular Media*. Advance online publication.

This study found that limiting social media use significantly decreases depression, anxiety, and fear of missing out (FOMO) among youth with emotional distress. The study suggests that reducing social media consumption can effectively improve mental health in this demographic.

2. Odgers, C. L., & Jensen, M. R. (2020). Annual Research Review: Adolescent Mental Health in the Digital Age: Facts, Fears, and Future Directions. *Journal of Child Psychology and Psychiatry*, 61(3), 336-348.

This review addressed common concerns about digital technology's impact on adolescent mental health, concluding that while moderate use of digital technology is generally benign, excessive use can exacerbate mental health issues. The study emphasizes the need for more nuanced research to distinguish between different types of screen use and their specific effects on mental health.

3. Keles, B., McCrae, N., & Grealish, A. (2020). A Systematic Review: The Influence of Social Media on Depression, Anxiety, and Psychological Distress in Adolescents. *International Journal of Adolescence and Youth*, 25(1), 79-93.

This systematic review found that social media use is associated with higher levels of depression, anxiety, and psychological distress in adolescents. The study underscores the importance of considering the context and content of social media interactions when assessing their impact on mental health.

4. Richards, D., Caldwell, P. H., & Go, H. (2015). Impact of Social Media on the Health of Children and Young People. *Journal of Paediatrics and Child Health*, 51(12), 1152-1157.

This study reviewed the impact of social media on the health of children and young people, noting both positive and negative effects. While social media can offer supportive communities and enhance communication skills, excessive use is linked to negative outcomes like sleep disturbances, cyberbullying, and decreased face-to-face interactions, all of which can harm mental health.

Teens, Screens, and Wellbeing – Data

Smartphones, Screens, and School

[News Coverage, Anecdotes, and Success Stories: The Effects of Phone-Free Schools](#)

1. Fruehwirth, J. C., Weng, A. X., & Perreira, K. M. (2024). The effect of social media use on mental health of college students during the pandemic. <https://doi.org/10.1002/hec.4871>

This study finds a significant rise in social media usage among college students during the pandemic. Higher social media use is associated with poorer mental health outcomes, including increased anxiety and depression levels. The findings suggest the need for school administrators and mental health professionals to address the potential negative impacts of social media and provide support to mitigate its adverse effects.

2. Abrahamsson, S. (2024). "Smartphone Bans, Student Outcomes and Mental Health."

This study found that banning smartphones in 400 schools led to decreased psychological symptoms among girls, decreased bullying by boys and girls, increased self-reported attention span, and increased GPA among girls.

3. Beland, L.-P., & Murphy, R. (2016). "Ill Communication: Technology, Distraction & Student Performance".

This study analyzed the impact of banning mobile phones in schools across the UK and found that student performance on standardized tests improved significantly post-ban, particularly for low-achieving students.

4. Lepp, A., Barkley, J. E., & Karpinski, A. C. (2015). "The Relationship Between Cell Phone Use, Academic Performance, Anxiety, and Satisfaction with Life in College Students".

The study revealed that higher cell phone use is associated with lower GPA among college students, as well as higher levels of anxiety.

5. Ravizza, S. M., Hambrick, D. Z., & Fenn, K. M. (2014). "Non-academic Internet use in the classroom is negatively related to classroom learning regardless of intellectual ability".

This study found that non-academic use of the internet in classrooms, often through smartphones, correlates with lower grades and diminished learning outcomes.

Teens, Screens, and Wellbeing – Data

Screens, Attention, and Learning

1. Terry, M., Mishra, J., & Sinclair, G. (2020). "Smartphone Use and its Implications for Cognitive Functioning: A Systematic Review".

This systematic review summarized various studies showing that excessive smartphone use, particularly social media, can lead to diminished attention spans and cognitive overload.

2. Firth, J., Torous, J., Stubbs, B., Firth, J. A., Steiner, G. Z., Smith, L., ... & Sarris, J. (2019). "The 'online brain': how the Internet may be changing our cognition".

The study explored how constant connectivity and the use of internet-enabled devices, such as smartphones, might be re-wiring brain structures associated with attention and cognitive control.

3. Twenge, J. M., & Campbell, W. K. (2018). "Associations Between Screen Time and Lower Psychological Well-Being Among Children and Adolescents: Evidence From a Population-Based Study"

This study found that increased screen time, particularly from smartphones, is associated with lower psychological well-being among children and adolescents, including issues with attention spans.

4. Kates, A. W., Wu, H., & Coryn, C. L. S. (2018). "The Effects of Mobile Phone Use on Attention and Academic Performance: A Meta-Analysis"

This meta-analysis found a significant negative relationship between mobile phone use and attention, as well as academic performance.

5. Ward, A. F., Duke, K., Gneezy, A., & Bos, M. W. (2017). "Brain drain: The mere presence of one's own smartphone reduces available cognitive capacity"

This research demonstrated that even the mere presence of a smartphone can reduce cognitive capacity, including attention spans, due to the potential for distraction.

6. Wilmer, H. H., Sherman, L. E., & Chein, J. M. (2017). "Smartphones and Cognition: A Review of Research Exploring the Links Between Mobile Technology Habits and Cognitive Functioning"

This review highlighted evidence that habitual smartphone use negatively affects attention, cognitive control, and academic performance.

7. Cain, M. S., Leonard, J. A., Gabrieli, J. D. E., & Finn, A. S. (2016). "Media multitasking in adolescence"

Teens, Screens, and Wellbeing – Data

The research demonstrated that adolescents who engage in media multitasking, often driven by smartphone use, show poorer attention control and higher impulsivity.

- 8. Wilmer, H. H., & Chein, J. M. (2016). "Mobile technology habits: Patterns of association among device usage, intertemporal preference, impulse control, and reward sensitivity"**

The study indicated that frequent smartphone users often have diminished impulse control and increased sensitivity to immediate rewards, which can negatively impact sustained attention.

- 9. Rosen, L. D., Lim, A. F., Felt, J., Carrier, L. M., Cheever, N. A., Lara-Ruiz, J. M., ... & Rokkum, J. N. (2014). "Media and technology use predicts ill-being among children, preteens and teenagers independent of the negative health impacts of exercise and eating habits"**

This study found that media and technology use, particularly smartphones, is linked to attention problems and increased distractibility among young people.

- 10. Alzahabi, R., & Becker, M. W. (2013). "The association between media multitasking, task-switching, and dual-task performance"**

This research suggested that media multitasking, a behavior often encouraged by smartphone use, is associated with decreased ability to maintain attention on a single task.

Screens & Sleep

- 1. Hale, L., & Dzierzewski, J. M. (2024). Screens and sleep health—It's almost bedtime, time to put your phone away. JAMA Pediatrics.**

This article emphasizes the negative impact of screen-based devices on sleep health. It highlights the widespread use of screens, especially among adolescents, and the detrimental effects on sleep, such as reduced duration and quality of sleep, specifically as it relates to screen overuse.

- 2. Hartstein, L. E., Mathew, G. M., Reichenberger, D. A., Rodriguez, I., Allen, N., Chang, A.-M., ... & Hale, L. (2024). The impact of screen use on sleep health across the lifespan: A National Sleep Foundation consensus statement. Sleep Health, 10(4), 373-384.**

This consensus statement examines how screen use affects sleep health throughout the lifespan. The study, conducted by experts from various fields, outlines the negative effects of screens on sleep patterns and quality, particularly in younger populations.

- 3. Hale, L., & Guan, S. (2015). Screen time and sleep among school-aged children and adolescents: A systematic literature review. Sleep Medicine Reviews, 21(1), 50-58.**

Teens, Screens, and Wellbeing – Data

The review highlighted a growing concern over the potential negative effects of screen time on sleep quality and duration. They found evidence suggesting that increased screen time, particularly before bed, is associated with poorer sleep outcomes, including shorter sleep duration and increased sleep problems.

- 4. Kondo, Y., Tanabe, T., Kobayashi-Miura, M., Amano, H., Yamaguchi, N., Kamura, M., & Fujita, Y. (2012). Association between feeling upon awakening and use of information technology devices in Japanese children. *Journal of Epidemiology*, 22(1), 12-20.**

This study explores the relationship between how children feel upon waking and their use of information technology devices before sleep after viewing television for two hours per day. It highlights that excessive screen use is linked to poorer sleep quality and negative feelings upon awakening, emphasizing the importance of sleep health awareness in children and adolescents.

- 5. Dworak, M., Schierl, T., Bruns, T., & Strüder, H. K. (2007). Impact of singular excessive computer game and television exposure on sleep patterns and memory performance of school-aged children. *Pediatrics*, 120(5), 978-985.**

This comparative study investigates the effects of excessive computer game and television exposure on sleep patterns and memory performance in school-aged children. It found that prolonged screen time led to disrupted sleep patterns, which negatively affected memory retention and learning abilities, emphasizing the need for moderated screen use