

Role of Social Media in Mental Health

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Learner Outcomes

- Participants will learn six classifications of social media
- Participants will learn the positive and negative aspects of social media
- Participants will learn factors to consider when using social media

Agenda

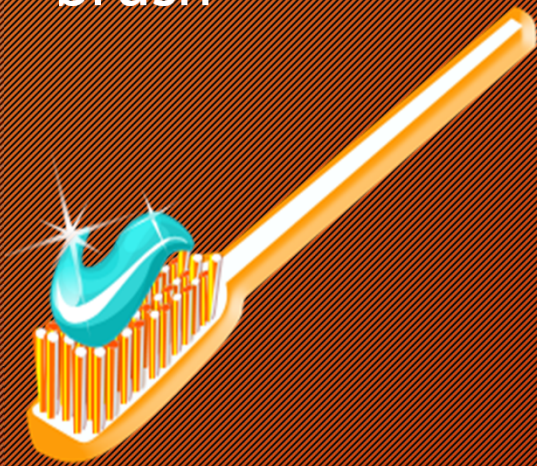
- Classifications of social media
- Positive and negative aspects of using social media
- What factors to consider when using social media
- Discussion of clinical cases that social media had an impact
- Questions and Answers

The Social Media Revolution

http://prezi.com/xiu76anok8xp/?utm_campaign=share&utm_medium=copy&rc=ex0share

TRUE or FALSE

More people own a cell phone than a tooth brush



Six Classifications of Social Media

- Collaborative projects (e.g., Wikipedia)
- Blogs and micro blogs (e.g., Twitter)
- Content communities (e.g., YouTube)
- Social networking sites (e.g., Facebook)
- Virtual game-worlds (e.g., World of Warcraft)
- Virtual social worlds (e.g., Second Life)

Kaplan and Haenlein (Business Horizons, 2010)



Growing Up In A Social Media World: A Preventative Medicine Perspective

Twitter

- Social network and microblog
- “Tweets” consist of up to 140 characters
- Publicly visible but can be restricted to only the followers (subscribers)
- People choose to follow others; celebrities
- Can be performed from smartphones/tablets



Twitter

- 11% of Twitter followers are ages 12-17 years old
- 100 million active users log in at least once/month
- Collects personally identifiable info

YouTube

- A video sharing web site
- Full-length films and TV episodes
- Videos
- Accessible from cellphone/tablets/computers
- Parental controls can be set; Safety Mode
- Community tags videos that are age inappropriate



Facebook

- Social networking with more than 845 million active users
- Create personal profiles, instant messaging, pictures
- “Friends” and friends among friends
- Registered users are supposed to be at least 13 years old
- Share pictures

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

facebook

Facebook

- 73% of 12-17 year olds have at least one social networking profile
- 7.5 million kids in the US under 13 are on Facebook

Instagram

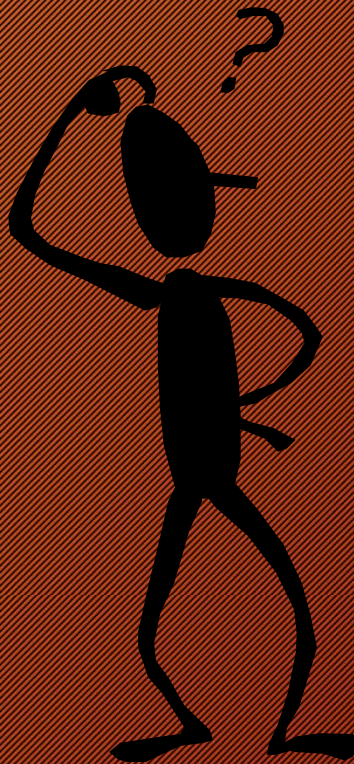
- Posting of pictures/selfies
- Followers can like and/or post comments
- A word about snapchat (photo messaging app)

Avatars

- A cartoon-like picture representation; ex: World of Warcraft, Club Penguin, Zwinky, Poptropica
- Avatars can at times reveal inner feelings about our children
- Bullying is possible
- Parental tips: stay engaged, ask questions about characteristics and actions of avatar



What Does the Research Indicate?



Online Time

- Kaiser Family Foundation conducted three studies: 1999, 2004, 2009
- Latest report was released on January 20, 2010 at a forum in Washington, D.C.
- Study focused on where 8-18 year olds were spending their time online (M2 Generation)

Kaiser Study

- 2002 students ages 8-18 were given a survey
- Over the past five years media consumption has increased by an hour and seventeen minutes from 6:21 to 7:38
- Two groups of young people stand out for their high levels of media consumption: African Americans, Hispanics and 11-14yo year olds

Kaiser Study

- 11-14yo: total media use is 8:40
- 1.5hrs/day playing video games
- AA/Hispanic youth average ~13 hrs/day of media exposure vs ~8.5hrs/day for Whites
- AA/Hispanics: watch more TV(5:21 vs 3:36); music ~ 1 hr more daily, and ~1/2 hr more daily for video games

Why Is This Important?

- Social media (technology) has come a long way in a short time!
- This is the first time in history humans have had to learn how to deal with a potential information overload.
- Social media (technology) is a potent stimulator that is wiring our brains differently than before (neuroplasticity)

Why Is This Important (Continued)?

- Both children and adults are spending more and more time “plugged in”
- A second key phase in brain development occurs from the ages of ~12-24 (frontal lobes)
 - conflict resolution
 - emotional intelligence
 - goal and reward system
 - planning; delaying gratification

Positive Aspects of Social Media

- Access to information (ease/speed/many sources)
- Enhanced learning process (cpu's in the school)
- Communication at a distance (social media/Skype/culturally connected)
- Politics (US elections/Arab Spring/Grass Roots)

Positive Aspects of Social Media (Continued)

- Increased ability to filter/analyze/synthesize information
- Video Games can teach certain skills (working memory, planning)
- Super-Multitaskers (2.5%)?
- A whole future of possibilities!

Negative Aspects of Social Media

- Access and exposure to toxic information:
 - violence
 - adult-themes/pornography/sexting
 - cyber-bullying/cyber-predators
- Less privacy

Negative Aspects of Social Media (Continued)

- Much greater number of distractions
 - easier to interrupt studying/homework
 - multitasking is really NOT efficient
 - less downtime for reflection/insight
 - poor sleep hygiene
- Not the best “babysitter,” but it may be the easiest
- Thirst for instant gratification and instant fixes
- Loss of patience: “fast twitch wiring”

Negative Aspects of Social Media (Continued)

- Family life is affected (important for parents and children alike)
 - less quality time spent together (e.g., meals)
 - at the age when kids just want to be where their friends are
- Less time for other important things:
 - real-life experiences (nature/art)
 - exercise/obesity epidemic
 - reading to our children

Negative Aspects of Social Media (Continued)

- Social communication skills could suffer
 - new short-hand for texts and Twitter
 - face-to-face social skills
 - non-verbal communication/body-language
 - impersonal, short social messages; lack of deep connectedness with people b/c of hyper-connectedness

Factors to Consider When Using Social Media

- Privacy/Legal/Agency Policies
- Suicide contagion effects
- Cyber-bullying and Cyber Predators

Privacy Laws and Policies

- International law
- Federal law
- State law
- Agency Policies

Laws Govern

- What information can be collected
- How it must be stored and secured
- Under what circumstances it can be shared
- Under what circumstances it can be disclosed
- Requirements for responding to data breaches and data losses
- Penalties for data breaches and data losses

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Suicide Contagion

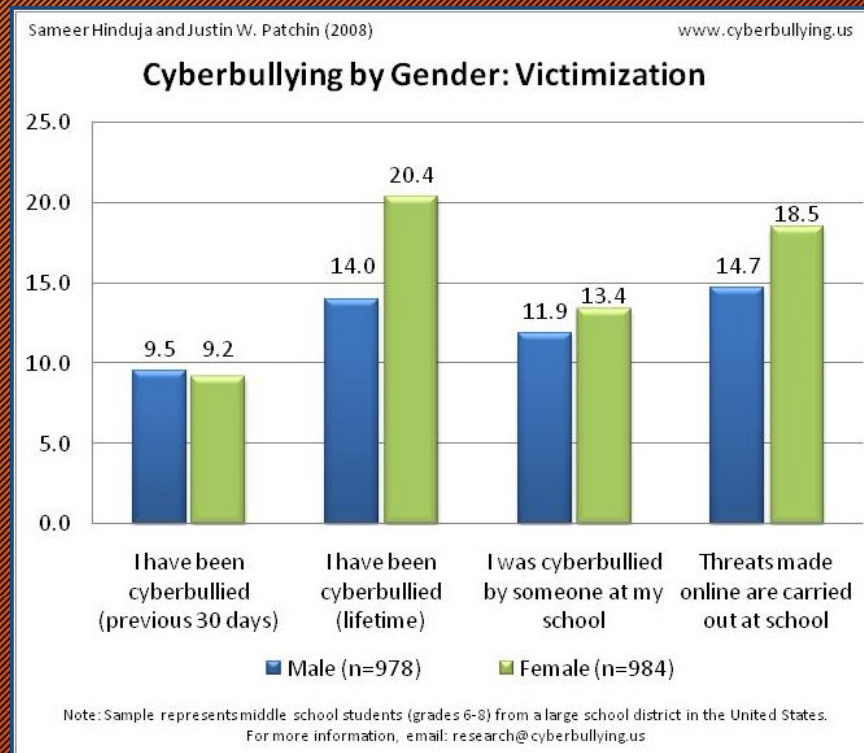
- Studies prior to social media explosion found a rise in suicides (clustering) in young adults after a highly publicized suicide
- Recommendations to prevent contagion – do not glamorize, do not focus on method, post education about mental health and post resources.

Cyber-Bullying and Cyber Predators

Cyber-Bullying

- What is Cyber-Bullying?
 - When a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.
 - Must occur between minors

Cyber-Bullying Statistics



Cyber-Bullying Laws in Kentucky

- 525.080
Chapter 125, H.B. 91; Communicates, while enrolled as a student in a local school district, with or about another school student, anonymously or otherwise, by telephone, the Internet, telegraph, mail, or any other form of electronic or written communication in a manner which a reasonable person under the circumstances should know would cause the other student to suffer fear of physical harm, intimidation, humiliation, or embarrassment and which serves no purpose of legitimate communication.
- Punishment is a Class B misdemeanor.
- Each local board of education shall be responsible for formulating a code of acceptable behavior and discipline to apply to the students in each school operated by the board.

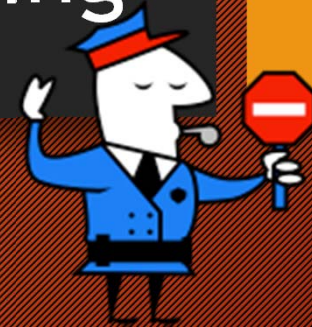
How does Cyber-Bullying Work?

- Mean, hurtful, or threatening comments online
- Rumors posted online or sent via text message
- Pictures posted online or sent as text (real or altered)
- Videos posted online (YouTube or Facebook)
- Someone sets up a fake account pretending to be your child
- Virtual world attacks (Xbox Live, Second Life)

Prevention Stops Cyber-Bullying

- Talk to your kids about cyber-bullying
- Ask for their passwords, but tell them you'll only use them in case of emergency.
- Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
- Installing parental control filtering software or monitoring programs are one option for monitoring your child's online behavior, but do not rely solely on these tools.
- Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.
- Establish rules about appropriate use of computers, cell phones, and other technology.

Prevention Stops Cyber-Bullying



“Take Five Rule”

1. Drop the mouse
2. Step away from the computer
3. Take a minute (or five) before you post, sent, or respond
4. Think and re-think about what you are doing and how you feel
5. When in doubt reach out

Cyber Predators

- What is a cyber predator?
 - Adult that uses the internet or other electronic communications to exploit children and teens. Typically for sexual or financial purposes.
 - Requests sexually explicit photos
 - Sends sexual content such as pictures or dialogue
 - Offers bribes in exchange for meetings or pictures

How a Cyber Predators Works

- They take time to develop the trust and confidence of victims
- They target youth most vulnerable to online sex offenders with histories of sexual or physical abuse, family problems, and tendencies to take risks both on- and offline.
- The offenders use instant messages, e-mail and chat rooms to meet and develop intimate relationships with their victims. In most of the cases, the victims are aware that they are talking online with adults

Cyber Predator Statistics

Crimes Against Children Research Center

- One in five U.S. teenagers who regularly log on to the Internet say they have received an unwanted sexual solicitation via the Web.
- Only 25% of children who encountered a sexual approach or solicitation told a parent or adult.
- 77% of the targets for online predators were age 14 or older. Another 22% were users ages 10 to 13.
- A majority of teens (58%) do not think posting photos or other personal info on social networking sites is unsafe.
- 65% of teens whose parents have not talked to them about online safety post info about where they live, compared to 48% of teens with more involved parents

How to keep your kids safe

- Talk to your child and teen about internet safety
- Place the computer in an open area of the home - not always practical
- Limit computer time - if functioning suffers and child cannot balance on their own
- Establish rules for computer use
- Check history and cookie files to monitor use

Take-Home Tips

- Parents' role as good models for healthy behavior
- Clear rules regarding technology use
- Technology is an earned privilege
- Education = Prevention
- Balance is the key

Stay Alert Arrive Unhurt

- Talk to your children and teens about internet safety
- Be supportive and stay calm, kids make mistakes and bad choices. Work with them not against.

Clinical Case 1

- 13 yo white female in a small private school. Patient had some depression and ADHD. Patient struggled with relationships at times. She was quite talented in the Arts and this may have led to her being targeted by one or two select peers. Patient was excluded and cyberbullying ensued.

Clinical Case 2

High school student completes suicide. The student posts a suicide message on YouTube.

References

- commonsense.org
- wikipedia
- www.kff.org/entmedia/mh012010pkg.cfm

Resources

- American Academy of Child and Adolescent Psychiatry (AACAP): Facts for Families
- American Academy of Pediatrics

Any Questions?



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