



# Teens and Screen Use

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When Screen Time is Too Much



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# Goals

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Helping teens and parents make informed decisions about using technology and become good digital citizens.

Helping your children and teens maintain appropriate boundaries around use so that they can gradually monitor themselves.

Understanding problematic screen use and gaming addiction.

## Digital Citizen Identity

Ability to build and manage a healthy congruent identity online and offline with integrity

## Privacy Management

Ability to handle with discretion all personal information shared online to protect one's and others' privacy

## Screen Time Management

Ability to manage one's screen time, multitasking, and one's engagement in online games and social media with self-control

## Critical Thinking

Ability to distinguish between true and false info, good and harmful content, and trustworthy and questionable contacts online

## Cyberbullying Management

Ability to detect cyberbullying situations and handle them wisely

## Digital Footprint Management

Ability to understand the nature of digital footprints and their real-life consequences and to manage them responsibly

## Cyber Security Management

Ability to protect one's data by creating strong passwords and to manage various cyber attacks such as SPAM, SCAM, and phishing

## Digital Empathy

Ability to be empathetic towards one's own and others' needs and feelings online



# Proliferation of devices

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Arcade

Mainframe computers

Home Video Game Consoles

Mobile Games

Smartphones

\$75 Billion annual revenue worldwide,  $\frac{1}{3}$  of US entertainment market.



Armour Shell  
Protect & Defend

# Gaming Culture

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Culture

New Media

Multiplayer Games

YouTubers

Twitch and other game “streamers”

Tournaments

Amateur and college teams...e-sports.

# Behavioral

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Better Eye-Hand Coordination

Visuo-motor skills

Resistance to distraction

Switching focus

Spatial skills

Training

Treatment



# Meeting Needs

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Autonomy (Controlling the Course)

Competence (Effectively Dealing with the Environment)

Relatedness (Outside mutual interest)

Connectedness (Team shared goal-limited but real)

Fantasy, characters

# Concerns

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Aggression

Social Development

Sexual Stereotyping

Sexual Morality

Greater exposure, increase aggression in social environment

# FORTNITE BATTLE ROYALE



# Concerns

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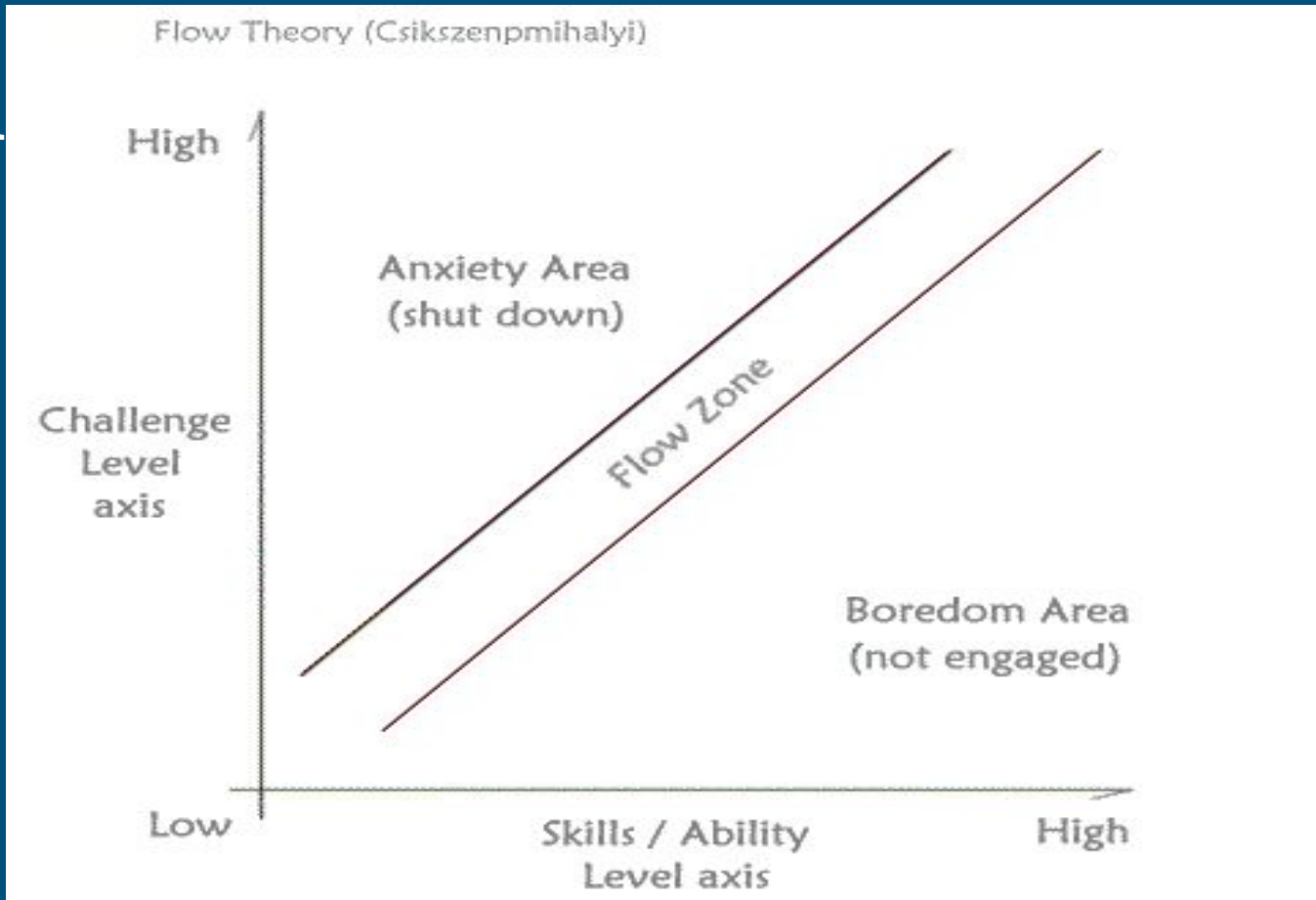
Availability across platforms (Phones, computers, Playstations, X-Box, Switches)

Streaming

Interferes with homework or dinner

24/7 Players available

# Game



# Why so addictive?

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Find things like chest, desirable rewards, awards

Near miss

When you are killed you see how much “health” the other character has creating the near miss. Which makes you want to do it over. (Fixed reinforcement vs intermittent reinforcement)

Don't have to wait long for next game (no stop cue)

Fear of missing out when other friends are playing. Team up.

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Candy Crush

Super Smash Bros

Halo

Call of Duty

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Levels of Dopamine not seen in nature (10x more than other typical activities like riding a bike)

Adrenaline



## How much dopamine does an activity release?

Various activities cause the brain to release more dopamine than usual. Enjoying food brings a 50 percent boost to dopamine levels in the brain, for instance. Video games and sex also increase dopamine, and drug use does so significantly. It's not reasonable to equate the brain response to drug use with that of video games.



# Counterproductive

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Decrease connectedness

Decrease competency in real world skills

Time

Financial

Sedentary

“Enhancements, supplements”

# How much time is “good” screen time?

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Research has shown that in general one hour and no more than three hours per day can result in adequate degree of happiness and adjustment.

Less than one hour, not so well adjusted.

More than three hours, often problematic.

# What could happen after 3 hours

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Problem Internet Use

Even Internet Gaming Disorder

User is unable to control online use to the extent that it can cause problems with relationships, school or work and social problems.

It is very similar criteria for other addictions such as problematic gambling and alcohol or drug use.

About 8%, possibly higher.

# Sleep

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Sleep can be affected even by an hour of screen time.

Pineal gland and role in sleep regulation.

Sleep-wake cycle

Disruptions in circadian rhythm, growth concerns, restful sleep

Can be helped by using nighttime mode, decreasing blue light and lowering screen brightness.

Turning off devices at least an hour before bed.

Don't keep your phone in your room



# Attention

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Multitasking is a problem

Typical screen use will not cause ADHD

Higher users will have lower attention spans in non-game situation, not clearly causal.

Problem use associated with impulsivity.

# Accidents

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As a direct effect of device use while driving

Possible increase in distractions



# Mood

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People can struggle with irritability

When stopping use, not feeling normal unless using.

Anger is common

Common cause of struggles and disagreements



# Brain changes

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We do not know how electronic devices affect the brain but in addictive other disorders:

The brain is hijacked. Nobody starts using addictive substances or behavior to become addicted. But this can happen.

Rewards in nature release “feel good” chemicals such as dopamine. But they take time get a small amount of reward chemicals from things that require hard work.

Addictive substances or activities are shortcut to the “feel good” chemicals, the release is 10x more. The brain learns quickly and starts craving more and after a while some people don't feel “normal” unless they are using

# Teen brains

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Teen brains are growing and maturing at an incredible rate. Making connections and dropping the skills that you might have learned in childhood but no longer use.

All sorts of hormone and growth are happening in the brain.

Sleep can be very fragile and if constantly disrupted can lead to lifelong problems.

The part of the brain that deals with attention, focus, planning, organization and good judgment (Frontal lobe) is under construction until 21-25 years of age.

The part that deals with fear, does not know where and when the fear happened.

# Lifestyle

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Connections- High rates of divorce and fights over gaming (200 UK Fortnite). People spending less time with each other. Making eye contact, having meaningful conversation.

Can cause problems in the relationship with family.

Sedentary- Often not spending enough time outside, fresh air, nature.

Spending a lot of money on latest devices, games, in-app purchases, internet access, data plans, accessories. Also on shopping.

Teens are learning social skills, face to face interactions.

# Digital Citizenship

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Screens create boundary problems

Sense of safety (Saying things you would not normally say to someone's face, respond to a provocation, sharing personal information or meeting)

Sharing things not meant for others, forwarding content that is inappropriate. A lot of it is traceable and could be illegal. Police departments track cybercrimes.

Cyberbullying

Catfishing

Sharing personal information, inappropriate pics could live forever even in apps

# What needs to be preserved

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According to David Anderson, PhD ADHD and Behavior Disorder at Child Mind

Seeing friends and interacting in real life

Take part in extracurricular activities that kids are excited about

Keeping up with academic classes and doing homework

Building positive relationships with family members

Getting enough sleep

# Setting clear limits

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School work

Appropriate Language

Be willing to compromise

Don't give into tantrums



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Play together

Set up non-gaming activities during playdates

# Engage...What would you do with more time off-line? (Motivational approach)

— More face to face social

Sports

Craft

Games

Hobbies

Music

Learn a new life-skill

Sleep

# How can you help your child be a good internet and gaming “consumer”

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Teach and rewards self-monitoring

Limit the total time spent

Have agreements in terms of time, duration and kinds of media, games and social media children allowed to use.

Language

Kindness

# Self-monitoring

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Screen Time (Social Networking, Entertainment, Productivity)

Number of pick-ups and notifications

Apps that block distractions.(Self-control)

Do Not Disturb mode to reduce notifications

Airplane modes

# As a family

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Turn off notifications

Teach mindful use

Set example (family, dinners)

Phone free before bed

Increase use of content that causes wellbeing

Teach its ok to detach from negative content

# Outside monitoring

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Contracts- School and parents, companies

Agreements-Could be in writing or apps like OurPact, Disney Circle and others

Days-Different use on certain days, weekends vs weekdays

Time set limits- Parental or administrator control of apps, content

Family no screen time-meals, bedtime.

# Social Media

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Studies have shown increase in depression in teens who are high consumers of social media.

(Instagram, Facebook)

Higher rates of depression 13-66% compared to those who use less time.

# Jean Twenge (iGen)

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Rise of smartphones in 2007

Book 2017, research 2010-2015 33% increase in depression

Increase in suicide rates for girls

Increase rate of Mental Health services in college and universities



# Self-esteem

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People compare themselves to others and competition is strong popularity used to be about people around you, then movie stars, athletes.

## EVERYONE

Best pictures, filters, altered images, “gifted” individuals performing, paying others to say clever things for them. Youtube Gamers.

Followers (Social Media)

FOMO (Fear of Missing Out)

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Decrease connection

Superficial relationships

When girls have high social media but also high face to face less concerning

Kids that are isolated

Otherwise perceived isolation

FOMO

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Time to curate posts

If positive having self-doubts

Does it pass the grandma test?

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Increase in anxiety

Associations with decrease social skills and bullying, even suicide

# World Health Organization

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Two years ago declared “gaming disorder” a mental disorder.

Thereby laying the foundation for standardized studies, treatment and reimbursement.

# Videogame Addiction ICD 11

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1. Increase time
2. Preoccupation
3. Loses interest in other hobbies
4. Withdrawal (irritable)
5. Cannot cut down
6. Continues despite psychosocial problem

# ADHD

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Male

More Gaming

Poor Social Skills

Poor Emotional Regulation

Impulsivity

Poor supervision



# Treatment

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CBT

Family Therapy

VG Treatment Centers (reStart, Seattle, Wilderness Programs)

Treatment of primary disorder (ADHD, depression)

# Resources

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DQ Institute

ChildMind Institute (Childmind.org)

Screenagers

Common Sense Media

Paul Weigle, MD

The Center for Internet and Technology Addiction, Dr David Greenfield, Hartford

AACAP