



Digital Distractions - Monitor on Psychology, November 2018

Teens who spend more time using digital media devices are more likely to show symptoms of attention-deficit hyperactivity disorder (ADHD), finds a study in JAMA. Researchers surveyed about 2,600 15- and 16-year-olds in Los Angeles about their use of digital media, including social media, streaming video and text messaging. None had a previous diagnosis of ADHD. Then, every six months for two years, the researchers asked the students to report how often they experienced 18 symptoms of ADHD. The teenagers who were heavy social media users were almost twice as likely to report experiencing symptoms of ADHD during the study. The researchers caution that further work is needed to determine whether or not that association is causal.

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