

Teens, Tech and Mental Health: Oxford Study Finds No Link

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There remains “little association” between technology use and mental-health problems, a study of more than 430,000 10 to 15-year-olds suggests.

The Oxford Internet Institute compared TV viewing, social-media and device use with feelings of depression, suicidal tendencies and behavioural problems.

It found a small drop in association between depression and social-media use and TV viewing, from 1991 to 2019,

There was a small rise in that between emotional issues and social-media use.

Happy people

“We couldn’t tell the difference between social-media impact and mental health in 2010 and 2019,” study co-author Prof Andrew Przybylski. said.

“We’re not saying that fewer happy people use more social media.

“We’re saying that the connection is not getting stronger.”

And this was a warning to regulators and lawmakers focusing on commonly held beliefs about the harmful effects of technology on young people’s mental health.

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