

# Teens Who Spend Moderate Time Online Cope Better With Psychological Stress Than Others, Study Reveals

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Teens could spend their whole day doing activities that drain their energy, which sometimes gives them psychological stress. But they also develop different coping strategies to destress, such as spending time online.

A new study, titled “[Adolescents’ Online Coping: When Less Is More but None Is Worse](#)” published in *Clinical Psychological Science*, revealed that teens ages 13-17 in low socioeconomic settings who spend moderate time online cope better with stress compared to those who spend several hours online and those who completely neglect it.

As reported by the [Association for Psychological Science \(APS\)](#), study main author Kathryn Modecki collaborated with researchers from Griffith University’s Menzies Health Institute and School of Applied Psychology to conduct the study.

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