

Tech, Stress, & Depression

What is iQ: smartparent?

iQ: smartparent is an Emmy-winning multimedia television and web series designed for parents that will empower them with new knowledge, tools, and abilities to successfully guide their children through the changing landscape of digital media and technology. It's a growing community of caregivers, national experts, educators, and parent bloggers who want to understand the opportunities and challenges of media as it relates to the development of their children. *iQ: smartparent* was created by WQED Multimedia in 2012.

About this Episode

Statistics show some social media usage contributes to stress and depression in young people – but on this episode of iQsmartparent, discover ways experts are using digital tools to combat mental health issues in young people. Learn about mobile phone apps used to reduce anxiety; ways to use video games to treat depression; and innovations in a type of psychotherapy called digital art therapy, which helps young people use laptops, phones, photographs, and the latest software to express emotions and devise coping strategies.

Discussion Questions

1. With the increasing use of technology, how is mental health awareness changing?
2. If you search in Google Play or the iTunes store, what are some anxiety management or de-stress apps that are out there? How effective do you think they are? Where does their research come from?
3. Through technology, how can individuals express their emotions? How does technology help individuals cope with stress? How can it contribute to stress?
4. How can you talk to your adolescents about managing and regulating their emotional and cognitive responses to what they see on social media?
5. What are the signs of a positive virtual environment for self-expression? What the signs of a negative or toxic one?
6. What are some pros and cons to using technology to handle stress, depression, or anxiety? Are there any?

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About the Guests



Dr. Brian Primack, Md, Ph.D. is Dean of the University Honors College; the Bernice L. and Morton S. Lerner Chair; Director of the Center for Research on Media, Technology, and Health; and Professor of Medicine, Pediatrics, and Clinical and Translational Science at the University of Pittsburgh. After graduating Yale University magna cum laude in 1991 with degrees in English and Mathematics, Dr. Primack spent 4 years teaching adolescents and studying human development and psychology for his master's degree, which he received from Harvard University. He subsequently graduated first in his class and summa cum laude from Emory Medical School and trained in Family Medicine in Pittsburgh. Now, on the faculty of the University Of Pittsburgh School Of Medicine, Dr. Primack combines his expertise in education, technology, human development, public health, and medicine by researching both positive and negative effects of media messages and technological advances on health. He is a pioneer on the use of media literacy education to prevent adolescent smoking, underage alcohol use, violence, and other harmful adolescent health behaviors. He has also conducted extensive and influential research on diversification of tobacco and nicotine products. He is the recent recipient of regional, national, and international awards for research, teaching, and overall achievement, including the University of Pittsburgh Innovation in Education Award (2005), the New Investigator of the Year by the Society of Adolescent Health and Medicine (2006), the Robert Wood Johnson Faculty Physician Scholar Award (2009), the Early Career Research Award from the Society of Behavioral Medicine (2010), the University of Pittsburgh Cancer Institute Junior Faculty Scholar Award (2010), and the Outstanding Medical Student Mentoring Award (both 2013 and 2014). He was recently featured as a mainstage speaker at the annual TEDMED conference in 2014 in San Francisco.

www.dept-med.pitt.edu/DGIM/faculty_info.aspx/Primack4945



Lana Yarosh - Svetlana "Lana" Yarosh is an Assistant Professor in the Computer Science & Engineering Department at University of Minnesota. Her research in HCI focuses on embodied interaction in social computing systems. Lana is currently most proud of getting both the NSF CRII and the NSF CAREER awards, of her best papers at CHI 2013 and CSWC 2014, and of receiving the McKnight Land Grant Professorship. Lana has two Bachelors of Science from University of Maryland (in Computer Science and Psychology), a Ph.D. in Human-Centered Computing from Georgia Institute of Technology, and two years of industry research experience with AT&T Labs Research.

<http://lanayarosh.com/>

Online Resources

Lana Yarosh

Tech to connect parents and children in families separated by divorce, military etc.
<http://lanayarosh.com/2012/11/reflecting-on-the-sharetable->

Parenting across cultures (and how tech can help)
<http://lanayarosh.com/2016/02/cross-cultural-parenting-and-technology/>

Cool tech for connecting parents and children in divorced families
<http://lanayarosh.com/2012/11/reflecting-on-the-sharetable-deployment/>

Future tech for mental health as invented by children
<http://lanayarosh.com/2017/03/children-as-inventors-of-happiness-technologies/>

Dr. Primack's study about increased social media use associated with feelings of social isolation
[www.ajpmonline.org/article/S0749-3797\(17\)30016-8/fulltext](http://www.ajpmonline.org/article/S0749-3797(17)30016-8/fulltext)

American Psychological Association – Stress in America 2017: Technology and Social Media
www.apa.org/news/press/releases/stress/2017/technology-social-media.PDF

Using Technology to Deliver Mental Health Services to Children and Youth: A Scoping Review
www.ncbi.nlm.nih.gov/pmc/articles/PMC4032077/

Pew Research Center – Social Media and the Cost of Caring
www.pewinternet.org/2015/01/15/social-media-and-stress/

Health & Fitness Apps for kids
www.commonensemedia.org/reviews/category/app/genre/health-fitness-65

Gaming your brain to treat depression www.sciencedaily.com/releases/2017/01/170103222701.htm

New apps designed to reduce depression, anxiety as easily as checking your phone
www.sciencedaily.com/releases/2017/01/170105123102.htm

FOMO (fear of missing out) is a real thing, and it's adversely affecting teens on social media
www.digitaltrends.com/social-media/social-media-overuse-teen-anxiety/

Heavy Technology Use Linked to Fatigue, Stress and Depression in Young Adults
www.huffingtonpost.com/david-volpi-md-pc-facs/technology-depression_b_1723625.html

Digital Media Strategies for Helping Children Overcome Anxiety
<http://learningworksforkids.com/2014/01/apps-and-activities-for-helping-children-overcome-anxiety/>

Concerns Regarding Social Media and Health Issues in Adolescents and Young Adults - Statement from The American College of Obstetricians and Gynecologists

www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Concerns-Regarding-Social-Media-and-Health-Issues-in-Adolescents-and-Young-Adults

Free Mindfulness Apps Worthy of Your Attention

www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/

What Mindfulness App Is Right for You?

www.huffingtonpost.com/marlynn-wei-md-jd/what-mindfulness-app-is-right-for-you_b_8026010.html

4 Ways to Manage Stress Using Technology

<http://blog.smu.edu/itconnect/2015/06/03/4-ways-to-manage-stress-using-technology/>

Technology can reduce our stress too

www.cnn.com/2012/10/05/health/enayati-technology-reduce-stress/

10 Best Anti-Anxiety Apps That Will Help You De-Stress

www.livestrong.com/slideshow/1012683-10-apps-manage-anxiety/#slide=1

American Academy of Pediatrics

Children and Adolescents and Digital Media (report)

<http://pediatrics.aappublications.org/content/138/5/e20162593>

Media and Children Communication Toolkit

www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx

Council on Communications and Media – Media and Young Minds

<http://pediatrics.aappublications.org/content/138/5/e20162591>

Create a Family Media Plan www.healthychildren.org/English/media/Pages/default.aspx

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