

# SCREEN TIME AND ADOLESCENT MOOD AND ANXIETY DISORDERS

*SOYEON KIM*

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# BACKGROUND: DEPRESSED AND ANXIOUS YOUTH

- Adolescence is a vulnerable developmental period for mental disorders (13.4%)<sup>1</sup>
- In Canada: Depressive disorders=4.8%, Anxiety disorders=11.0% & INCREASING!<sup>2</sup>
- Excessive use of electronics is a risk factor<sup>3</sup>
- TV & Online type of screen time=> Social displacement theory<sup>4</sup>
- Excessive TV/ Online: depression and anxiety<sup>5</sup>

## RESEARCH GAP & OBJECTIVES

- Association between Screen time and adolescent mood and anxiety **disorders**
  - Passive vs. Active
  - Physical activity & Sleep quality
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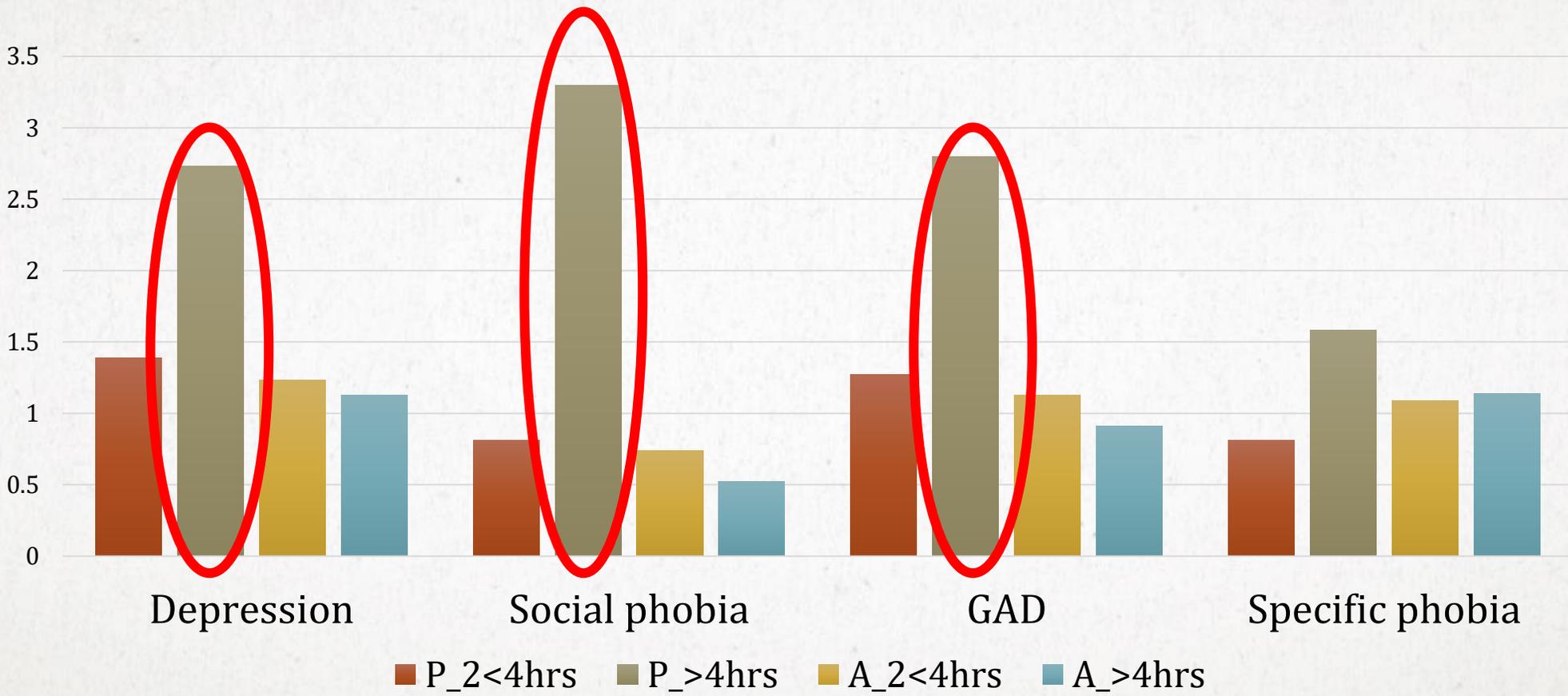
# METHODS

- 2014 Ontario Child Health Study
- N=2320 (Age 12-17, Male=50.7%)
- Multilevel Binary logistic Regression modelling
- Past 6-month DSM-IV-TR defined major depressive episode, social phobia, generalized anxiety disorder, and specific phobia

Passive	Depression	Anxiety
<2 hrs.	5.0%	4.0%
2<4 hrs.	7.5%	3.0%
≥4 hrs.	<b>14.3%</b>	<b>11.6%</b>

Active	Depression	Anxiety
<2 hrs.	6.4%	5.8%
2<4 hrs.	9.1%	5.7%
≥4 hrs.	11.4%	7.0%

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## CONCLUSION

- TV type of screen time may be associated with increased risk for adolescent depression and anxiety disorders.
  - Social displacement theory
  - This association was over and above known correlates such as physical activity and sleep quality.
  - Passively watching screens for 4 or more hours may be an indicator for careful attention and support.
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