

# 2020-2021 Rovinsky Family Lectureship Series



## Social Media and Adolescent Mental Health

**Thursday, September 10: 6:00-8:00pm: LIVE WEBINAR**

Michael B. Roberts, PsyD

Director of Institutional Research at PCOM

Clinical Instructor, Clinical Psychology Program

Licensed Psychologist - NJ

This presentation will provide an overview of recent data and research regarding social media. The statement of the problem will be discussed which concerns social media, mental health, and the increase in suicide among adolescents. A review of data will be provided concerning social media use among adolescents, including gender, age, and ethnicity breakdowns. The positive and negative impact on adolescent mental health will be used to emphasize the need for further empirical investigations on this topic. Using recent empirical research, the advantages and disadvantages of social media use concerning mental health will be reviewed. Advantages include social connectedness and positive outlets for emotional expression. Disadvantages focus on various mental health concerns, including depression, anxiety, body image, addiction, and others. Social Comparison Theory will be reviewed, as it tends to be a driving factor in maintaining or exacerbating mental health issues in adolescents who frequently utilize social media. Lastly, strategies for discussing social media use with adolescent patients and their parents will be discussed, along with strategies for mitigating the negative effects of social media use. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Analyze and discuss recent statistics regarding social media use and adolescent mental health.
- Describe advantages and disadvantages of adolescent social media use using recent empirical research.
- Discuss current literature regarding the negative impact of social media on adolescent mental health, specifically regarding suicide, depression, anxiety, body image, and addiction.
- List parental discussion points and therapeutic strategies for mitigating negative effects of social media on adolescents.
- Discuss recent statistics regarding social media use based on gender and ethnicity.
- Discuss adolescent suicide statistics, in light of diversity.

### SUGGESTED READINGS

Abi-Jaoude, E., Naylor, K. T., & Pignatiello, A. (2020). Smartphones, social media use and youth mental

health. *Canadian Medical Association Journal*, 192(6), E136-E141.

Barry, C. T., Sidoti, C. L., Briggs, S. M., Reiter, S. R., & Lindsey, R. A. (2017). Adolescent social media use and mental health from adolescent and parent perspectives. *Journal of Adolescence*, 61, 1-11.

Ehrenreich, S. E., & Underwood, M. K. (2016). Adolescents' internalizing symptoms as predictors of the content of their Facebook communication and responses received from peers. *Translational Issues in Psychological Science*, 2, 227-237.

O'Reilly, M., Dogra, N., Whiteman, Hughes, J., Eruyar, S., & Reilly, P. (2018). Is social media bad for mental health and wellbeing? Exploring the perspectives of adolescents. *Clinical Child Journal*, 23, 601-613.

Seabrook, E. M., Kern, M. L., & Rickard, N. (2016). Social networking sites, depression and anxiety: A systematic review. *Journal of Medical Internet Research*, 3(4), 1-14.

Roberts has a passion for statistical analysis and research design which he currently utilizes in his role as Director of Institutional Research at PCOM.

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals

Level of Instruction: Intermediate

Number of CE Credits Offered: 2 Credits

Cost: \$30

## ABOUT THE PRESENTER

Dr. Roberts is a licensed psychologist in the state of New Jersey and is proficient in providing evidence-based psychotherapy to children, adolescents and adults. He earned his doctorate in clinical psychology from the Philadelphia College of Osteopathic Medicine (PCOM), and previously earned a master's degree in experimental psychology at Saint Joseph's University. He has extensive experience in providing neuropsychological evaluations and delivering therapeutic interventions to children and adolescents. Dr. Roberts was a Postdoctoral Fellow at Cooper University Hospital where he was the coordinator of a state funded grant to assist pediatricians with the identification and treatment of mental health concerns in children and adolescents. He has taught classes at the undergraduate and graduate level in the areas of research methods, statistics, and personality assessment. He continues to pursue academic endeavors via research and publications on various topics in the field of psychology. Specifically, he has been working with emergency room physicians at Cooper University Hospital in developing a measure of physician compassion as rated by patients. Dr.

## CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



**Psychologists:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



**Certified Counselors:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

**Licensed Social Workers:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

***Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.***

Refund/Cancellation Policy: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

*Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at [katiega@pcom.edu](mailto:katiega@pcom.edu).*