

# 2021-2022 Rovinsky Family Lectureship Series



## **Social Media and Adolescent Mental Health**

**Wednesday, December 1, 2021: 12:00-1:00pm: LIVE WEBINAR**

Michael B. Roberts, PsyD

### **PROGRAM DESCRIPTION**

This presentation will provide an overview of recent data and research regarding social media use and its effects on mental health and suicide among adolescents. Positive effects to be reviewed include increased social connectedness and constructive outlets for emotional expression; negative factors include, but are not limited to, depression, anxiety, body image concerns, addiction, and sleep problems. The review will highlight particular areas in need of further investigation as well as the utility of social comparison theory as a driving factor in maintaining or exacerbating mental health issues in adolescents frequently using social media. 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.

### **EDUCATIONAL OBJECTIVES**

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

- Discuss three negative effects of adolescent social media use identified through recent empirical research.
- Provide three parenting strategies for mitigating negative effects of social media on adolescents.
- Describe similarities and differences in adolescent use of smartphones, computers, and social media platforms across diverse genders and ethnicities

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

## 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(3), 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(4), 601-613.
- Seabrook, E. M., Kern, M. L., & Rickard, N. (2016). Social networking sites, depression and anxiety: A systematic review. *JMIR, Ment Health*, 3(4), 1-14.

Target Audience: Doctoral Level Psychologists and  
Other Mental Health Professionals  
Level of Instruction: Intermediate  
Number of CE Credits Offered: 1 Credit  
Cost: \$15

## 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.



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**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).

