



Social Media, Depression, and Suicidal Behaviors in Adolescents

A Need for Education

Lisa Craney RN-C MSN



BETTY IRENE MOORE SCHOOL OF NURSING
CHILDREN'S HOSPITAL

Background

- Suicide is the second leading cause of death for adolescents
- The current generation of adolescents have been exposed to social media their entire life
- There is growing research that there is a relationship between social media, depression and suicidal behaviors
- De-stigmatization of mental illness and suicide is a fundamental aspect of suicide prevention
- Parents are the most effective educators on social media and suicide risks
- Education to parents on the relationship between social media, depression and suicidal behaviors is imperative

Brochure

Some Statistics

- Suicide is the second leading cause of death in teenagers
- 24% of US teens report being online almost constantly
- Social media may be related to depression in teens

Actions parents can take to limit unhealthy social media use

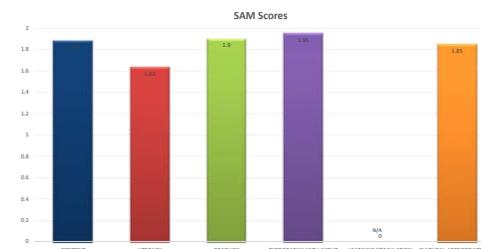
- Place computers in public parts of the home like the kitchen or family room
- Become "friends" on your child's social media accounts
- Set limits on recreational screen time
- Check computer and cell phone usage and history frequently
- Treat social media and online gaming as a privilege, not a right
- Encourage your child to participate in non-screen related activities
- Act as a role model for responsible social media use

Suicide Hotline
1-800-273-8255
or text HOME to 741741

Information for this brochure was retrieved from the

Analysis

Utilizing the Suitability Assessment of Material scoring sheet, 10 subject matter experts analyzed the brochure for content, literacy demand, graphics, typography and layout, and cultural appropriateness



Summary

The brochure was designed to be an educational tool aimed at parents, caregivers, teachers and all others who interact with adolescents to reduce suicide rates

Further Study

Further research on the directional relationship between social media and mental wellness of adolescents is needed

Acknowledgements

Special thanks to Drs. Jann Murray-Garcia, Philippe Goldin and Laura Van Auker of the Betty Irene Moore School of Nursing; UC Davis Health Children's Hospital



Design

A trifold brochure was created to educate on social media and depression, cyberbullying, warning signs of depression and suicidal thoughts, and social media over-use.



Social Media and Depression

- Night time social media use is associated with increased depression
- The more social media accounts, the higher possible risk of depression
- More than two hours a day of social media use may increase risk for depression

Warning Signs of Depression

- Sadness or hopelessness
- Irritability, anger, or hostility
- Frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Poor school performance
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Fatigue or lack of energy
- Concentration difficulties

Cyberbullying

- Cyberbullying is online bullying of another person or group of people through harassing or mean-spirited postings
- Cyberbullying allows for instantaneous sharing of negative information to a much wider audience than traditional bullying
- Cyberbullying triples the risk of teenage suicide

Warning Signs of Cyberbullying

- Avoids going to school
- Poor grades
- Upset, sad or angry after being on phone or going online
- Use of drugs and alcohol
- Experiencing health problems
- Decreased self-esteem
- Increased depression and anxiety



Signs of Social Media Over-Use

- Avoids face to face social activities
- Texts at inappropriate times like dinner or bedtime
- Sleep problems
- Secret profiles on Instagram, Facebook, Snapchat, WeChat, etc.
- Depression or low self esteem

Warning Signs of Suicidal Thoughts

- Talking or writing about suicide
- Withdrawal from social contact
- Feeling trapped or hopeless
- Doing risky or self-destructive things
- Change in normal routines, like sleeping and eating patterns
- Mood swings
- Giving away personal belongings without appropriate reasons
- Increased use of drugs and alcohol