



## Healing Hearts of SW Oklahoma

November 2019

### What Can Animals Tell Us About Mental Illnesses?



by [Joshua Gordon \(NIMH\)](#) October 21, 2019

“How can you tell if a mouse has schizophrenia?”

I get this question a lot. You see, in my research lab, I study the brains of mice engineered to carry a genetic mutation that increases the risk for schizophrenia in humans. So, when I meet new people, the first question I get is the usual, “so, what do you do?” And the second question... well, now you know.

I used to respond with a smart retort, like, “ask a mouse psychiatrist.” But it turns out it is a great question, for two reasons. First, it is an opportunity to talk about my science, which I love to do (almost as much as I love doing the science in the first place!); second, the answer is

simultaneously obvious and nuanced, and important for our field to get right.”

Click [HERE](#) for the full article.

#### RECENT NEWS

Overall time on social media is not related to teen anxiety and depression

*Eight-year study shows screen time isn't the problem*



by [Brigham Young University](#) October 22, 2019

“The amount of time teenagers spend on social networking sites has risen 62.5 percent since 2012 and continues to grow. Just last year, the average time teenagers spent on social media was estimated as 2.6 hours per day. Critics have claimed that more screen time is increasing depression and anxiety in teenagers.

However, new research led by Sarah Coyne, a professor of family life at Brigham Young University, found that the amount of time spent on social media is not directly increasing anxiety or depression in teenagers.

Mental health is a multi-process syndrome where no one stressor is likely the cause of depression or anxiety. This study shows that it is not merely the amount of time spent on social media that's leading to an increase in depression or anxiety among adolescents.

The goal of this study is to help society as a whole move beyond the screen time debate and instead to examine the context and content surrounding social media use.”

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