



Evidence for the Addition of Social Media Dependency Disorder to the Diagnostic and Statistical Manual of Mental Disorders

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Social Media Dependency Disorder (SMDD)

- A new drug is available that leaves you emotionally dependent on its presence, cranky in its absence, and that is widely available.
 - Used regularly by young children;
 - Requires minimal effort to consume; and
 - Considered more addictive than alcohol and cigarettes.
- Developers know its potential and spend millions on research to make the drug ever more addictive and evermore insidious.
- This new drug is **social media** and we are becoming increasingly dependent on it, giving rise to ***Social Media Dependency Disorder (SMDD)***.
 - “The same brain areas that are activated for food and water are activated for social stimuli” (American Marketing Association, 2017).



Relationship between Social Media and Mental Issues

- Questionable association and exploration is confronted with various difficulties.
 - Like what? List 2 or three. Summarize only.
 - Social to Cyber / Subconscious to Cyber
 - Speaking Public vs Speaking Online
 - Subconscious no outside interference, Cyber Online Influence
- “Double consciousness” (DuBois, 1903) is the manner in which others see you and how you see yourself.
- Masks conceal reality for many.
 - Masks can be distinctive, with change being contingent upon the general population you intend to target.
 - Triple Conscious Theory demonstrates “Public, Private, and Social Media Persona.”



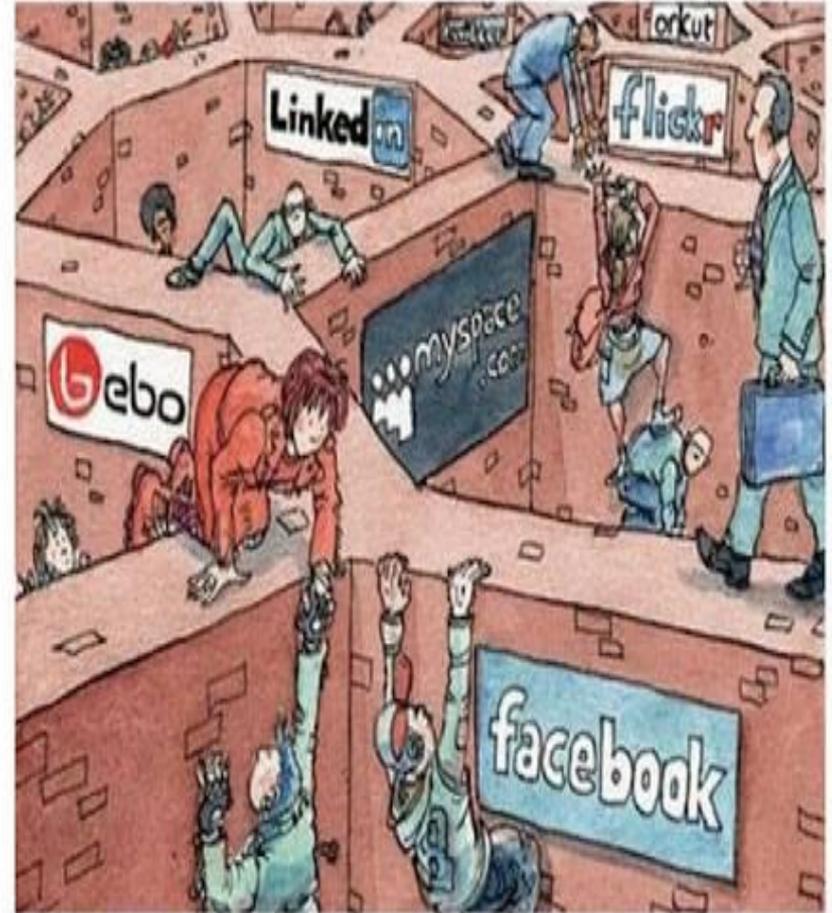
Social Media and Symptoms of Depression

- Research demonstrated an association between PC-mediated correspondence and evidence of despondency.
- Reasons why a Facebook users could end up feeling discouraged:
 - Self Esteem and Unmatched Potential
 - Comparison of one's life
- Extended time spent online is associated with a decrease in communication with relatives and other social circles, which may prompt sentiments of despondency and depression (Kraut et al., 1998).
- The time kids and young adults spend before the PC screens has fundamentally explored, prompting the belief that extended PC utilization may affect youth's social development.



Self-Esteem and Social Networking

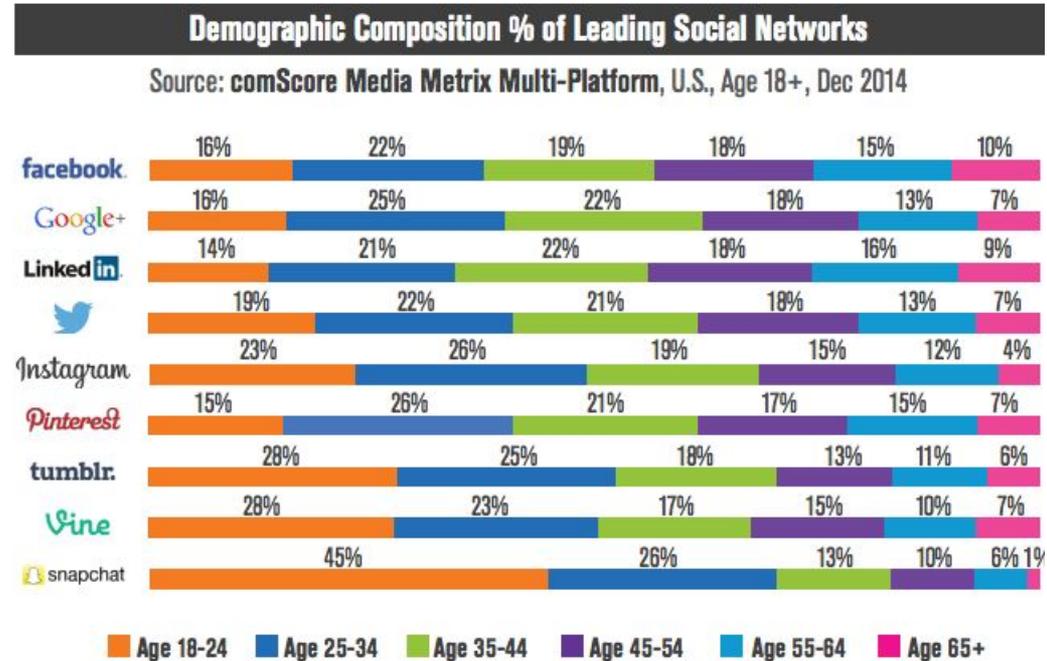
- Low self-esteem is associated with various symptoms of mental illness, including gloom, dietary issues, and addiction.
- Recent investigations have conflicting results regarding the potential impact of Facebook and different SNS on self-esteem.
 - <https://www.nbcnews.com/health/mental-health/social-media-linked-rise-mental-health-disorders-teens-survey-finds-n982526>
 - <https://pdfs.semanticscholar.org/4faf/6827551d7f2b4a5ec4ca1c7e0308c93c6aab.pdf>
- The addictive idea of SNS is bolstered by the mental distraction of numerous SNS users who subsequently tend to disregard different parts of their social life, for example, family and disconnected companions.



Social Media Use across Age Groups

- Social media is utilized by individuals of any age and has turned into a crucial, distracting component of present day life.
- Although about half of all common social media platforms are used by younger adults ages 18-44, more older adults are gaining access to social media for a variety of reasons.

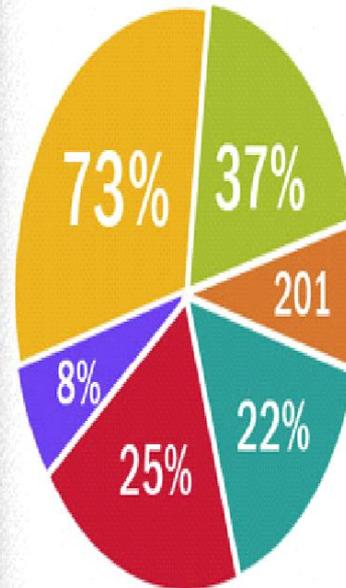
- Easy Access - Pick Up and Click
- Self Acceptance - Others Approval
- Indirect Approval - Social Media



Teenaged Users

- Since its inception, internet and social media use has been of increasing concern for parents, teachers/instructors, and supervisors.
- Young people are generally inspired to utilize social networking for 7 main reasons: 1) keeping track of companions, 2) social trade, 3) peer consideration, 4) free articulation, 5) data, 6) experimenting with new personalities, and 7) escape.
- “Excitement fulfillment” incites dependence, particularly among high schoolers who use social media as an approach to get away from the worries naturally associated with puberty.
- Teenagers with social media enslavement have the accompanying principle indications: absence of self-control, touchiness, and hesitance to participate in daily exercises.

Teen Social Networking Stats

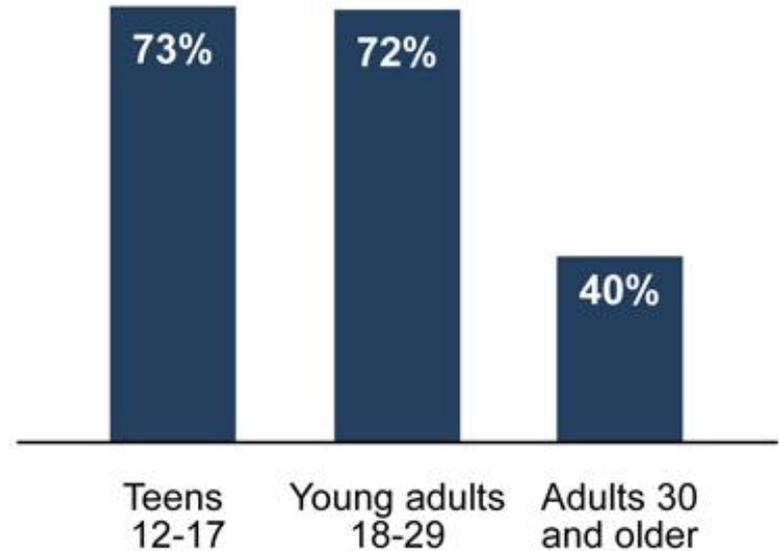


- 73% of teens are on social networks
- 37% send messages to friends every day
- 8% of American teens use Twitter
- 22% of teenagers log on to Facebook over 10 times per day
- 25% of Facebook users are under the age of 10
- The average teen has 201 Facebook friends

Middle-aged Users

- Although Millennials have been regularly stereotyped to overuse technology, recent research shows that Americans ages 18-34 are less obsessed with social media than some of their older peers.
- Adults ages 35-49 reported spending an average of almost 7 hours per week on social media networks, compared with roughly 6 hours for those 18-34.
- A research fellow from the University of Oxford acknowledges: “Facebook used to be something that parents joined to monitor their kids. Now they are the ones who want to participate”.

Teens and young adults converge in enthusiasm for social networking sites

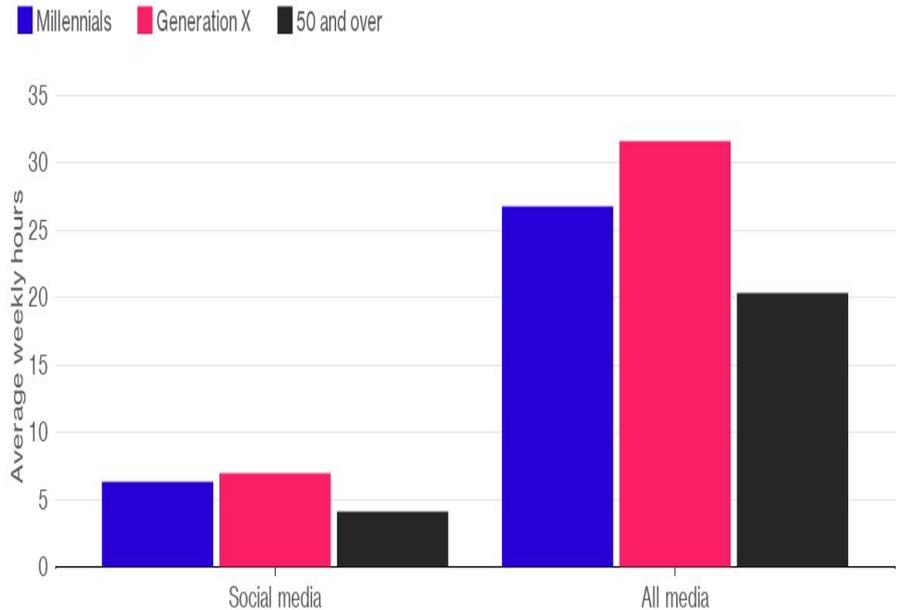


Older Adults

- Older adults have been divided into three classifications: 1) those who don't use the internet, 2) those who use the internet, but don't use social media, and 3) those who use social media.
 - Results of the study showed that reasons for use include finding life opportunities, enjoying online utilization, and feeling of bliss.
- It is presumed that a reproduction of life opportunity is happening in the lives of older adults through internet and social media use.

Middle-Aged Media Addicts

A report found that average social media and general media consumption are highest among 35- to 49-year-olds.



Source: Nielsen

Bloomberg 

What is Consciousness?

- We all have subjective experiences that promote certain feelings, which cannot be decisively linked to specific neurological locations in the human brain.
- The Observer Effect and Consciousness: One of the first ways that consciousness and quantum physics come together is through the Copenhagen interpretation of quantum physics.
 - In this interpretation of quantum physics, the quantum wave function collapses due to a conscious observer making a measurement of a physical system.
 - This is the interpretation of quantum physics which sparked the Schroedinger's cat thought experiment, demonstrating some level of the absurdity of this way of thinking ... except that it does completely match the evidence of what we observe at the quantum level!

Is Consciousness Related to Quantum Physics?

- YES! The brain transmits electrochemical signals. These are explained by biochemistry and, ultimately, are related to the fundamental electromagnetic behaviors of molecules and atoms, which are dictated by the laws of quantum physics.
- In the same way that every physical system is governed by quantum physical laws, the brain is governed by them as well.
- Consciousness, which is related to the functioning of the brain, must therefore be related to quantum physical processes.

Bohm's Implicate Order and Consciousness

- David Bohm argued that since both quantum physics and relativity were incomplete theories, they must point at a deeper theory.
- He believed that this theory would be a quantum field theory that represented an undivided wholeness in the universe.
- He used the term "implicate order" to express what he thought this fundamental level of reality must be like, and believed that what we are seeing are broken reflections of that fundamentally ordered reality.
 - He proposed that consciousness was a manifestation of this implicate order and that attempting to understand consciousness purely by looking at matter in space was doomed to failure.
- However, he never proposed any real scientific mechanism for studying consciousness, so this concept never became a fully-developed theory.



Free Will, Determinism, and Quantum Consciousness

- Some proponents of quantum consciousness have put forth the idea that quantum indeterminacy – the fact that a quantum system can never predict an outcome with certainty, but only as a probability from among the various possible states – would mean that quantum consciousness resolves the problem of whether or not humans actually have free will.
- If our consciousness is governed by quantum physical processes, then they are not deterministic, and we, therefore, have free will.



Social Media Dependency Disorder (SMDD)

- Since we are in a technological era, it is convenient to contact people through the internet. Social media websites make it easy to correspond with family, friends, peers and, in some cases, perfect strangers. We are slowly disconnecting from physical interaction quite simply because it's *easier*.
- Addiction or dependency arrives from a person's undying need to monitor their popularity or their perceived social status by frequently checking, posting, and responding to their social media outlets.
- I have created a term to describe this dependency, Social Media Dependency Disorder – SMDD. SMDD is the Dependency to use Social Media related technology.
 - List here the requirements for diagnosis.
 - Constant Usage
 - Dependent Traits
 - Constant Checking
 - Lose of time and what real and what's fake

Should DSM-V Designate “Social Media Dependency Disorder” a Mental Disorder?

- It is an axiom that many people are over-diagnosed with a myriad of psychiatric disorders.
- Many believe that the issue of what considers a psychiatric "disorder" is settled in what might as well be called the "smoke-filled room," by the basic catalyst of "vote by panel."
- SMDD might be extensively characterized as "... the failure of people to control their internet utilize, bringing about checked trouble as well as practical hindrance in everyday life."
- Among youth with SMDD, three had significant depressive disorder, one had schizophrenia, and one had fanatical enthusiastic disorder.
 - Where is this information from? Maybe a separate slide to explain the larger study.

If Social Media Dependency Disorder Is a Disease, What Kind Is It?

- An individual determined to have Social Media Dependency Disorder is to be sure enduring as an immediate aftereffect of the condition (i.e., encounters inherent enduring) and is additionally crippled to a critical degree.
- He or she can't satisfy ordinary social or professional parts, unfit to think, unfit to acquire satisfactory rest.
- We have to explore a region of psychodynamic hypothesis that is scarcely recognized in DSM-IV, however to some degree, it is subsumed in the DSM-IV build of over the top enthusiastic disorder (OCD).
- In psychoanalytic hypothesis, it is vital to recognize alleged sense of self outsider and conscience syntonic contemplations, cravings, and motivations.



Reasons to Include Social Media Dependency Disorder as a DSM-V Diagnosis

- Those diagnosed with SMDD show patterns similar to that of other addictive disorders, including compulsive habits that increased engagement rewarding stimuli and unknown pleasure of joy and content that normally wouldn't be activated without touch or feel
- Preliminary evidence points to an opiate component to Social Media Dependence, possibly treatable with opioid receptor blockers. This is consistent with general mechanisms known to underlie addictive disorders.
- By classifying SMDD as a psychiatric disorder, we will encourage those with Social Media Dependence symptoms to seek help and treatment.
- Classification of SMDD as a bona fide disorder may also reduce unnecessary barriers, stereotypes, and discrimination associated with public perceptions about excessive internet use.
- A discrete diagnostic category for SMDD will focus clinical attention on a severely impaired, at-risk population to a degree not possible if Social Media Dependence were incorporated into existing *DSM* categories or relegated to the Appendix of *DSM-V*.

Conclusions and Recommendations for DSM-V

- A start would include a group of related signs and side effects. A disorder may at last be comprehended as a particular disease substance when no less than one of the accompanying criteria are met.
- An example of hereditary transmission is found, some of the time prompting the distinguishing proof of a particular hereditary locus.
- The disorder's etiology, pathophysiology, and additionally pathologic life systems turn out to be sensibly surely knew.
- The disorder's course, visualization, strength, and reaction to treatment are believed to be moderately unsurprising and predictable crosswise over a wide range of populaces.

Future of Social Media Dependency Disorder

- One of the primary concepts regarding the future of social media is the connection between social media sites and mental health.
- Daily overuse of media and technology has a negative effect on the health of children and teens. Constantly feeling the need to check notifications and see the latest posts from their online community can cause unnecessary stress on adolescents.
- Another way social media negatively impacts mental health is when people compare to other social media users. Everyone on social media is guilty of feeling that they don't measure up to their peers.
- If people will be becoming more dependent on social media then it will give rise to the SMDD that we have discussed above.





“If every gratified craving from heroin to designer handbags is a symptom of “addiction,” then the term explains everything and nothing.”

—Amanda Heller (Boston Globe, 11/02/08)