

# **DIGITAL DEVICES - NEWS FLASHES**

*2016 – 2018 – popular, peer-reviewed, and professional statements*

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**-Video Games are more addictive than ever**, Washington Post, Thee Screen Age, December 7, 2016

<http://www.washingtonpost.com/sf/style/2016/12/07/video-games-are-more-addictive-than-ever-this-is-what-happens-when-kids-cant-turn-them-off/>

**-The binge breaker**: Tristan Harris believes Silicon Valley is addicting us to our phones. He's determined to make it stop. *The Atlantic*, Nov 2016

<https://www.theatlantic.com/magazine/archive/2016/11/the-binge-breaker/501122/>

**-Protecting kids online**, Washington Post, The Screen Age, December 7, 2016

[https://www.washingtonpost.com/lifestyle/style/how-to-protect-kids-online-apps-and-tactics-used-by-experts--and-real-parents/2016/12/07/42ef7f14-ad13-11e6-a31b-4b6397e625d0\\_story.html?utm\\_term=.737f23b8ec52](https://www.washingtonpost.com/lifestyle/style/how-to-protect-kids-online-apps-and-tactics-used-by-experts--and-real-parents/2016/12/07/42ef7f14-ad13-11e6-a31b-4b6397e625d0_story.html?utm_term=.737f23b8ec52)

**-It's Their Tube Now**: "the blurred line between the online world and real life is fading", December 7, 2016

<http://www.washingtonpost.com/sf/style/2016/12/07/when-every-moment-of-childhood-can-be-recorded-and-shared-what-happens-to-childhood/>

**-YouTube's Dark Sides: fear inducing, perpetrators adding horrific content from children's franchise**, Three-year-olds terrified. By age 5, the majority of children prefer YouTube to TV. YouTube kids anyone?

-CNBC, 2/13/18

<https://www.cnbc.com/2018/02/13/youtube-is-causing-stress-and-sexualization-in-young-children.html>

-New York Times, 11/4/17

<https://www.nytimes.com/2017/11/04/business/media/youtube-kids-paw-patrol.html>

Is this YouTube appropriate for children?

<https://www.youtube.com/watch?v=1QWnBCCBnpc> Sleeping child

Or this allegedly benign Itsy Bitsy Spider?

<https://www.youtube.com/watch?v=t3RxUjltJto>

**Gaming Disorder**: In 2018 will be added by the World Health Organization as a mental disorder. (December 27, 2017), CNN

<https://www.cnn.com/2017/12/27/health/video-game-disorder-who/index.html>

"A pattern of persistent or recurring gaming behavior (digital gaming or video-gaming) which may be online or offline, manifested by: 1) impaired control over gaming (e.g., onset, frequency, intensity, duration, termination, context); 2) increased priority given to gaming to the extent that gaming takes precedence over other life interests and daily

activities, and 3) continuation or escalation of gaming despite the occurrence of negative consequences{

-According to DSM-5, most common in male adolescents 12 to 20 years old.

<https://www.usnews.com/news/health-care-news/articles/2017-12-26/excessive-video-gaming-to-be-named-mental-disorder-by-who>

-J Behav Addict, Aug 2017 – a “relevant clinical entity.” Its official recognition “urgently needed”

<https://www.ncbi.nlm.nih.gov/pubmed/28816496>

-H Behav Addict, Sept 2017 – Needed and just in time or dangerous and much too early. Sept 2017

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5700715/>

**-Dr. Bashian, pediatrician, comment:**

“I emphatically disagree with the statement that most youngsters will “recover spontaneously without professional help.” Significant conflict occurs in in half of homes with tween/teen children. The child’s *developing brain* is laying down vital pathways for executive functions over a critical time window. This only happens once. Tech advances, profit taking, and passive acceptance of socially pressured choices make it extremely difficult for individuals and families to limit this activity. At the least, there is an “internet addiction disorder”, consuming forty to fifty hours of teen time and brain activity weekly. These screen-based hours take from needed exercise, studies, face-to-face socializing, emotional growth, and the acquisition of strong expressive communication skills. They weaken motivation for boring and challenging tasks. They detract from everyday non-screen everyday executive function development.

**Silicon Valley technologists confront ill effects of social media and smartphones** - a group of Silicon Valley technologists, early employees at Facebook and Google, alarmed over ill effects of social media and smartphones are banding together to challenge the companies they helped build.

New York Times, February 4, 2018

<https://www.nytimes.com/2018/02/04/technology/early-facebook-google-employees-fight-tech.html>

**Center for Humane Technology**

Reversing the digital attention crisis and realigning technology with humanity’s best interests

<http://humanetech.com/>

**Breaking up with your iPhone is really hard**

Insidious addiction, phantom vibrations, smartphone alerts, detox, “a really interesting pit...no ladder in sight”

[https://www.washingtonpost.com/lifestyle/style/breaking-up-with-your-smartphone-is-really-really-hard-just-ask-these-people/2018/02/07/941f23bc-0906-11e8-8777-2a059f168dd2\\_story.html?utm\\_term=.17c8eadba740](https://www.washingtonpost.com/lifestyle/style/breaking-up-with-your-smartphone-is-really-really-hard-just-ask-these-people/2018/02/07/941f23bc-0906-11e8-8777-2a059f168dd2_story.html?utm_term=.17c8eadba740)

**Have Smart phones destroyed a generation**

The Atlantic, September 2017

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

### **Something is really wrong with the Internet. We should be more worried**

"The lesson for everyday users may just be an urgent need for increased awareness, a reminder that maybe we shouldn't place all of our trust in a decision-making function that we don't fully understand. Christine Emba

Washington Post, 11/13/17

[https://www.washingtonpost.com/opinions/something-really-is-wrong-on-the-internet-time-to-fix-it/2017/11/13/4317a252-c89a-11e7-b0cf-7689a9f2d84e\\_story.html?utm\\_term=.de1d60e1244f](https://www.washingtonpost.com/opinions/something-really-is-wrong-on-the-internet-time-to-fix-it/2017/11/13/4317a252-c89a-11e7-b0cf-7689a9f2d84e_story.html?utm_term=.de1d60e1244f)

### **How Silicon Valley is erasing your individuality – the perils of monopoly and algorithms**

-Washington Post, September 10, 2017. Google Glass, implantable artificial intelligence. Sergey Brin, co-founder of Google, "Perhaps in the future, we can attach a little version of Google that you just plug into your brain...how Facebook mines...algorithms...consequences."

-Washington Post, November 10, 2017. Facebook, raise the curtain. "Reclaiming our (constitutional) right to association requires access to information that clarifies how the (social media) platforms do what they do.

It requires visibility into the algorithmic and data inner workings of these platforms, as well as some form of redress *and the ability to fully remove ourselves.*"

-Franklin Foer, author of "World Without Mind: the existential threat of Big Tech

[https://www.washingtonpost.com/outlook/how-silicon-valley-is-erasing-your-individuality/2017/09/08/a100010a-937c-11e7-aace-04b862b2b3f3\\_story.html?utm\\_term=.15d915f54617](https://www.washingtonpost.com/outlook/how-silicon-valley-is-erasing-your-individuality/2017/09/08/a100010a-937c-11e7-aace-04b862b2b3f3_story.html?utm_term=.15d915f54617)

### **Social Media's ugly power – "Does the Constitution protect intentionally false statements?"**

Facebook counsel answer: "(We are) a platform for authenticity, ...not to decide whether content is true or false."

Washington Post, 11/5/17

<https://www.pressreader.com/usa/the-washington-post-sunday/20171105/281904478447121>

### **Social media – Instagram and Snapchat worst for mental health in teens (5/19/17)**

"Instagram is rated as the worst social media platform when it comes to its impact on young people's mental health, a UK survey suggests," National Library of Medicine, PubMed

<https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-05-19-instagram-ranked-worst-for-mental-health-in-teen-survey/>

*Supporting data:*

-Snapchat launch, Sept. 2011. Instagram launch 2010 IOS, Android and website interface, 2012

-Smartphone ownership crossed 50 percent threshold, 2015

-Self injury among girls ages 10-14, increased 19% yearly from 2009-2015, almost tripling over that period of time JAMA, Nov. 210, 2017

<https://jamanetwork.com/journals/jama/fullarticle/2664031>

-Rise in teen suicide, social media coincide. Is there a link? NY Times, 11/14/17

<https://www.nytimes.com/aponline/2017/11/14/health/ap-us-med-teen-suicides-social-media-1st-ld-writethru.html>

-Teenage depression and suicide are way up – and so is smartphone use. Wash Post, 11/19/17

[https://www.washingtonpost.com/national/health-science/teenage-depression-and-suicide-are-way-up--and-so-is-smartphone-use/2017/11/17/624641ea-ca13-11e7-8321-481fd63f174d\\_story.html?utm\\_term=.4ce1b0cd345c](https://www.washingtonpost.com/national/health-science/teenage-depression-and-suicide-are-way-up--and-so-is-smartphone-use/2017/11/17/624641ea-ca13-11e7-8321-481fd63f174d_story.html?utm_term=.4ce1b0cd345c)

### **Social Media – Facebook Messenger Kids, 12/17**

- Facebook: For families and kids. Global safety. Parents have control. Parents approve who kids can talk to. 12/4/17

<https://newsroom.fb.com/news/2017/12/introducing-messenger-kids-a-new-app-for-families-to-connect/>

-Facebook: “Hard Questions: So your kids are online, but will they be alright? What are parents thinking, how can Facebook help?” Team of expert child development and IT advisors. As it is, 93% of 6 to 12-year-olds have access, 66% have their own device.

<https://newsroom.fb.com/news/2017/12/hard-questions-kids-online/>

-Congressional concerns,

<https://www.recode.net/2017/12/7/16746134/us-congress-privacy-facebook-messenger-kids> . 12/7/17

-Popular Science commentary: Is it a gateway drug? Should kids as young as 6 be using social media at all?

<https://www.popsoci.com/facebook-messenger-kids-safety#page-3> . 12/7/17

-Experts ask Facebook to shut down Messenger Kids, 1/30/18

<https://www.wired.com/story/health-experts-ask-facebook-to-shut-down-messenger-kids/>

-ED My comments: How helpful and needed is all this? What activities, *away from a screen*, are Kids taking children from? How early do children need to depend on screens? How does this influence their development and brain connectivity formation? 12/9/17

### **The attack of the friendly robot – pretend empathy, deceptive conditioning, 12/17**

“Today’s robot (toys) are even more powerful, telling children flat-out they have emotions, friendships, even dreams to share.” Different than dolls which take on a child’s projections, these toys (Jibo, Cozmo, Kuri, and M.A.X.) “have their own agenda” and use, the “psychology of engagement”, creating and claiming nurturance and superficial pretend empathy. Washington Post, 12/10/17.

[https://www.washingtonpost.com/outlook/why-these-friendly-robots-cant-be-good-friends-to-our-kids/2017/12/07/bce1eaea-d54f-11e7-b62d-d9345ced896d\\_story.html?utm\\_term=.f428e011ac63](https://www.washingtonpost.com/outlook/why-these-friendly-robots-cant-be-good-friends-to-our-kids/2017/12/07/bce1eaea-d54f-11e7-b62d-d9345ced896d_story.html?utm_term=.f428e011ac63)

### **Bedtime use of technology, associated sleep problems**

“Using any device at bedtime was associated with a statically significant increased use of multiple forms of technology at bedtime and use in the middle of the night, reducing sleep quantity and quality, and elevated body mass. Index.”

-Global Pediatric Health, 2017

<http://journals.sagepub.com/doi/full/10.1177/2333794X17736972>

### **Common Sense Census: Media use by kids zero to eight. 2017**

-Figure 16: For their children less than two years old, 66% say it helps them, and 42% say it helps their social skills – ignoring or not believing the recommendations of the American Academy of Pediatrics for children of that age.

[http://cdn.cnn.com/cnn/2017/images/11/07/csm\\_zerotoeight\\_full.report.final.2017.pdf](http://cdn.cnn.com/cnn/2017/images/11/07/csm_zerotoeight_full.report.final.2017.pdf)

### **American Medical Association statement on social media and electronic devices, 11/15/17**

-AMA meeting, for immediate released, 11/15/17

“A ‘notable link;’ between the increased use of social media and levels of depression and anxiety...The American Academy of Pediatrics recognizes this link as well...Nearly a quarter of teens are online ‘almost constantly.’ ”

<https://www.ama-assn.org/ama-highlights-negative-health-impacts-social-media-usage>

### **Digital self-harm postings a growing phenomenon – AAP News, Dec. 2017**

-Of those responding, 6% report anonymous posting of something hurtful about themselves. Common reasons reported included self-hate, seeking attention, being depressed, or to be funny.

<http://www.aappublications.org/news/2017/12/14/DigitalHarm121417>

### **The hidden costs of letting your children be raised by screens and smart devices**

-CNBC Tech – February 22, 2018

<https://www.cnbc.com/2018/02/22/the-hidden-costs-of-letting-your-children-be-raised-by-screens-and-smart-devices.html>

### **Adolescent internet use: Social integration, Depressive symptoms**

Growth of internet use had adverse effects on depression. Social school integration initially results in less leisure-time internet use. Journal of Dev Behav Pediatr, 2/13/18

[https://journals.lww.com/jrnldb/Abstract/publishahead/Adolescent\\_Internet\\_Use,\\_Social\\_Integration,\\_and.99324.aspx](https://journals.lww.com/jrnldb/Abstract/publishahead/Adolescent_Internet_Use,_Social_Integration,_and.99324.aspx)

### **Sexting and mobile devices – age, prevalence, sex, and outcome (JAMA Pediatrics, 2/26/18)**

[https://jamanetwork.com/journals/jamapediatrics/fullarticle/2673715?](https://jamanetwork.com/journals/jamapediatrics/fullarticle/2673715?utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamapediatrics&utm_content=olf&utm_term=022618)

[utm\\_source=silverchair&utm\\_medium=email&utm\\_campaign=article\\_alert-jamapediatrics&utm\\_content=olf&utm\\_term=022618](https://jamanetwork.com/journals/jamapediatrics/fullarticle/2673715?utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamapediatrics&utm_content=olf&utm_term=022618)

Mobile phone use by parents at meal time – association with maternal perception of higher child difficulty, lower richness of perception, and lowered care giving sensitivity.

J Dev Behav Pediatr, February 23, 2018

[https://journals.lww.com/jrnldb/Abstract/publishahead/Maternal\\_Mental\\_Representations\\_of\\_the\\_Child\\_and.99323.aspx](https://journals.lww.com/jrnldb/Abstract/publishahead/Maternal_Mental_Representations_of_the_Child_and.99323.aspx)

### **Can social media shrink young brains?**

China, university students. WeChat. Lower gray matter volumes, associated with increasing addiction scores. Smaller nucleus accumbens (an area associated with rewards). Science Report (publication of Nature research). 1 February 2018, online.

<https://www.nature.com/articles/s41598-018-19904-y>

### **Depression Guidelines: AAP recommends annual screening of youth, beginning at age 12. Feb 2018**

-Adolescent depression affects 20% of all teens by age 20. These are years of critical brain development. Adolescents with depression are at risk for significant problems as adults.

<http://pediatrics.aappublications.org/content/early/2018/02/22/peds.2017-4081>

**Digital media, anxiety, and depression – *Pediatrics*, November 2017**

-Anxiety and depression associated with : Technology-based negative comparisons; Lack of emotional regulation skills because of substituted digital media use; Avoidance of social interaction because of substituted digital media; Worries about being inadequately connected (FOMO); Cyberbullying.

-“May be harnessed in some situations to improve mood and health-enhancing strategies.

[http://pediatrics.aappublications.org/content/140/Supplement\\_2/S76.full#ref-list-1](http://pediatrics.aappublications.org/content/140/Supplement_2/S76.full#ref-list-1)

**Twitter is sick – the prognosis grim - Washington Post, March 3, 2018**

“Plagued by bots, trolls, misinformation, harassment, and for several years...a major front in the election misinformation campaign...experts are split on whether the battle against misinformation can ever be won.”

[https://www.washingtonpost.com/opinions/twitter-is-sick-the-prognosis-is-grim/2018/03/02/a79eeb76-1e54-11e8-9de1-147dd2df3829\\_story.html?utm\\_term=.64f36163ef51](https://www.washingtonpost.com/opinions/twitter-is-sick-the-prognosis-is-grim/2018/03/02/a79eeb76-1e54-11e8-9de1-147dd2df3829_story.html?utm_term=.64f36163ef51)