

Handbook of Adolescent Digital Media Use and Mental Health

Digital media, including social media, has fundamentally changed how the human species communicates with, relates to, and influences one another. Adolescents use digital media extensively. Researchers, scholars, teachers, parents, and teens themselves have many questions about the effects of digital media on young people's psychological development. This handbook offers a comprehensive synthesis of scientific studies that explain what we know so far about digital media and its effects on youth mental health. With chapters from internationally renowned experts in the fields of psychology, psychiatry, media, and communications, the book offers a broad overview of the positive and negative implications of youths' engagement with digital media for brain development, relationships, identity exploration, daily behaviors, and psychological symptoms. Chapters include a discussion of the current state of knowledge, directions for future research, and practical suggestions for parents, educators, and teens themselves. This title is also available as Open Access on Cambridge Core.

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Edited by Jacqueline Nesi , Eva H. Telzer , Mitchell J. Prinstein

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To the many adolescents who have generously shared their time with me across therapy rooms, research labs, and classrooms: thank you for everything you have taught me. – JN

To my newborn son Henry. I can't imagine what digital media will be like when you're a teen, but I hope the science we continue to do will equip parents to help teens thrive in digital spaces. – EHT

To my own children, Samara and Max, who will ask me for smartphones soon, and to my wife, Tina, who will remind me of this book and help me say “no.” – MJP

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