



Madeline Van Orman

Does Excessive Screen Time Predispose Adolescents to Substance Use?

Are your children using screens to light up your house? Have you noticed the joy in your child gradually dissolve right before your eyes? The Centers for Disease Control and Prevention states that the typical adolescent spends, on average, 7.5 hours a day in front of a screen for entertainment. The impact this screen time has on mental health is a hot topic in research right now. Screen time use is associated with depression and anxiety, but do these symptoms predispose the teens to any other mental health problems? A systematic review of peer-reviewed journal publications from the past 10 years was conducted to help understand if there is a connection between high screen time use and substance use in adolescents. The long-term consequences of screen time could impact the health of future generations far beyond the effect of sedentary activity. It is time for your family to turn off the lights?