

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.

JACQUELINE NESI is an Assistant Professor in the Department of Psychiatry and Human Behavior at the Warren Alpert Medical School of Brown University.

EVA H. TELZER is an Associate Professor of Psychology and Neuroscience at the University of North Carolina at Chapel Hill and Co-Director of the Winston National Center on Technology Use, Brain, and Psychological Development.

MITCHELL J. PRINSTEIN is the John Van Seters Distinguished Professor of Psychology and Neuroscience at the University of North Carolina at Chapel Hill, the Chief Science Officer at the American Psychological Association, and Co-Director of the Winston National Center on Technology Use, Brain, and Psychological Development.

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Edited by

Jacqueline Nesi

Brown University

Eva H. Telzer

University of North Carolina at Chapel Hill

Mitchell J. Prinstein

University of North Carolina at Chapel Hill



CAMBRIDGE
UNIVERSITY PRESS

CAMBRIDGE UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, United Kingdom

One Liberty Plaza, 20th Floor, New York, NY 10006, USA

477 Williamstown Road, Port Melbourne, VIC 3207, Australia

314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,
New Delhi – 110025, India

103 Penang Road, #05–06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of the University of Cambridge.

It furthers the University's mission by disseminating knowledge in the pursuit of education, learning, and research at the highest international levels of excellence.

www.cambridge.org

Information on this title: www.cambridge.org/9781108838726

DOI: [10.1017/9781108976237](https://doi.org/10.1017/9781108976237)

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First published 2022

A catalogue record for this publication is available from the British Library.

Library of Congress Cataloging-in-Publication Data

Names: Nesi, Jacqueline, 1988– editor. | Telzer, Eva H., editor. | Prinstein, Mitchell J., 1970– editor.

Title: Handbook of adolescent digital media use and mental health / edited by Jacqueline Nesi, Brown University, Rhode Island, Eva H. Telzer, University of North Carolina, Chapel Hill, Mitchell J. Prinstein, University of North Carolina, Chapel Hill.

Description: Cambridge, United Kingdom ; New York, NY : Cambridge University Press, 2022. | Includes bibliographical references and index.

Identifiers: LCCN 2021058050 (print) | LCCN 2021058051 (ebook) | ISBN 9781108838726 (hardback) | ISBN 9781108972277 (paperback) | ISBN 9781108976237 (epub)

Subjects: LCSH: Internet and teenagers–Psychological aspects. | Mass media and teenagers–Psychological aspects. | Digital media–Psychological aspects. | Teenagers–Mental health. | Adolescent psychology. | BISAC: PSYCHOLOGY / Clinical Psychology

Classification: LCC HQ799.2.I5 H36 2022 (print) | LCC HQ799.2.I5 (ebook) | DDC 004.67/80835–dc23/eng/20220211

LC record available at <https://lccn.loc.gov/2021058050>

LC ebook record available at <https://lccn.loc.gov/2021058051>

ISBN 978-1-108-83872-6 Hardback

ISBN 978-1-108-97227-7 Paperback

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