Outline for *Forbes Magazine* Article: “Phone Addiction Is Real – And So Are Its Mental Health Risks”

Intro / Thesis: …It’s looking more and more like this pastime is addictive. Even more concerning is the fact that this addiction is linked to some serious mental health risks.

I. Sloan Management Review experiment

A. anxiety felt by students

B. Student observation – checking phone

II. U.S. study – earlier date (linked in article)

1. Withdrawal symptoms
2. Physical
3. Emotional

III. Study (linked) – Depression

1. Rise in teen suicide and depression, 2010 -2015
2. Found rise in relationship between mental health issues and rise in “new media screen activities”
   1. Percentages based on how much time – 48% and 28%
3. Teens who spent more time in real-life activities had lower risks

IV. Observations

1. Online activities are mistaken for social interaction, but are not
2. Think social media gives us a “boost” (presumably emotional) but doesn’t – “forecast error” (appears at end)

IV: Study: Radiological Society of North America

1. Brain differences
   1. GABA
   2. CBT

V. Developers speak out

A. Loren Brichter – “pull-to-refresh” addictive

Conclusion