

MOBILE PHONE OVERUSE IMPACTS

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{**ON CAM**}

AVERAGE TIME SPENT ON MOBILE DEVICES INCREASED MORE THAN TWO HOURS A DAY DURING THE COVID-19 PANDEMIC ... ACCORDING TO ONE STUDY OUT OF CANADA.

{**TAKE VO**}

SO ... SHOULD YOU BE TRYING TO CUT DOWN TO PRE-PANDEMIC LEVELS? PSYCHOLOGIST KENLEIGH MCMINN SAYS MOBILE PHONE OVERUSE CAN BE ASSOCIATED WITH POSTURE VISION ... AND SLEEP PROBLEMS,AS WELL AS MENTAL HEALTH ISSUES.

BUT FOR MANY IN LOCKDOWN DURING THE PANDEMIC ... MOBILE PHONES WERE AN IMPORTANT WAY TO STAY CONNECTED.

MCMINN SAYS THE KEY NOW IS FINDING A BETTER BALANCE ... AND FOR MANY, THAT WILL MEAN DECREASING THE AMOUNT OF TIME SPENT ON THEIR PHONE.

{**TAKE SOT**}

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TRT: 18

If you're somebody who just kind of mindlessly opens up your phone and goes to a social media page, maybe replace that icon with something like a mindfulness app or some other productivity app so you're at least having to do the self check of "is this really how I want to be spending my time right now?"

{**ON CAM**}

ALTHOUGH SOME PEOPLE MAY REPORT FEELING "ADDICTED" TO THEIR PHONES ... THE DIAGNOSTIC MANUAL USED BY MENTAL HEALTH PROFESSIONALS DOES NOT RECOGNIZE MOBILE PHONE ADDICTION AS AN OFFICIAL DIAGNOSIS ... THOUGH SOME ARE COMPARING IT TO ADDICTIONS LIKE GAMBLING.