



# Mediated Minds Conference, University of Cincinnati, Blue Ash April 19, 2019

## Effects of the Internet On Mental Health

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**Abstract** — *In this presentation, I will demonstrate the ways in which increased use of the Internet can contribute to the worsening of mental health through the discussion and analysis of relevant research and its associated data.*

### I. INTRODUCTION

Technology interacts with our brains in ways that are numerous, yet often difficult to discern especially as its presence in our life expands so rapidly. Many studies in neuroscience and psychology illustrate that excessive use of the internet can aggravate and ultimately lead to the worsening of certain symptoms associated with mental health conditions. It is important to be vigilant about the effects it may be having on us, which may be unintentional or purposeful attempts at psychological manipulation performed by powerful corporations.

### II. FINDINGS

Excessive use of the internet, particularly social media, can have significant effects on a wide variety of brain functions associated with executive functioning and mood. This may contribute to an increase in severity of symptoms associated with mental health conditions, which is especially problematic due to the way most internet-based technology has been designed to optimally capture users' attention and thus maximize profit.