



Is Screen Time as Poisonous as We Think?

Having studied teen rates reporting a decline in anxiety and depression, Twenge connects the general rise of the smartphone. Does causation also exist when it comes to the decline in teen rates reporting anxiety and depression?

Group Discussion Guide

PODCAST EXCERPT 1:

But Twenge's work didn't fit the happiness curve that Blanchflower had made famous. Her work showed that happiness starts to decline before adulthood; she showed that teenagers in particular were reporting much higher rates of unhappiness than in the past.

...
BLANCHFLOWER: That's only really started since 2015.

...
BLANCHFLOWER: So off we go and now basically we find it's true everywhere. And so we're talking about what I think is a huge global crisis. But the genie has been released from the bottle, and it was released from the bottle a decade ago, before we realized what was going on.

So what happened a decade ago that might have caused this decline in mental health among young people?

For Jean Twenge, the San Diego State psychologist, there is an obvious and easy answer: the smartphone. Apple introduced the iPhone in 2007 and sold around 1.4 million units that year. These days, Apple sells more than 200 million iPhones a year — and that's just Apple: for every iPhone, four or five non-Apple smartphones are sold around the world, a billion a year. In 2017, Twenge published a book called — deep breath here — *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood — and What That Means for the Rest of Us*. Twenge also published some related pieces in *The Atlantic* and *The New York Times*, which amplified her argument. In early 2024, the influential social psychologist Jonathan Haidt, who teaches at New York University, joined this argument with a book called *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*. Here is Haidt, on MSNBC, discussing this epidemic.

Jonathan HAIDT: Everyone has a theory about what causes it. There is only one explanation. There is no other theory that can make sense of a synchronized global collapse in mental health — other than the fact that in 2010, the great majority of kids had a flip phone, no high-speed internet, no unlimited data, no Instagram. And by 2015, they all have a smartphone, high-speed internet, unlimited data, Instagram, front-facing camera.

Perhaps Twenge and Haidt are correct. Maybe it's true that the smartphone is the cause of declining mental health in teens in recent years. But we can't know that for sure because all we have are two sets of data (increasing smartphone use and declining mental health) that correlate. We cannot assume causation based only on a correlation.

Haidt says there is "only one explanation." But is there? List possible alternative explanations below (these can be from the episode and ones that you come up with on your own).

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Clemens Wendtner



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