

Listado de estudios académicos que apuntan al impacto dañino de las redes sociales sobre la salud mental de los niños y jóvenes (suicidio, TDAH, trastornos alimentarios, depresión, ansiedad, baja autoestima, etc.)

En el marco de la comparecencia de la Dra. Catherine L'Ecuyer ante la Comisión de Sanidad del Congreso de los Diputados, el 27 de marzo 2025

Abi-Jaoude, E., Naylor, K. T., & Pignatiello, A. (2020). Smartphones, social media use and youth mental health. *Canadian Medical Association journal*. 192(6), E136–E141. <https://doi.org/10.1503/cmaj.190434>

Allcott, H., Braghieri, L., Eichmeyer, S., & Gentzkow, M. (2020). The Welfare Effects of Social Media. *American Economic Review*. 110(3), 629-76. DOI: 10.1257/aer.20190658

Allcott, H., Gentzkow, M., & Song, L. (2022). *Digital Addiction*. *American Economic Review*. 112 (7): 2424-63. <https://doi.org/10.1257/aer.20210867>

Alonzo, R., Hussain, J., Stranges, S., & Anderson, K. K. (2021). Interplay between social media use, sleep quality, and mental health in youth: A systematic review. *Sleep medicine reviews*. 56,101414. <https://doi.org/10.1016/j.smrv.2020.101414>

Andreassen, C. S. (2015). Online Social Network Site Addiction: A Comprehensive Review. *Current Addiction Reports*. 2, 175–184. <https://doi.org/10.1007/s40429-015-0056-9>

Appel, H., Gerlach, A. L., & Crusius, J. (2016). The Interplay Between Facebook Use, Social Comparison, Envy, And Depression. *Current Opinion in Psychology*. 9, 44–49. <https://doi.org/10.1016/j.copsyc.2015.10.006>

Bickham, D.S., Hunt, E., Bediou, B., & Rich, M. (2022). *Adolescent Media Use: Attitudes, Effects, and Online Experiences*. Boston, MA: Boston Children's Hospital Digital Wellness Lab. Retrieved from https://digitalwellnesslab.org/wp-content/uploads/Pulse-Survey_Adolescent-Attitudes-Effects-and-Experiences.pdf

Braghieri, L., Levy, R., & Makarin, A. (2022). Social Media and Mental Health. *American Economic Review*. 112(11), 3660-3693. <https://pubs.aeaweb.org/doi/abs/10.1257/aer.20211218>

Boer, M., Stevens, G., Finkenauer, C., & van den Eijnden, R. (2020). Attention deficit hyperactivity disorder-symptoms, social media use intensity, and social media use problems in adolescents: Investigating directionality. *Child Development*. 91(4), e853-e865. <https://doi.org/10.1111/cdev.13334>

Carville, O. (2022, November 30). *TikTok's Viral Challenges Keep Luring Young Kids to Their Deaths*. Bloomberg. Retrieved from <https://www.bloomberg.com/news/features/2022-11-30/is-tiktok-responsible-if-kids-die-doing-dangerous-viral-challenges>

Dekkers, T. J., & van Hoorn, J. (2022). Understanding Problematic Social Media Use in Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD): A Narrative Review and Clinical Recommendations. *Brain Sciences*. 12(12), 1625. <https://doi.org/10.3390/brainsci12121625>

Douclev, M. (2023, April 25). *The Truth About Teens, Social Media and the Mental Health Crisis*. NPR. Retrieved May 2, 2023, from <https://www.npr.org/sections/health-shots/2023/04/25/1171773181/social-media-teens-mental-health>

Dyer, C. (2022). Social media content contributed to teenager's death "in more than a minimal way," says coroner. *BMJ (Clinical research ed.)*, 379, o2374. <https://doi.org/10.1136/bmj.o2374>

Dyson, M. P., Hartling, L., Shulhan, J., Chisholm, A., Milne, A., Sundar, P., Scott, S. D., & Newton, A. S. (2016). A Systematic Review of Social Media Use to Discuss and View Deliberate Self-Harm Acts. *PloS one*. 11(5), e0155813. <https://doi.org/10.1371/journal.pone.0155813>

Fioravanti, G., Casale, S., Benucci, S.B., Probst, A., Falone, A., Ricca, V., & Rotella, F. (2021). Fear of missing out and social networking sites use and abuse: A meta-analysis. *Computers in Human Behavior*. 122, 106839. <https://doi.org/10.1016/j.chb.2021.106839>

Franchina, V., Vanden Abeele, M., van Rooij, A. J., Lo Coco, G., & De Marez, L. (2018). Fear of Missing Out as a Predictor of Problematic Social Media Use and Phubbing Behavior among Flemish Adolescents. *International Journal Of Environmental Research And Public Health*. 15(10), 2319. <https://doi.org/10.3390/ijerph15102319>

Gelles-Watnick, R. (2022). *Explicit Content, Time-wasting Are Key Social Media Worries For Parents Of U.S. Teens*. Pew Research Center. United States of America. Retrieved from <https://www.pewresearch.org/fact-tank/2022/12/15/explicit-content-time-wasting-are-key-social-media-worries-for-parents-of-u-s-teens>

Griffiths, M.D. (2018). Adolescent social networking: How do social media operators facilitate habitual use? *Education and Health*. 36(3), 66-69. Retrieved from <https://sheu.org.uk/sheux/EH/eh363mdg.pdf>

He, Q., Turel, O., & Bechara, A. (2017). Brain anatomy alterations associated with Social Networking Site (SNS) addiction. *Scientific reports*. 7, 45064. <https://doi.org/10.1038/srep45064>

Hamm, M. P., Newton, A. S., Chisholm, A., Shulhan, J., Milne, A., Sundar, P., Ennis, H., Scott, S. D., & Hartling, L. (2015). Prevalence and Effect of Cyberbullying on Children and Young People: A Scoping Review of Social Media Studies. *JAMA pediatrics*. 169(8), 770–777. <https://doi.org/10.1001/jamapediatrics.2015.0944>

Holland, G., & Tiggemann, M. (2016). A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes. *Body image*. 17, 100–110. <https://doi.org/10.1016/j.bodyim.2016.02.008>

Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No more FOMO: Limiting social media decreases loneliness and depression. *Journal of Social and Clinical Psychology*. 37(10), 751–768. <https://doi.org/10.1521/jscp.2018.37.10.751>

Kelly, Y., Zilanawala, A., Booker, C., & Sacker, A. (2019). Social Media Use and Adolescent Mental Health: Findings From the UK Millennium Cohort Study. *EClinicalMedicine*. 6, 59–68. <https://doi.org/10.1016/j.eclinm.2018.12.005>

Kleemans, M., Daalmans, S., Carbaat, I., & Anschütz, D. (2018). Picture Perfect: The Direct Effect Of Manipulated Instagram Photos On Body Image In Adolescent Girls. *Media Psychology*. 21(1), 93–110. <https://doi.org/10.1080/15213269.2016.1257392>

Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction--a review of the psychological literature. *International journal of environmental research and public health*. 8(9), 3528–3552. <https://doi.org/10.3390/ijerph8093528>

Lambert, J., Barnstable, G., Minter, E., Cooper, J. & McEwan, D. (2022) Taking a One-Week Break from Social Media Improves Well-Being, Depression, and Anxiety: A Randomized Controlled Trial, *Cyberpsychology, Behavior, and Social Networking*. 25(5). 287-293. <https://doi.org/10.1089/cyber.2021.0324>

Liu, R. T., Steele, S. J., Hamilton, J. L., Do, Q. B. P., Furbish, K., Burke, T. A., Martinez, A. P., & Gerlus, N. (2020). Sleep and suicide: A systematic review and meta-analysis of longitudinal studies. *Clinical psychology review*. 81, 101895. <https://doi.org/10.1016/j.cpr.2020.101895>

Lonergan, A. R., Bussey, K., Fardouly, J., Griffiths, S., Murray, S. B., Hay, P., Mond, J., Trompeter, N., & Mitchison, D. (2020). Protect me from my selfie: Examining the association between photo-based social media behaviors and self-reported eating disorders in adolescence. *The International journal of eating disorders*. 53(5), 485–496. <https://doi.org/10.1002/eat.23256>

Mabe, A. G., Forney, K. J., & Keel, P. K. (2014). Do You “Like” My Photo? Facebook Use Maintains Eating Disorder Risk. *The International journal of eating disorders*. 47(5), 516–523. <https://doi.org/10.1002/eat.22254>

Marino, C., Gini, G., Vieno, A., & Spada, M. M. (2018). The associations between problematic Facebook use, psychological distress and well-being among adolescents and young adults: A systematic review and meta-analysis. *Journal of affective disorders*. 226, 274–281. <https://doi.org/10.1016/j.jypmed.2020.106270>

Meier, E. P., & Gray, J. (2014). Facebook photo activity associated with body image disturbance in adolescent girls. *Cyberpsychology, behavior and social networking*. 17(4), 199–206. <https://doi.org/10.1089/cyber.2013.0305>

Montag, C., Markowitz, A., Blaszkiewicz, K., Andone, I., Lachmann, B., Sariyska, R., Trendafilov, B., Eibes, M., Kolb, J., Reuter, M., Weber, B., & Markett, S. (2017). Facebook Usage On Smartphones And Gray Matter Volume Of The Nucleus Accumbens. *Behavioural Brain Research*. 329, 221–228. <https://doi.org/10.1016/j.bbr.2017.04.035>

Nesi, J., & Prinstein, M. J. (2015). Using Social Media for Social Comparison and Feedback-Seeking: Gender and Popularity Moderate Associations with Depressive Symptoms. *Journal of abnormal child psychology*. 43(8), 1427–1438. <https://doi.org/10.1007/s10802-015-0020-0>

Odgers, C. L., & Jensen, M. R. (2020). Annual Research Review: Adolescent mental health in the digital age: facts, fears, and future directions. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*. 61(3), 336–348. <https://doi.org/10.1111/jcpp.13190>

Office of the Surgeon General (OSG). (2023). Social Media and Youth Mental Health: The U.S. Surgeon General’s Advisory. U.S. Department of Health and Human Services.

Orben, A., & Przybylski, A. K. (2020). Reply to: Underestimating digital media harm. *Nature human behaviour*. 4(4), 349–351. <https://doi.org/10.1038/s41562-020-0840-y>

Przybylski A. K., Murayama K., DeHaan C.R., & Gladwell V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*. 29:1841–1848.

Ra, C. K., Cho, J., Stone, M. D., De La Cerda, J., Goldenson, N. I., Moroney, E., Tung, I., Lee, S. S., & Leventhal, A. M. (2018). Association of Digital Media Use With Subsequent Symptoms of Attention-Deficit/Hyperactivity Disorder Among Adolescents. *JAMA*. 320(3), 255–263. <https://doi.org/10.1001/jama.2018.8931>

Riehm, K. E., Feder, K. A., Tormohlen, K. N., Crum, R. M., Young, A. S., Green, K. M., Pacek, L. R., La Flair, L. N., & Mojtabai, R. (2019). Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth. *JAMA psychiatry*. 76(12), 1266–1273. <https://doi.org/10.1001/jamapsychiatry.2019.2325>

Schmidt-Persson, J., Banke Rasmussen, M.G., Overgaard Sørensen, S., Rath Mortensen, S., Grønholt Olesen, L., Brage, S., Lund Kristensen, P., Bilenberg, N., Grøntved, A. (2024). Screen Media Use and Mental Health of Children and Adolescents: A Secondary Analysis of a Randomized Clinical Trial. *JAMA Network Open*. 7(7):e2419881. doi:10.1001/jamanetworkopen.2024.19881

Shannon, H., Bush, K., Villeneuve, P. J., Hellemans, K. G., & Guimond, S. (2022). Problematic Social Media Use in Adolescents and Young Adults: Systematic Review and Meta-analysis. *JMIR mental health*. 9(4), e33450. <https://doi.org/10.2196/33450>

Shochat, T., Cohen-Zion, M., & Tzischinsky, O. (2014). Functional consequences of inadequate sleep in adolescents: a systematic review. *Sleep medicine reviews*. 18(1), 75–87. <https://doi.org/10.1016/j.smr.2013.03.005>

Sumner, S. A., Ferguson, B., Bason, B., Dink, J., Yard, E., Hertz, M., Hilkert, B., Holland, K., Mercado-Crespo, M., Tang, S., & Jones, C. M. (2021). Association of Online Risk Factors With Subsequent Youth Suicide-Related Behaviors in the US. *JAMA network open*. 4(9), e2125860. <https://doi.org/10.1001/jamanetworkopen.2021.25860>

Telzer, E. H., Goldenberg, D., Fuligni, A. J., Lieberman, M. D., & Gálvan, A. (2015). Sleep variability in adolescence is associated with altered brain development. *Developmental cognitive neuroscience*. 14, 16–22. <https://doi.org/10.1016/j.dcn.2015.05.007>

Thai, H., Davis, C. G., Mahboob, W., Perry, S., Adams, A., & Goldfield, G. S. (2023). Reducing Social Media Use Improves Appearance and Weight Esteem in Youth With Emotional Distress. *Psychology of Popular Media*. 10.1037/ppm0000460.

Twenge, J. M., Haidt, J., Lozano, J., & Cummins, K. M. (2022). Specification curve analysis shows that social media use is linked to poor mental health, especially among girls. *Acta psychologica*. 224, 103512. <https://doi.org/10.1016/j.actpsy.2022.103512>

Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*. 3(4), 206–222. <https://doi.org/10.1037/ppm0000047>

5Rights Foundation. (2021). *Pathways: How Digital Design Puts Children At Risk*. Retrieved from <https://5rightsfoundation.com/uploads/Pathways-how-digital-design-puts-children-at-risk.pdf>