

Digital communication technologies and mental health

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Propositions belonging to this dissertation

Digital communication technologies and mental health: An interplay between usage types and user characteristics

1. There is substantial public debate about how smartphones and social networking sites impact users' mental health, often accompanied by techno-dystopian sensationalist headlines and claims.
2. It is time to abandon broad 'screen time' measures of digital communication technology use as these measures conflate different levels of analysis.
3. Mental health is a multifaceted construct. Well-being and ill-being are not two sides of the same coin.
4. To further understand the impact of usage of digital communication technologies on mental health, scholars should cross specific usage patterns of particular technologies with user characteristics.
5. Browsing social networking sites (passive use) is deleterious for users scoring high on social comparison orientation and neuroticism but not for users scoring low on these traits.
6. Specific sub-populations, such as young users, users scoring high on neuroticism or on fear of missing out, are more vulnerable to engage with digital communication technologies in a problematic manner.
7. Among the six dimensions of problematic smartphone use, only cyberspace-oriented relations and physical symptoms explain the association between fear of missing out and emotional wellbeing.
8. To help people suffering from problematic usage of digital communication technologies, counsellors may target underlying amendable mechanisms such as fear of missing out.
9. Video killed the radio star – The Buggles, 1980.
10. Politicians should read science fiction, not westerns and detective stories – Arthur C. Clarke.

Nino Gugushvili