

Social media and brain changes

SOT

Karna Sherwood, MD, neurologist at OSF HealthCare in Alton, Illinois

“At a certain point, 10 likes or 20 likes are no longer gratifying enough. And then you have to find another way to get even more likes or more appreciation.” (:12)

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“A follow up study would certainly investigate if [frequent social media use] has an effect on rates of anxiety and depression. Could this affect addiction? And what interventions could be taken to nullify those behaviors?” (:32)

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“As a society, if we want to raise happy and healthy people in an age where we are getting better technologically, what steps do we need to take?” (:14)

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“Until you get the rest of the information, it’s better to have some degree of regulation.” (:05)