

Symposium | AI&IT : [Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

📅 2025年9月28日(日) 9:00 ~ 10:30 🏢 Session Room 5 (Conference Room A)

[Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

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Discussant: Tokuya Inaguma (Tokyo Metropolitan Matsuzawa Hospital)

[SY-82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

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The rapid advancement of digital technology has transformed how young people interact with their environments, peers, and society. Social media, games, mobile applications, etc., these tools are inflicting on the mental health of young people.

Young people are particularly vulnerable to the influences of digital environments during critical developmental stages. Social media, for instance, plays a dual role: while fostering connection and awareness, it also correlates with issues like cyberbullying, body image concerns, and impulsive behavior. In some countries, such as Australia, measures like prohibiting social media access for those under 15 years highlight growing societal concerns. Beyond social media, gaming and internet addiction have emerged as significant challenges, with links to impulse control disorders, substance use via online platforms, and gambling-related issues. The rise of online gambling and its accessibility through digital platforms further underscores the need for targeted interventions.

Numbers of resources are available to recover from the above conditions. Interventions for cyber addiction include psychotherapeutic approaches, inpatient rehabilitation programs, and 12-step mutual support groups. Further, digital technology presents opportunities for mental health promotion. For example, mobile applications grounded in evidence-based therapies, such as cognitive-behavioral approaches, are proving effective in reducing symptoms of anxiety and depression.

In this symposium, we young psychiatrists from Indonesia, Japan, and Myanmar (currently living in the UK) will share our perspectives on the mental health challenges faced by young people in our clinical practice. As psychiatrists familiar with digital environments and tools, we can approach mental health care for young people in ways that resonate with them while also expanding support methods through the active use of new technologies. By considering both the risks and possibilities presented by the digital era, this symposium will highlight effective ways to mitigate potential harms and the potential of technology to enhance mental well-being.