

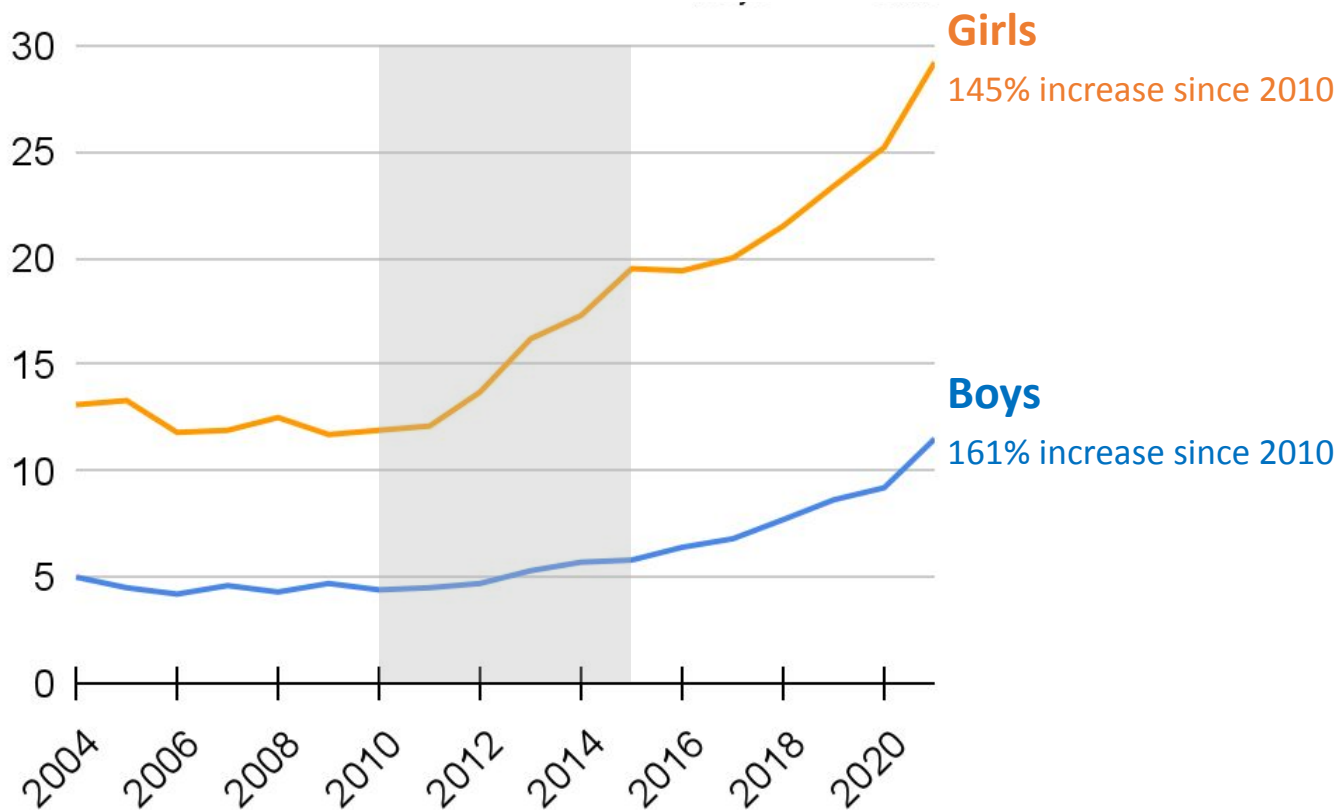
# **Impact of Digital Technology on Adolescent Mental Health**

Testimony to the Vermont House Committee on Commerce and  
Economic Development

**Zach Rausch**

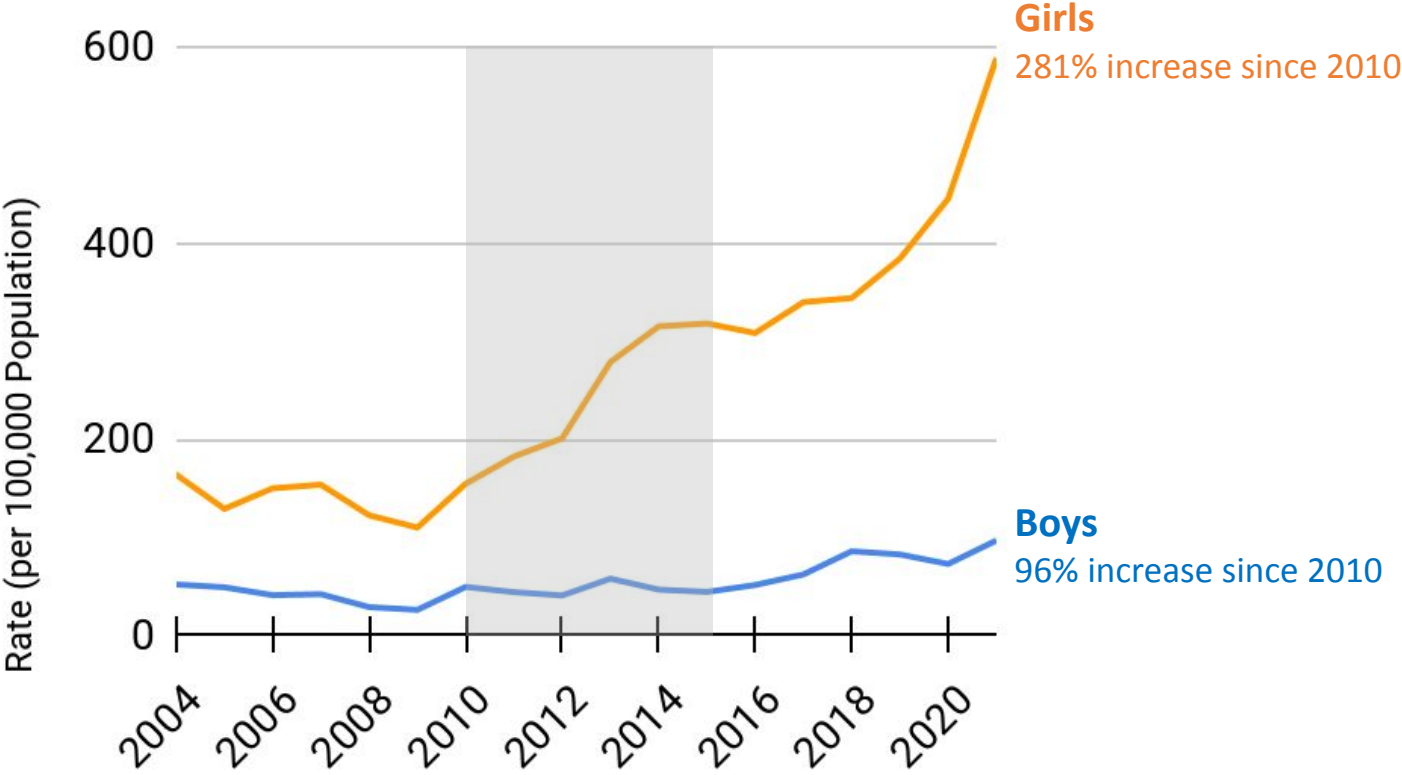
Associate Research Scientist  
New York University

# Major Depression Among U.S. Adolescents (Ages 12-17)



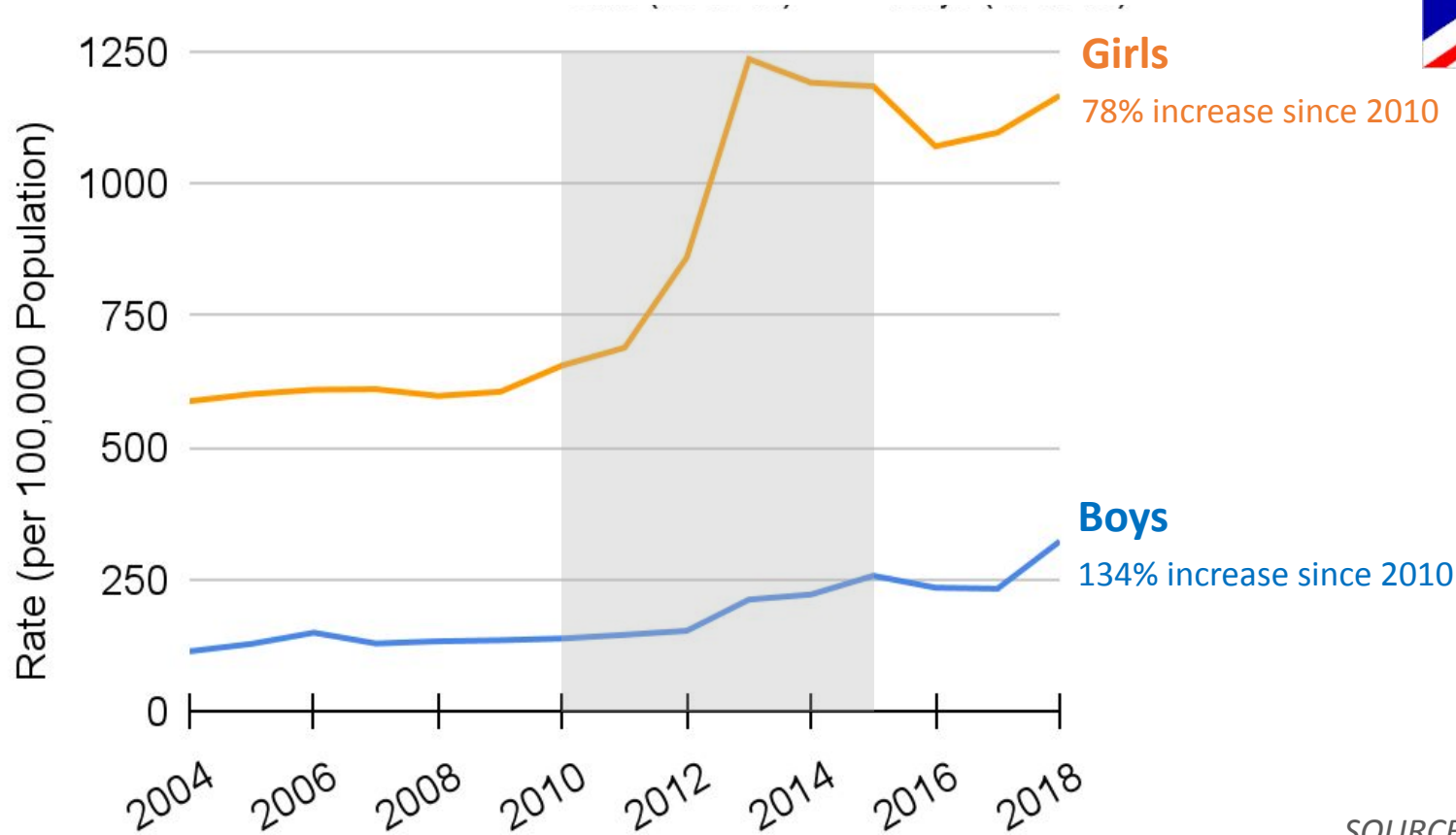
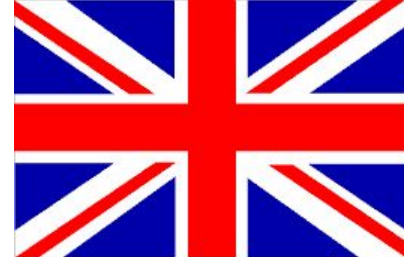
SOURCE: U.S. National Survey on Drug Use and Health

# Emergency Dept Visits for Nonfatal Self-harm (Ages 10-14)



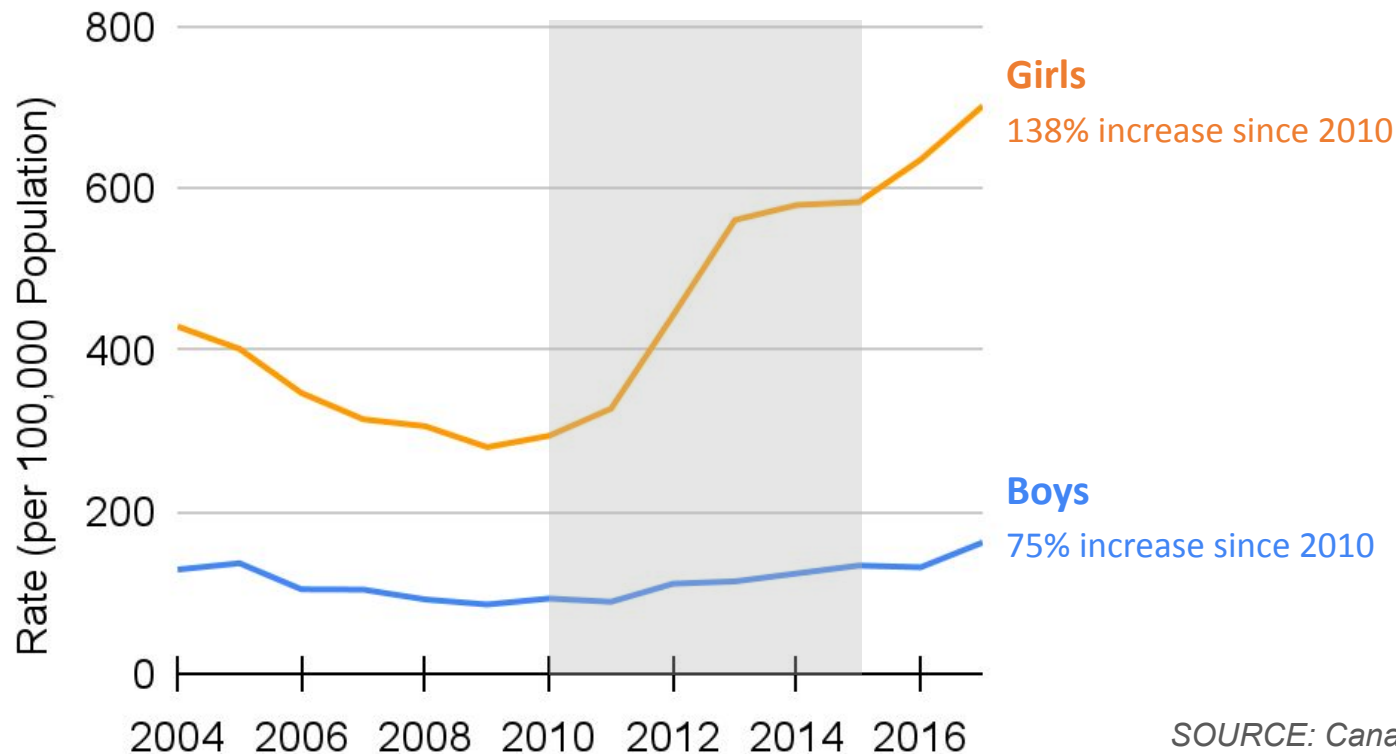
SOURCE: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

# UK Teens, Self-harm Episodes (Ages 13 – 16)



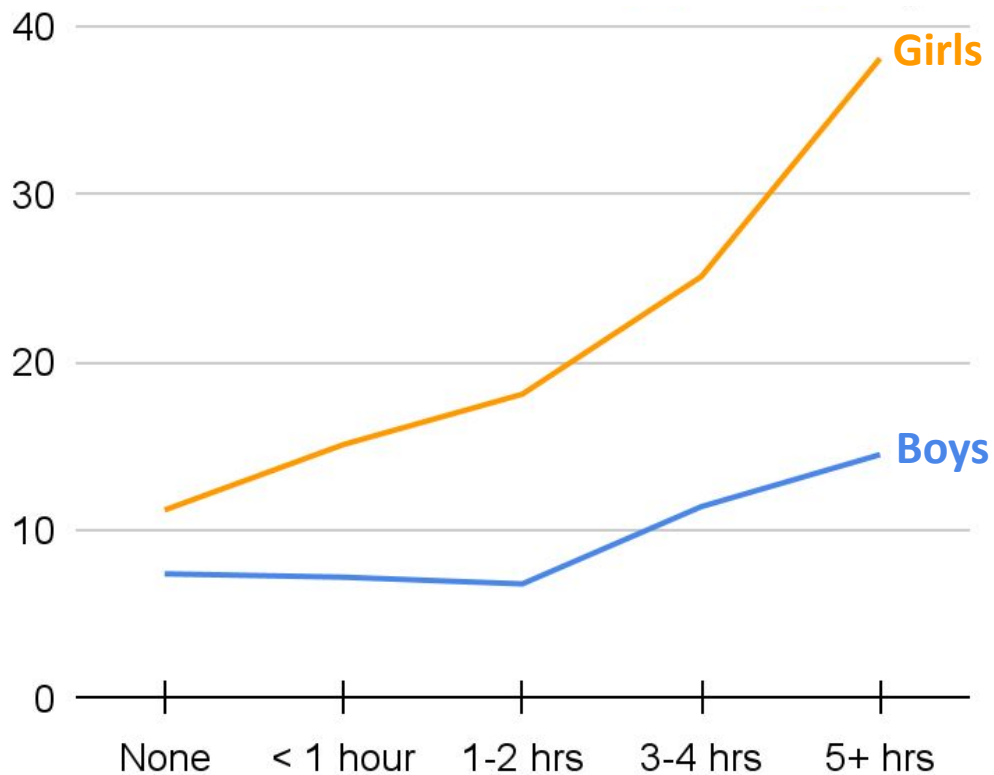
SOURCE: Cybulski et al., 2021

# Self-Harm Emergency Dept Visits, Ontarian Teens (13-17)



SOURCE: Canadian National Ambulatory Care Reporting System (NACRS) database

# Percent of UK Teens Depressed as a Function of Hours per Weekday on Social Media



SOURCE: UK Millennium Cohort Study