Topic—Smartphone use and mental health

EQ: What is the relationship between smartphone usage and mental health?

Questionnaire-How addicted are you to your phone?

**Nomophobia questionnaire**

<http://caglaryildirim.net/portfolio/wp-content/uploads/2015/06/NMPQ_English.pdf>

Articles

# Yes, smartphone addiction does harm your teen's mental health

<https://www.medicalnewstoday.com/articles/320183.php>

**Have Smartphones Destroyed a Generation?**

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

**Teenage depression and suicide are way up — and so is smartphone use**

<https://www.washingtonpost.com/national/health-science/teenage-depression-and-suicide-are-way-up--and-so-is-smartphone-use/2017/11/17/624641ea-ca13-11e7-8321-481fd63f174d_story.html?utm_term=.cfd4371bd80f>

# Does Smartphone Use Contribute to – or Help Combat – Teen Depression?

https://health.usnews.com/health-care/patient-advice/articles/2017-09-22/does-smartphone-use-contribute-to-or-help-combat-teen-depression

**Your smartphone could be good for your mental health**

<http://theconversation.com/your-smartphone-could-be-good-for-your-mental-health-41804>

**Smartphone addiction could be changing your brain**

https://www.cnn.com/2017/11/30/health/smartphone-addiction-study/index.html

**Phone Addiction Is Real -- And So Are Its Mental Health Risks**

<https://www.forbes.com/sites/alicegwalton/2017/12/11/phone-addiction-is-real-and-so-are-its-mental-health-risks/#17da5c9313df>