

Overview of Thesis Topic

- The use of technology, particularly social media, is becoming increasingly prevalent
- Although convenient for daily activities, it can have adverse effects on users' mental health
- Mental wellbeing is an important component of one's overall health
- Research suggests that medical professionals tend to prioritize patients' medical conditions over mental health issues
- Recognizing and treating mental health issues is essential to a comprehensive plan of care

Population of Focus

- Adolescents: 10-19 years old (World Health Organization, 2023)
- Youth: 15-24 years old (World Health Organization, 2023)

Overview of Creative Capstone Project

- Developed a continuing education article for a nursing journal
- Article is directed toward nurses, in order to raise awareness on the significance of this issue and enhance patient care in the clinical setting

Introduction of Article

- Discusses factors as to why clinicians do not prioritize patients' mental health:
 - Lack of sufficient knowledge on mental health
 - Potential discriminatory behavior toward patients with mental health issues
- Stigma can impact health-seeking behaviors of people living with mental health disorders resulting in them not seeking care for health issues



Potential Impacts of Social Media Discussed in Article

- Negative impacts:
 - Digital stress – overwhelmed by excessive notifications and others' judgements
- Positive impacts:
 - Positive relationships
 - Method of articulating feelings

Implementing Nursing Process and Social Media Use Interventions

- Steps of nursing process include assessment, diagnosis, planning, implementation, and evaluation
- Should utilize biopsychological approach while assessing patient, which helps establish a practical diagnosis and plan
- May need to use a multidisciplinary team to establish a plan, implement the plan, and evaluate effectiveness of the plan
- Ask patient about their motives behind their social media use
- Educate patient on utilizing social media in a positive manner, rather than limiting use altogether
- Educate parents on significance of monitoring their child's amount of time spent on social media

Please direct all feedback to **Alyssa Gordon** at s1319519@monmouth.edu. References available upon request.