

## Literature Review APA Format

Written By: [YOUR NAME]

Literature Review Title: Impact of Digital Technology on Adolescent Mental Health

### I. Introduction

Digital technology has become an integral part of adolescents' daily lives. The pervasive use of smartphones, social media, and other digital platforms has raised concerns about its impact on mental health. This literature review aims to synthesize current research on the relationship between digital technology use and adolescent mental health, focusing on both negative and positive effects.

### II. Methodology

The literature for this review was gathered from multiple academic databases including PubMed, PsycINFO, and Google Scholar. Keywords used in the search included "adolescent mental health," "digital technology," "social media," "smartphones," "internet use," and "mental well-being." Studies selected were peer-reviewed, published within the last ten years, and focused on adolescents aged 12-18.

### III. Negative Effects of Digital Technology on Mental Health

#### A. Increased Anxiety and Depression

1. **Screen Time and Psychological Distress:** Several studies have shown a correlation

between excessive screen time and increased levels of anxiety and depression among adolescents.

- Study Example 1:** Twenge and Campbell (2018) found that adolescents who spent more than three hours per day on electronic devices were more likely to report high levels of depressive symptoms.
- Study Example 2:** Przybylski and Weinstein (2017) reported that high levels of screen

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**Mike Jess**



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