

**CBT SEMINAR SERIES:**  
“*CBT-Informed Interventions for Social Media Use in Adolescents*”



**Thursday, June 13th, 2024**  
**12:00pm - 1:00pm**



<https://weillcornell.zoom.us/j/95987937902>



**Speaker Disclosure:** Dr. Schmitt has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

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Dr. Aidan Schmitt is a postdoctoral psychology fellow within the Child and Adolescent Outpatient Psychiatry department at the Westchester Behavioral Health Center. She also conducts research within the Center for Youth Mental Health (CYMH). Dr. Schmitt's clinical and research interests center around internalizing disorders and social media use, especially in adolescents. She completed her master's thesis on social media use and attachment in adolescent girls and her doctoral dissertation on relationships between social media use, psychopathology, and social functioning in adolescents more broadly. Dr. Schmitt is currently working with members of the CYMH team to pilot a social media use intervention within NYP's Adolescent Partial Hospitalization Program.

**ABSTRACT**

Social media use is prevalent among adolescents, and research has shown that it has both advantages and disadvantages for mental health. Adolescence is characterized by biopsychosocial changes, making it a crucial time for both prevention and intervention. This presentation will focus on exploring effects of social media use on mental health in adolescent's and integrating cognitive behavioral and other evidence-based concepts into interventions aimed at promoting healthy social media use and mitigating its impact on mental health symptoms. Specific attention will be paid to the process of developing interventions for community and clinical settings.

**LEARNING OBJECTIVES**

1. Discuss existing research on the effects of social media use on adolescent mental health.
2. Identify ways to incorporate CBT and other evidence based concepts into interventions for promoting healthy social media use and overall digital literacy.
3. Describe challenges and opportunities related to delivering social media interventions in clinical populations.

\*1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information.

**REFERENCES**

1. Keles, B., McCrae, N., & Grealish, A. (2019). A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents. *International Journal of Adolescence and Youth*, 25(1), 79–93. <https://doi.org/10.1080/02673843.2019.1590851>
2. Nesi, J., Rothenberg, W. A., Bettis, A. H., Massing-Schaffer, M., Fox, K. A., Telzer, E. H., Lindquist, K. A., & Prinstein, M. J. (2021). Emotional Responses to Social Media Experiences Among Adolescents: Longitudinal Associations with Depressive Symptoms. *Journal of Clinical Child and Adolescent Psychology*, 51(6), 907–922. <https://doi.org/10.1080/15374416.2021.1955370>
3. Weinstein, E., Tench, B., Choukas-Bradley, S., James, C., Buch, E., & Nesi, J. (2023) *Teaching Digital Well-being: Evidence-based Resources to Help Youth Thrive*. Cambridge, MA, USA: Center for Digital Thriving.