

# Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement



**Weill Cornell  
Medicine**  
Psychiatry

## *Social Media, Technology, and Adolescent Mental Health*

**Mitch Prinstein, PhD, ABPP**

John Van Seters Distinguished Professor  
of Psychology and Neuroscience

**Eva Telzer, PhD**

Professor, Department of Psychology and  
Neuroscience UNC, co-Director Winston National  
Center for Technology Use Brain and Psychological  
Development

Live Online

Wednesday, May 14th, 2025

11:00am – 12:00pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345



1 CE credit available to WCM  
Department of Psychiatry full time  
and voluntary faculty  
Psychologists, Social Workers and  
LMHCs, who sign in with their full  
name, attend the entire lecture and  
complete a survey which will be  
emailed following the completion of  
the lecture. Note you can join no  
later than 10 minutes after the start  
of time and must stay for the entire  
duration of the event for CE  
eligibility. The CE 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

### *Speaker*

**Eva Telzer, Ph.D.** is a Professor of Psychology and Neuroscience at UNC Chapel Hill and co-director of the Winston National Center on Technology Use, Brain and Psychological Development. Her research explores how social and cultural influences—like family, peers, and social media—shape adolescent brain development. She has published over 200 papers and received continuous funding from NIH, NSF, and major foundations. Dr. Telzer is widely recognized with numerous early career awards and is frequently featured in outlets such as The New York Times, NPR, CNN, and ABC.

**Mitch Prinstein, Ph.D., ABPP** is Chief of Psychology at the American Psychological Association and the John Van Seters Distinguished Professor at the University of North Carolina at Chapel Hill. A board-certified clinical psychologist, Mitch has spent over 25 years studying how peer relationships—both online and offline—impact adolescent mental health. He has authored over 250 scientific papers and 12 books. Mitch advises organizations across government, tech, health, and media, and is a frequent expert featured in national and international outlets including The New York Times, NPR, and CNN.

*Financial Disclosure: Dr. Prinstein and Dr. Telzer have 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.*

### *Abstract*

In this talk, we deconstruct the psychological science on youths' technology and social media use so you can understand all of the questions scientists are asking, what we have found, what it means for youth today, and what you can do help. Using theories and methods from developmental cognitive neuroscience and developmental psychopathology, our work seeks to understand how adolescents' social media use may confer benefits to psychological, social, and neural development. We use longitudinal methods, experience sampling, and fMRI scans to examine questions regarding topics such as social media addiction, associations with mood, digital stress, the effects of social media on lost social opportunities, peer influence processes via social media, and the manner in which social media use may be associated with brain development in adolescence. The results are sometimes frightening, but there is some hope, especially if parents, educators, and policymakers take action now.

### *Learning Objectives*

1. Describe the potential effects of digital media use on neural development.
2. Identify up to ten distinct ways technology use may influence psychological adaptation.
3. Apply evidence-based strategies to support healthy development through social media use and mitigate associated risks for children.

### *References*

1. Maheux, A. J., Burnell, K., Maza, M. T., Fox, K. A., Telzer, E. H., & Prinstein, M. J. (2024). Annual Research Review: Adolescent social media use is not a monolith: toward the study of specific social media components and individual differences. *Journal of Child Psychology and Psychiatry*. <https://doi.org/10.1111/jcpp.14085>
2. Flannery, J. S., Burnell, K., Kwon, S., Jorgensen, N. A., Prinstein, M. J., Lindquist, K. A., & Telzer, E. H. (2024). Developmental changes in brain function linked with addiction-like social media use two years later. *Social Cognitive and Affective Neuroscience*, 19(1). <https://doi.org/10.1093/scan/nsae008>
3. Maza, M. T., Fox, K. A., Kwon, S., Flannery, J. E., Lindquist, K. A., Prinstein, M. J., & Telzer, E. H. (2023). Association of habitual checking behaviors on social media with longitudinal functional brain development. *JAMA Pediatrics*, 177(2), 160. <https://doi.org/10.1001/jamapediatrics.2022.4924>
4. Nesi, J., & Prinstein, M. J. (2018). In search of Likes: Longitudinal associations between adolescents' digital status seeking and Health-Risk behaviors. *Journal of Clinical Child & Adolescent Psychology*, 48(5), 740–748. <https://doi.org/10.1080/15374416.2018.1437733>
5. Nesi, J., Choukas-Bradley, S., & Prinstein, M. J. (2018). Transformation of adolescent peer relations in the social media context: Part 1—A theoretical framework and Application to dyadic peer Relationships. *Clinical Child and Family Psychology Review*, 21(3), 267–294. <https://doi.org/10.1007/s10567-018-0261-x>

Weill Cornell Medicine (WCM) Department of Psychiatry, 525 E 68th St. New York, NY 10065, is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0192. Weill Cornell Medicine (WCM) Department of Psychiatry is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0302. Weill Cornell Medicine (WCM) is approved by the American Psychological Association to sponsor continuing education for psychologists. Weill Cornell Medicine (WCM) maintains responsibility for this program and its content. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0155.