

## **Article submission 1**

Youth internet addiction linked to serious mental health issues

Excessive internet use, including video streaming, social networking and instant messaging, among youths may be associated with severe mental health disorder, according to results from a Canadian study.

Researchers, at the 29th European College of Neuropsychopharmacology(ECNP) congress have also shown high prevalence of depressive and anxiety symptoms; and poor executive functioning among at risk youths.

This suggests possible underestimation of internet addiction and raises the issue of whether these mental disorders are a cause or effect of internet addiction. The practical clinical implication is treating someone for addiction who has preexisting anxiety or depression. A study to test this relationship was conducted among undergraduate students using questionnaires that bordered on internet usage, impulsiveness, symptoms of depression, anxiety and executive functioning. Assessments included the Dimensions of Problematic Internet Use (DPIU), a type of depressive scale that examines entertainment and video streaming, social media, gaming, messaging, dating apps, gambling, sexual content, online shopping and information seeking.

Of the 254 students who participated in this study (mean age, 18.5 years, 74.5%, female), 42% met the addiction criteria on DPIU scale( $P < .05$ ), while 12.5% of participants met the criteria based on internet addiction scores(IAT) ( $P < .001$ ). Persons who screened positive for both criteria had higher levels of functional impairment, depression, anxiety and attention problems. Jan Buitelaar, MD, Radboud University, The Netherlands agrees that the problem is understudied and notes the possibility it “may disguise mild or severe psychopathology”. There is therefore the need for further study and in a larger population.

### **Source:**

[http://www.medscape.com/viewarticle/868993?nlid=109339\\_2981&src=wnl\\_dne\\_160921\\_ms\\_cpedit&uac=226828BT&impID=1200845&faf=1](http://www.medscape.com/viewarticle/868993?nlid=109339_2981&src=wnl_dne_160921_ms_cpedit&uac=226828BT&impID=1200845&faf=1)

### **Can empathy improve Policing?**

Empathy, being able to see interactions from another’s perspective and understand the emotions involved, has been advocated as a way to improve policing. In the wake of police killings and retribution killings of innocent police officers, social scientists have engaged the police to see how their relationship with the community can be improved upon so as to work together against crime.

Like many researchers, David Weisburd, a criminologist at George Mason University and Director of Center for Evidence –Based Crime Policy, has argued the need for change in the way police interacts with the community. He conducted researches on “hot spot policing,” which is to focus police resources on high crime areas rather than dispersing them over wider areas in the city. The downside of this is the stop-and-frisk tactics which are employed may cause distrust with the community. He however, has put forward procedural justice as a potential solution. This method developed by Tom Tyler of Yale University is based in four principles:

- Treating people with dignity and respect
- Giving citizens “Voice” during encounters
- Being neutral in decision making
- Conveying trustworthy motives

The Procedural justice system was tested using a program called LEEDS- Listening and Explaining with Equity and Dignity by David Weisburd and his colleagues in collaboration with the Seattle Police. Police officers who worked at hot spots were randomly assigned to supervisors who coached and mimicked to them the principles of LEEDS which involves listening more to community members, use of calm and respectful language and taking into consideration members perspective. After 6 weeks, the trained officers had 26% fewer arrests in the first week after training and 12% fewer arrests within 6 weeks of training as compared to officers within the control group. They were also less likely to use force.

Crisis intervention training (CIT) is a similar program to LEEDS, but it is preferable to use in crisis situation. In addition to LEEDS training, CIT trained officers are taught to deal with volatile and mentally ill community members who may pose a threat to others. The CIT program has been shown to boost officers’ confidence during crisis, and improve capability to diffuse crisis with less injuries. They are also better able to make referrals to mental health services.

Jamil Zaki, a researcher at Stanford says the “Warrior mentality” can sabotage empathy building. He attributes this to how police officers are recruited. This may be true as police recruitment video depicts policing as a glorified military training while heavy duty firepower is prominently featured. However, conclusions may not be appropriately drawn on this due to little research in the area of police recruiting.

Source:

[http://greatergood.berkeley.edu/article/item/can\\_empathy\\_improve\\_policing?utm\\_source=G+Newsletter+Sept+21%2C+2016&utm\\_campaign=GG+Newsletter+Sept+21+2016+&utm\\_medium=email](http://greatergood.berkeley.edu/article/item/can_empathy_improve_policing?utm_source=G+Newsletter+Sept+21%2C+2016&utm_campaign=GG+Newsletter+Sept+21+2016+&utm_medium=email)

### **Pep talk yourself to success (at just about anything)**

A recent study has shown that positive talk to self can help one to “do better.”

This study which involved thousands of participants, assessed different techniques that were meant to improve performance. Among the notable few that stood out, talking to oneself in an

encouraging manner or visualizing oneself completing a task was foremost. The study showed that it is helpful for one to focus on the process of a task and the eventual outcome. In other words, prior start of new habit, profession, you can enhance your success by speaking positively to yourself about that situation. Thus, instead of berating yourself for not exercising regularly or eating healthy, you can pep talk yourself that you will feel great after taking a walk or have a great time fixing a healthy meal. You can also visualize yourself looking slimmer, to encourage you to go exercising or eat healthy.

Source:

<http://www.ncbi.nlm.nih.gov/pubmed/27065904>

### **Engaging Tai Chi to improve balance**

Yearly, about 2 million older Americans go to the Emergency room due to fall related injuries. These falls can be prevented by maintaining balance in these older persons. Balance is essential to carry out many daily activities and can be improved by engaging Tai chi (or moving meditation). In Tai chi, you move your body slowly, gently and precisely while you breathe deeply. Try to avoid distracting thoughts by focusing on being aware of your movements. Tai chi is also helpful to improve bone and heart health, ease joint pain and stiffness from osteoarthritis; as well as improve sleep and better wellness.

Source: <https://go4life.nia.nih.gov/exercises/tai-chi>

### **For managers, saying sorry is simply not enough**

It is not uncommon for conflicts to occur in the work place. These conflicts may be within staff or between staff and superior personnel. Apologies are most times offered to the offended but recent studies have suggested that apologies from a superior to his subordinate is not effective. This is because subordinates are cynical of those in authority and find it hard to trust them. According to Michelle Zheng, this perception occurs because high power is often associated with hidden agenda and exploitation. For organizations, this implies that aggrieved employees who harbor grudges will be less productive, collaborative and engaged; they are thus, more stressed and aggressive.

Across two surveys conducted among 360 employees in the United States, Zheng and her colleagues found that apologies offered from superiors to offended employees were not as effective as when a fellow colleague offered apology. The study showed the reason for this was participants were more cynical of their superiors. This research was duplicated in the lab to test this dynamic and a similar pattern was observed.

Even though, power inspires cynicism from subordinates, superiors may go the extra mile to drive home their well-intentioned apologies by going beyond remorse to offer empathy, take responsibility and provide reparation.

Source:

[http://greatergood.berkeley.edu/article/item/for\\_managers\\_saying\\_sorry\\_isnt\\_enough?utm\\_source=GG+Newsletter+Sept+21%2C+2016&utm\\_campaign=GG+Newsletter+Sept+21+2016+&utm\\_medium=email](http://greatergood.berkeley.edu/article/item/for_managers_saying_sorry_isnt_enough?utm_source=GG+Newsletter+Sept+21%2C+2016&utm_campaign=GG+Newsletter+Sept+21+2016+&utm_medium=email)