

Comments on iGen Presentation

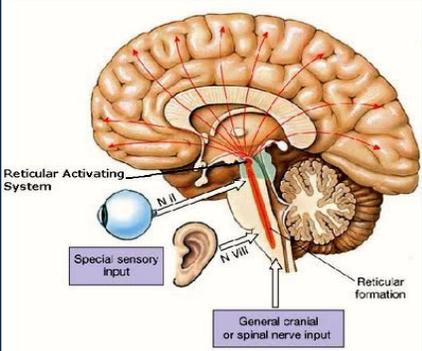
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Anticipatory
Arousal/Tension

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Neurological systems
involved in
anticipatory arousal

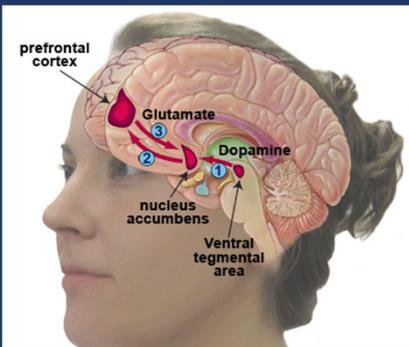
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Similar to anticipation for...

- Pizza
- Cake
- Alcohol
- First cigarette of the day
- First hit from a "joint"
- Hubba Hubba

- Stimulates thoughts of participation in the activity; previous experiences

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The
"ahhhh"
experience

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Synaptic growth- how the brain changes

- Nerve cells versus nerve connections- synaptogenesis
- Nerve cell loss- apoptosis
- The number of cells changes a lot in the first 5 years of life and adolescence

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Adolescence and brain changes- sculpting

- Rhythmic, repetitive, reinforcing stimulation leads to synaptogenesis
- Lack of stimulation leads to apoptosis
- In adolescence, the brain is hard wired to become more efficient- get rid of what is not useful
 - Information processing becomes quicker, less scattering of the impulses
 - Cell number decreases, synaptic connections decrease if the cell is not used much

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Psychological changes that go along with physical changes

- Internal working models (schemas or templates)
- Adolescence is a time of novelty seeking, risk taking, emotional intensity
 - Increased willingness to try things that have high risk, high reward
- As a result, there is a tendency to seek stimulation from multiple sources
 - (Remember intermittent reinforcement is the strongest supporter of behavior)

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Reinforcement schedules

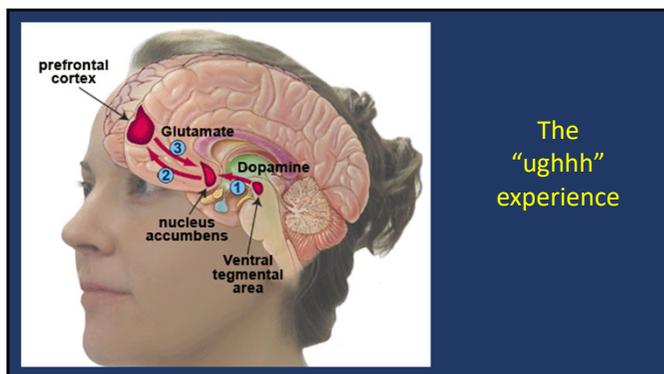
- Intermittent reinforcement is the strongest method of supporting a behavior
- Are all texts/memes/posts reinforcing?

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Withdrawal symptoms and cold turkey

- Does "just say no" work?
- Is it a good idea to suddenly withdraw an individual from heavy use to zero use?
 - What troubles will you see if you do this?
 - Sleep, appetite, mood, attention, interpersonal relationship, and aggression
 - These functions all fall under Self-Regulation

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A few words about addiction

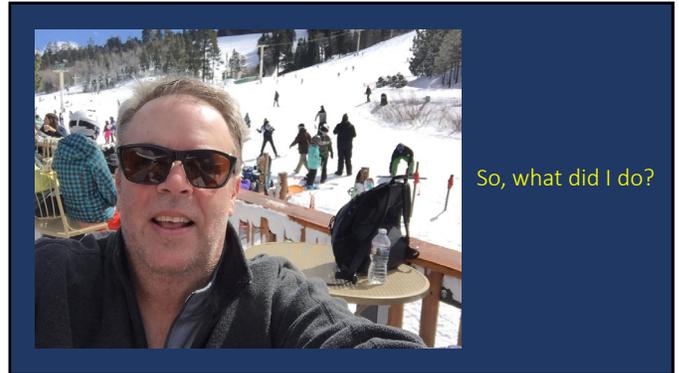
- Given the neurological systems at work (mostly unconscious)
- Given the fact that screens are every where
- Given the fact that we adults also "like" texts/memes/posts
 - We need a more sophisticated approach to "treatment" of this use/overuse

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Balance of experiences

- The goals of treatment are to achieve balance of functions and experiences
 - Face-to-face, interpersonal activities
 - Attention to duties, opportunities, relationships
 - Openness to new experiences
- Providing the opportunity for these activities combined with gentle limiting of access to computer, phone, tablets at night, during meal times, and at other times is the "Zone" you want to shoot for.

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