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Particularities of anxiety disorders among generation z individuals

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Using of Social Networks among teenagers has increased dramatically in recent years and seems to have a significant impact on their mental health.

Aim: We aimed to determine certain features of anxiety among Generation Z in correlation with the time its members spent in the online environment.

Materials and Method: This study was conducted through a survey based on a specific pre-designed questionnaire to investigate the interaction of Generation Z individuals from Romania with the online environment. The questionnaire was posted on online social platforms in May-July 2018. The participants were selected based on the date of birth (between 1995 and 2010), and the Questionnaire included two questions: "How much time do you spend in front of the screens?" and "How much time do you spend on social networks?", having answers from "<1 hour" to ">12 hours", as well as four items to identify symptoms of generalized anxiety disorder. The data were retrieved from the Excel database for statistical analysis. Results: We studied 672 Generation Z individuals, of which 15.69% identified themselves as anxious. 89% of anxious people are female, and 45% of them spend more than 6 hours in front of screens and 34% spend more than 6 hours on social networks. 59% of Generation Z anxious people cannot control their daily anxiety, 100% of them have difficulty of concentration, and 47% of them have difficulty in relaxing. Also, 54% of Generation Z anxious people claim daily irascibility in the last 6 months. Conclusions: Our study showed that spending more than 6 hours in front of screens and on social networks represent significant risk factors for anxiety among Generation Z individuals. Clinicians should focus on this generation, to detect the earlier onset of anxiety disorder and to develop appropriate treatment to restore the well-being of the patients.

Biography

Nicoleta Dumitrescu, She is a 2nd year Psychiatry medical resident in Romania. While she was a student, she completed an internship on Forensic Psychiatry at Philippe Pinel Institute of Montreal, and later on another one on Adolescents Psychiatry at Maudsley Hospital, London. During her studies she participated to many medical events, where she received numerous prizes for my researches. Since she has started my residency, she is participating to conferences and summer schools about Psychiatry and she has published medical articles about my researches.

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