





وابستگی های گوناگون و باروری سالم بارویکرد جوانی جمعیت

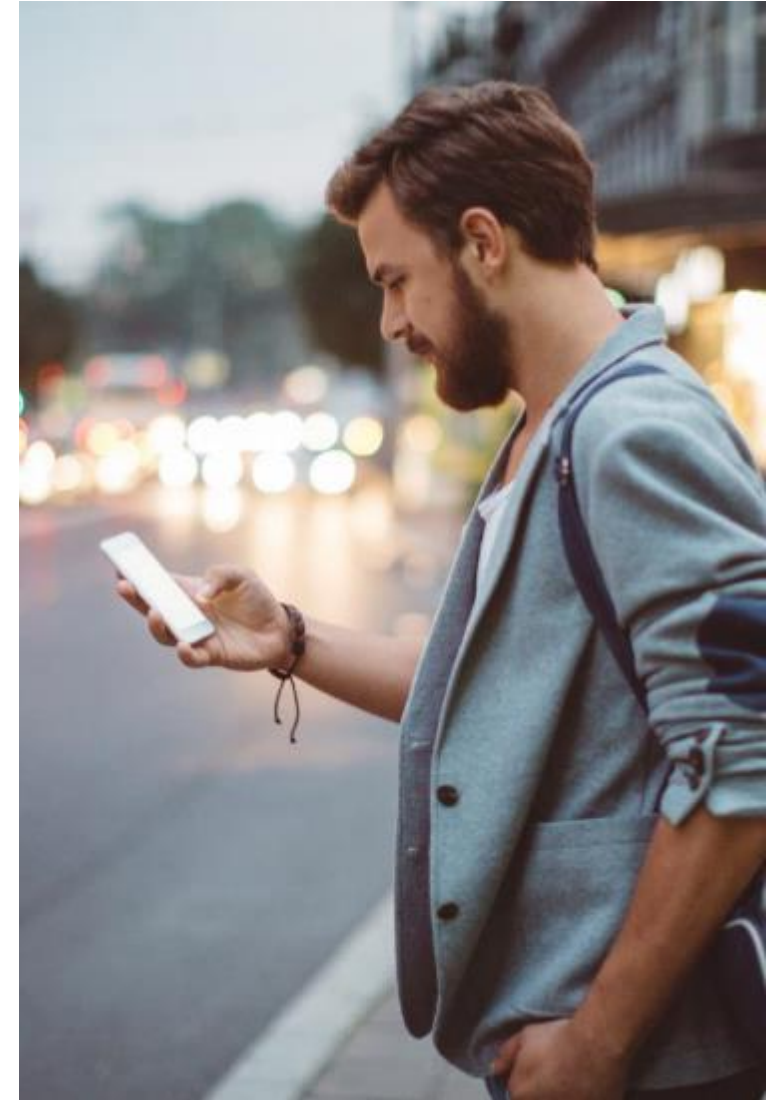


فضای مجازی در بارداری تعامل مثبت و منفی

Abtin Heidarzadeh MD.MPH

Digital Addiction

- 1: Preoccupation**
- 2: Withdrawal**
- 3: Tolerance**
- 4: Unsuccessful attempts to stop or reduce**
- 5: Loss of interest in other hobbies**
- 6: Excessive use despite problems**
- 7: Deception**
- 8: Escape from negative mood**
- 9: Jeopardized relationships or job opportunities**



Kinds of Digital Addiction

- Social media addiction:**

spending excessive amounts of time on social media platforms, such as Facebook, Twitter, Instagram, or TikTok.

- Online gaming addiction:**

spending excessive amounts of time playing online games, such as World of Warcraft, Fortnite, or Candy Crush.

- Internet addiction:**

spending excessive amounts of time browsing the internet, watching videos, or reading articles online.

- Smartphone addiction:**

spending excessive amounts of time using a smartphone for various activities, such as texting, browsing the internet, or using apps.

- Streaming addiction:**

spending excessive amounts of time watching TV shows or movies on streaming platforms, such as Netflix, Hulu, or Amazon Prime.

- Online shopping addiction:**

spending excessive amounts of time shopping online, often resulting in overspending or financial difficulties.

Digital addiction in general population

Clinical Psychology Review 92 (2022) 102128

Global pooled prevalence estimates were:

Smartphone addiction: 26.99% (95% CI, 22.73–31.73)

Social media addiction: 17.42% (95% CI, 12.42–23.89)

Internet addiction: 14.22% (95% CI, 12.90–15.65)

Cybersex addiction: 8.23% (95% CI, 5.75–11.66)

Game addiction: 6.04% (95% CI, 4.80–7.57)

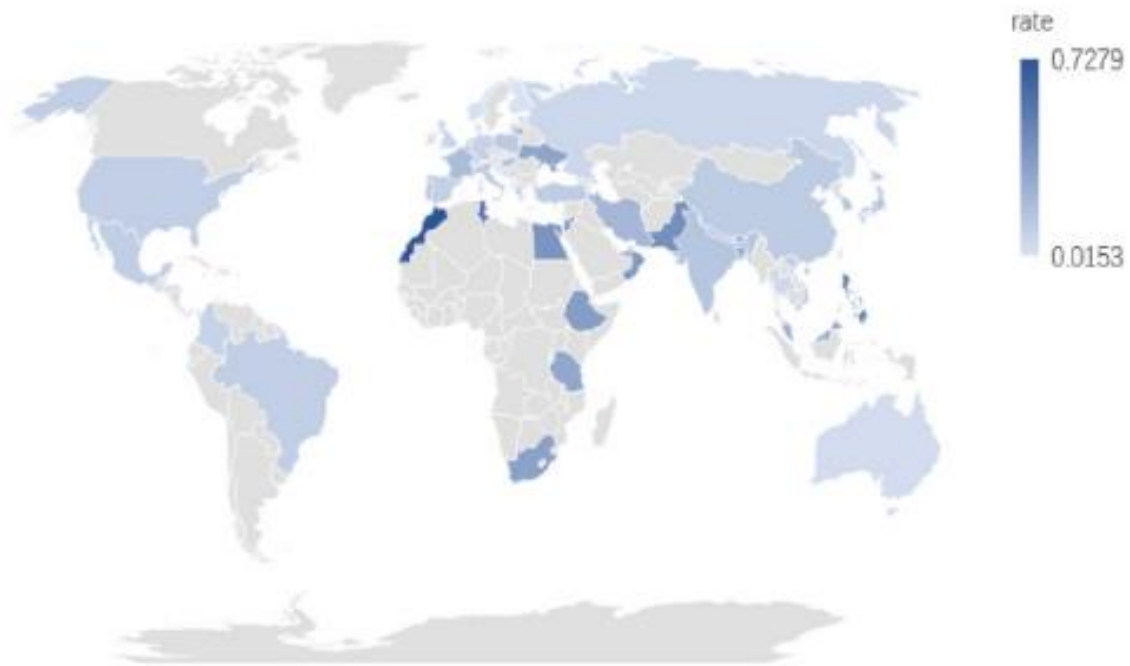
Higher prevalence of digital addiction was found in:

***Eastern Mediterranean region
and low/lower-middle income countries.***

Males had higher risk for Internet and game addiction.

An increasing trend of digital addiction during the past two decades was found, which dramatically worsened during COVID-19 pandemic.

A. Internet addiction



B. Game addiction



C. Smartphone addiction



D. Social media addiction



Predictors of health anxiety during pregnancy

around 80% of internet users seek health information online. for reasons such as convenience, anonymity, specialized advice and social support when feeling stressed or worried

Women are more likely to search for health information online. and studies suggest that searches for health information increase during pregnancy

health anxiety is not elevated during pregnancy, although health anxiety is higher for those women who have experienced complications during pregnancy

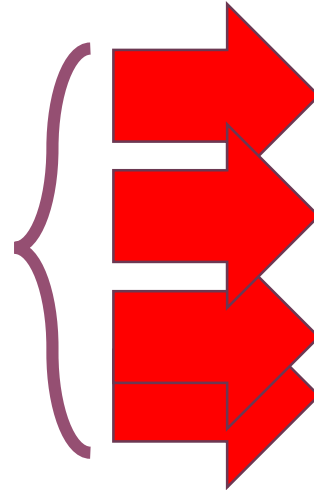
Cyberchondria has been defined as 'the unfounded escalation of concerns about common symptomatology, based on the review of search results and literature on the web'



Do mothers use
the internet for
pregnancy
related
information and
does it affect
their
decisions during
the pregnancy?

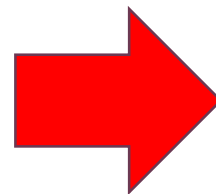


نقش راهبرد های آکادمیک



	Larsson 2009		Gao et al 2012	
	Number (n=153)	%	Number (n=297)	%
Correspond with facts from other sources	67	51	199	67.0
References are provided	56	42	125	42.1
Facts are reviewed by experts within the field	44	33	101	34.0
Continuous updating	44	33	113	38.0
Governmental institution responsible for the information	42	32	23	7.7
Recommended by a friend	31	23	69	23.2
Recommended by a midwife	29	22	44	14.8
Respected authors	19	14	26	8.8
Well written language	15	11	69	23.2
Recommended by media	13	10	6	2.0
Professional lay out	11	8	15	5.1
Many visitors	8	6	101	34.0
Run by a commercial company	6	5	0	0
Run by an individual	0	0	0	0

نقش سلبریتی ها و اینفلوئنسر ها



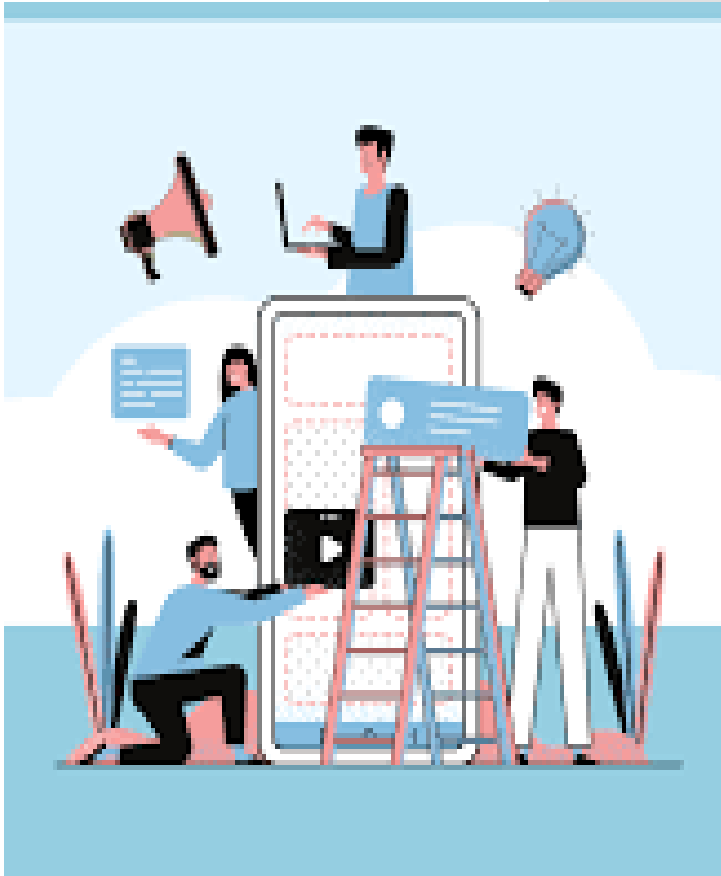
4 Different Types of Influencers Based on Follower Count

Micro-influencers.
followers: 5,000 — 100,000.

Mid-tier influencers.
followers: 100,000 — 500,000.

Macro-influencers.
followers: 500,000 — 1M

Mega-influencers.
followers: 1M+



The background of the slide features a collection of colorful, three-dimensional blocks or cubes. Each block is decorated with a different social media or communication icon. Visible icons include a green speech bubble with two white figures, a purple speech bubble with a white figure, a purple speech bubble with a white telephone handset, a blue thumbs-up icon, and a red heart. The blocks are scattered across a dark blue surface, creating a vibrant and modern aesthetic.

Mothers now are more exposed than ever to a significant amount of different information:

- Online forums
- Videos
- Medical websites
- Scholarly literature

effectively compelling them to develop decisions based only on the information they have accessed online.

Internet and social media use can offer several benefits during pregnancy, including:



1. **Access to information:** The internet provides access to a wealth of information about pregnancy, childbirth, and parenting. Pregnant women can research various topics related to their pregnancy and get answers to their questions from credible sources.



2. **Social support:** Social media platforms and online support groups can provide pregnant women with a sense of community and emotional support. They can connect with other women who are going through similar experiences and share their feelings and concerns.



3. **Convenience:** The internet and social media offer convenience, allowing pregnant women to access resources and support from the comfort of their own homes. They can also schedule appointments, order supplies, and access medical records online.



4. **Education:** The internet and social media can be used to educate pregnant women about healthy habits, such as proper nutrition and exercise, as well as potential risks and complications during pregnancy.



5. **Communication with healthcare providers:** Pregnant women can use the internet and social media to communicate with their healthcare providers, ask questions, and receive updates about their pregnancy.

While internet and social media use can offer benefits during pregnancy,

there are also some potential harms to be aware of. These include:



1. **Misinformation:** There is a lot of misinformation online about pregnancy and childbirth, which can be confusing and lead to unnecessary worry or poor decision making. It's important to verify the credibility of sources and seek advice from healthcare providers.



2. **Cyberbullying:** Pregnant women may be at risk of cyberbullying or online harassment, which can be emotionally distressing and harmful to their mental health.



3. **Social comparison:** Social media can create feelings of social comparison, which can be harmful to self-esteem and mental health during pregnancy. Pregnant women may feel pressure to look a certain way or have a certain type of pregnancy experience based on what they see online.



4. **Increased anxiety:** Excessive internet and social media use can contribute to increased anxiety and stress during pregnancy, particularly if pregnant women are constantly exposed to negative news or sensationalized stories.



5. **Addiction:** Excessive internet and social media use can lead to addiction, which can interfere with daily life activities and be harmful to mental health.

از توجه شما بسیار سپاسگزارم

abtinh@gmail.com