



Scroll, Swipe, Chat: Reassessing Youth Mental Health for the GenAI Era

Presented by: Scott Kollins, PhD

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

Course Description

Social media's link to youth mental health remains scientifically contested, and generative AI chatbots have introduced a new, understudied layer of exposure. This session will review the evidence on youth digital media use, distinguishing established findings from hype, and situate the ongoing "causal vs. correlational" debate in the field. Original research characterizing how U.S. youth adopt and use generative AI chatbots will also be presented. Attendees will leave with a critical framework for evaluating digital media research and practical considerations for addressing digital media use in youth.

Learner Outcomes

After completing this learning track, participants will be able to:

1. Describe the current state of evidence on adolescent social media use and mental health, distinguishing areas of scientific consensus from claims where causality is not established
2. Summarize recent data on generative AI chatbot adoption patterns and conversational content among U.S. youth, including age-related differences
3. Apply a critical lens to digital media research design when advising patients, families, and policymakers
4. Recognize red flags in youth AI chatbot and social media use that warrant additional follow up

Time-Ordered Agenda

3 minutes	Framing & disclosures
7 minutes	Setting the stage
10 minutes	What we know
6 minutes	What's controversial
12 minutes	The new frontier: GenAI chatbots
6 minutes	Critical appraisal
6 minutes	Clinical/policy implications
10 minutes	Closing and Q&A

About the Presenter

Scott H. Kollins, PhD is a licensed psychologist and digital health leader with expertise in product development, evidence generation, and digital health regulation. He is a clinical and scientific advisor to Aura, where he was previously Chief Medical Officer. He also served as CMO at Akili and Holmusk. Earlier, Scott spent more than 20 years as a tenured professor in Duke University School of Medicine's Department of Psychiatry and Behavioral Sciences.

Disclosure

Financial: Dr. Kollins receives an honorarium for this presentation.

Non-financial: There is no relevant non-financial relationship to disclose.

NCS Pearson Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

References

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