

WORLD DEPRESSION CONGRESS

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Mental in capabilities all leading to depression

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With the growth of social media and its popularity spreading amongst all spheres of life including business, family life, social interactions, dealings, education and relationships, it is causing daunting challenges relating to the mental health for young adults. This lifestyle change is making them more vulnerable to negative thought processes including social comparisons, isolation and mental in capabilities all leading to depression. The scale of this social issue has been accepted and recognized even by the biggest tech entrepreneurs of current times. This is ironic because inventions from these tech entrepreneurs have been the major factors behind the growth of social media globally. It is therefore the need of the hour to further probe this important area that how social media is causing depression amongst young adults.

Biography

Rabia Usman is the CEO and Clinical Psychologist at the clinic 'The Listener'. Head of psychology department at Talk to me, Pakistan's first helpline. Certified CBT therapist by Pakistan Association of Cognitive Therapists. Member of Pakistan Association of Clinical Psychologists. Member of American Psychological Association. Executive member of Chamber of Commerce and Industry Bahawalpur Pakistan. Member of Pakistan association of Cognitive therapists. Member of Global Research and Development Services. Visiting faculty at numerous universities.

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