

WELCOME TO OUR Monthly Newsletter

Swipe, Scroll, Stress: The Mental Health Impact of Excessive Screen Time

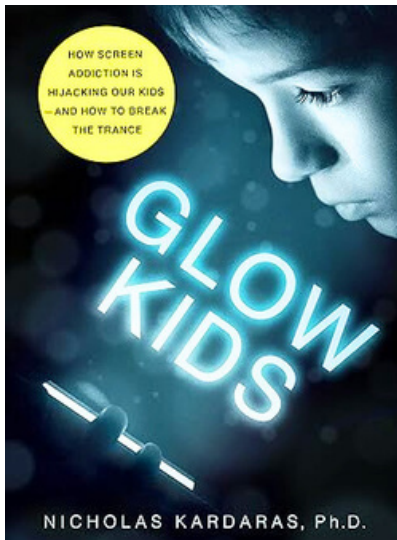
Digital devices are central to modern life, but excessive screen time has been linked to increased anxiety, sleep disturbances, and emotional dysregulation in children. The Australian Institute of Family Studies (AIFS) reports that **70% of parents are concerned about their child's screen time**, indicating that exceeding four hours per day is associated with higher risks of anxiety and depression. The Growing Up in Australia Longitudinal Study found that high screen exposure in early childhood correlates with lower emotional regulation skills and reduced attention spans.

Excessive screen use affects mental health through dopamine dysregulation, reinforcing compulsive behaviors and heightened stress responses. Blue light exposure from devices also disrupts sleep, a critical factor in emotional well-being. Additionally, screen time often replaces face-to-face interactions, physical activity, and unstructured play, all essential for cognitive and emotional development.

While screens are unavoidable, structured screen-time limits, tech-free zones, and encouraging offline activities can help families create a healthier balance. Parents can also benefit from professional support, such as behavioral coaching, to implement sustainable digital habits.

In this newsletter you will find:

Pitstop Presents, Pitstop Insights and more. Keep Reading!



Glow Kids: How Screen Addiction Is Hijacking Our Kids —and How to Break the Trance

by Nicholas Kardaras (Author)

In *Glow Kids*, addiction expert Dr. Nicholas Kardaras explores the impact of excessive screen use on children's brain development and mental health. Drawing from clinical experience and research, he argues that video games, social media, and digital devices can trigger addiction-like behaviors, rewiring young minds in ways similar to substance dependence. The book presents compelling evidence linking excessive screen time to increased anxiety, attention issues, and emotional dysregulation, urging parents and professionals to rethink digital habits.

Kardaras supports his claims with neuroscientific research, highlighting how screen overuse overstimulates the dopaminergic reward system, reinforcing compulsive behaviors. Studies cited in the book reveal that children who spend more than four hours daily on screens show higher rates of impulsivity, mood instability, and sleep disturbances. The book also addresses the role of educational technology, questioning the assumption that increased digital learning benefits cognitive development. Instead, Kardaras advocates for more real-world play, outdoor activities, and face-to-face social interactions to foster healthy development.

For general practitioners and mental health professionals, *Glow Kids* provides valuable insights into the psychological and neurological consequences of screen overuse. It offers practical strategies for parents, including digital detox plans and alternative engagement methods to reduce reliance on screens. Whether working with families concerned about screen dependency or seeking to understand the broader impact of digital culture on childhood, this book serves as a timely and thought-provoking resource.

Meet Our Team



Dr Patrik Ho

Child, Adolescent and Adult
Psychiatrist

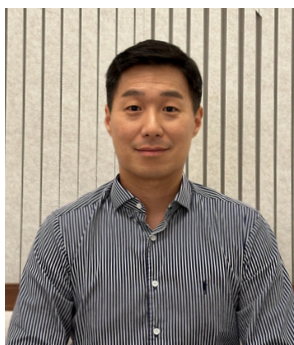
**Waiting Period: not
accepting referrals currently**



Dr Jack Hsu

Child and Adolescent
Psychiatrist

Waiting Period: 5 months



Dr Ji Won Seo

Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 6 months



Dr Jordon Liu

Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 6 weeks



Alex Catt

Registered Psychologist

Waiting Period: 3 months



Nicole Ho

Clinical Psychologist

Waiting Period: 2 months



Shawn Wang

Clinical and Organisational
Psychology Registrar

Waiting Period: 6 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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