

5th International Conference on
Brain Disorders and Therapeutics
&
Mental Health and Psychology

November 05-06, 2018 | Edinburgh, Scotland



Khurram Sadiq

CMHT, UK

Social media - The anti -social media; The challenges and impact on mental health

The world is divided into two Paradoxes, Real world and Online which is now declared a domain. We know the advantages of Social Media , how connected we are , how easy it is to communicate however what we disregard is the unknown dark realm of the Social Media with a dynamic interface which is very engaging and addictive in nature. With the expansion of Social Media and advent Of Smart phones , our universe is in our hands and just a touch away. Screen time has increased considerably, real time has decreased substantiality , there is a false perception of anonymity, closeness , proximity and security. This leads to a lot of deviant behaviours. Outdoor activities has been replaced with Gaming consoles, VR Gismos and ever engaging Social Media. Social isolation is on the rise , there has been an increase in the mental health disorders amongst children, adolescents and adults. Social Media is now deemed as an addiction. There is a significant withdrawal, craving and dependence on Social Media, working on Rewards, surges , highs and pleasure system. The conundrum is to counter this addiction which impacts the

young , impacting not only the social values but institutions affecting skill sets and endangers the societal fabric. Amongst teenagers there has been an increase in mental Health disorders by 75% in the past 2 decades. There has been relapses of Bipolar illness and Psychotic disorder due to social Isolation instigated by Cyberworld that includes gadgets , gaming , social media etc Stalking has never been easy , instead of one there are multiple targets , paranoia and delusional word has become more Elaborated fed by the addictive enchanting and enthralling world of Social Media. Our world now looks like a snapshot of George Orwell's 1984.

Speaker Biography

Khurram Sadiq was awarded by International Association of Health Professionals as one of the top psychiatrist in UK and as one of leading physicians of the world . He have also been included in the continental Who's Who ICE, which is a leading publication in US. He is passionate about public services speaking. His areas of interests are social media and mental health, Music and Mental health, leadership , Asperger's and Psycho-oncology. He is a consultant psychiatrist in Community Psychiatrist in Manchester.

e: sigmundfreud420@yahoo.com