

EdUHK Department of Psychology &
The Hong Kong Psychological Society Talk Series
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UPDATED

Exploring How Internet and Social Media Adoption Relates to Global Well-being in the Digital Age

28 Sept 2023 (Thur) | 11:00 am – 12:00 nn (HKT, GMT+8)

Hybrid: Physical at **D1-LP-06**, EdUHK Tai Po Campus | Virtual via Zoom*



Professor Andrew K. Przybylski

Professor of Human Behaviour and Technology
Oxford Internet Institute
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Professor Przybylski investigates how online social media and video games platforms shape human motivation and influence the health and well-being of their users. He has published more than 100 peer reviewed academic and conference papers which have been cited more than 20,000 times in the past decade. He is a frequent commentator on the effects of internet-based technology on our lives and works closely with national and global policymakers to empower users and independent scientists to address the most pressing questions of health and human development in the digital age. His research, commentary, and contributions are regularly featured in The Guardian, The New York Times, Wired Magazine, The Washington Post, The Financial Times, The Week, and international outlets including the BBC World Service and PRI's The World.

Abstract

This talk will provide a historic and empirical perspective on how we might understand the links that might link the adoption and use of the internet, mobile broadband, and social media to longer-term trends in mental health and psychological well-being. Starting with a review as to why this question is important and ways this question has been asked over time it will cover how we have understood and tested the idea. The heart of the talk is a review of three global studies examining technology and wellness across the last two decades with a special emphasis on methodology and representativeness. The talk closes with a reflection on what these kinds of studies can and cannot show us as well as cautions about the perils of oversimplifying a complex global phenomenon. Avenues for future research, the formidable challenges ahead, as well as the value of transparent, reproducible, and diverse research will be explored.

Moderator

Dr Wilbert Law

Assistant Professor, Department of Psychology
Co-Director, Centre of Psychosocial Health
The Education University of Hong Kong



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