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Social media: Its challenges and impact on mental health



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Well, we live in a dynamic world of social media. The world is divided into two paradoxes like 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 substantially. There is a false perception of anonymity, closeness, proximity and security. This leads to a lot of deviant behaviors. Outdoor activities have been replaced with gaming consoles, VR Gizmos and ever engaging social media. Social isolation is on the rise, there has been increasing in the mental health disorders amongst children, adolescents and adults. Measures need to be put in place to minimize the damage. That starts with making people aware, reducing screen time and acknowledging the existence of a dynamic online domain.

Biography

Khurram Sadiq is a Consultant Psychiatrist in a Complex Community Mental Health Team (CMHT) working in Central Manchester, United Kingdom. He completed his basic Medical degree from Khyber Medical College, Peshawar, Pakistan and went to United Kingdom to complete his training in Psychiatry. He did his core Psychiatric Training in Lincoln, Lincolnshire, UK before moving to Leeds for a non-training Registrar post in Crisis Resolution and Home Treatment Team. He then completed his specialist qualification of MRCPsych (Member of Royal College of Psychiatrists) from Royal College of Psychiatrists, United Kingdom in 2011. He then completed his Specialist Registrar Training from Liverpool where he worked in In-patients Psychiatry, CMHT, Neuropsychiatry and Brain Injury, Psychology, ADHD Teams and Recovery Team. He also gained some Forensic Psychiatry experience during his early days as a Consultant Psychiatrist. He is a Medical Doctor specializing in the care of mental health patients. As a Psychiatrist, he diagnoses, manages and treats mental illnesses/disorders at the same time providing clinical and administrative leadership to his team.

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