[**Risk to Mental Health**](https://youtu.be/r2C4zXDo-jM)

**Narrator:**

This vignette concerns physical risks.

Interviewees will be discussing the risks to mental health.

This risk perception is related to the increased usage of technology leading to attention behavior and self-regulation problems. It manifests as a concern that using ICT devices might increase mental health problems.

In this section, you will hear a number of video vignettes extracted from interviews with older Australians. we first hear from Eda, age 77, reflecting on the issues which this new generation growing up face for their mental health and the impact on those around it.

**Eda:**

But I am really concerned about the level of mental health which I think is directly related to the internet usage amongst a lot of that age group because, I mean when my children were at school which was in the in mid 80s, I mean there was never never a discussion about anyone suiciding right.

My granddaughter who's at boarding school parents, there have been three suicides in that school this year and it's been a it's been she's doing VCE this year, year 12, and it's been it's not been absolutely devastating. And my daughter tells me that you know that's it's all these mothers of teenage children today it's the really really huge worry and they all believe that the involvement with social media and the bullying and the bitchiness and the stuff that goes on is a big part of it. So I find that I find that very alarming.

**Narrator:**

Expanding on this Peter, age 69, discuss how certain people more vulnerable in their mental health might seek distance to others through social media

**Peter:**

I get the impression that people who do so badly already have some form of depression illness, and so are retreating and their whole life becomes their social media platform. Which is dangerous.

**Narrator:**

Finally, Maggie, age 69, brings this to light through her own husband's experience with mental health and her strategies for reducing technology's influence.

**Maggie:**

Well I mean if you took any of that on board it would get inside your head and yes that would be a worry and if you have any mental health issues you know and anything like that I must say I keep it from my husband because he does have some bit of depression and anxiety, so that's the last thing he needs to be worrying about you know, so yeah.

**Narrator:**

These vignettes were developed by the Shaping Connections Research Program at RMIT University’s School of Economics, Finance, and Marketing.

Our research develops insights on social inclusion and technology use among older Australians.

Please find additional information about these vignettes in the video description below.

You can get more information about the project by visiting www.shapingconnections.org. if you have any questions, comments, or feedback please use the contact us section of the website and we will get back to you.