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Utjecaj sadržaja o mentalnom zdravlju na društvenim mrežama na percepciju psihopatologije kod adolescenata: prikazi kliničkih slučajeva

/ The Impact of Mental Health Content on Social Media on Adolescents' Perceptions of Psychopathology: Clinical Case Reports

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Uvod: Društvene mreže jedan su od glavnih izvora informacija o mentalnom zdravlju među adolescentima. Iako takvi sadržaji mogu pridonijeti većoj informiranosti, često uključuju pojednostavljene ili netočne prikaze psihopatologije putem kojih adolescenti razumiju i interpretiraju vlastite psihičke teškoće. Posebno zabrinjava pojava samodijagnosticiranja i identificiranja s populariziranim dijagnostičkim kategorijama. Cilj: Prikazati utjecaj internetskih sadržaja vezanih uz mentalno zdravlje na percepciju i prezentaciju psihopatoloških simptoma kod adolescenata tijekom psihijatrijske obrade.

Introduction: Social networks are one of the main sources of information about mental health among adolescents. Although such content can contribute to greater awareness, it often includes simplified or inaccurate depictions of psychopathology through which adolescents understand and interpret their own psychological difficulties. Of particular concern is the emergence of self-diagnosis and identification with popularized diagnostic categories. Aim: To present the impact of online mental health–related content on the perception and presentation of psychopathological symptoms in adolescents during psychiatric

Prikazi slučajeva: Prikazano je sedam adolescenata hospitaliziranih na dječjoj i adolescentnoj psihijatriji koji su tijekom obrade spontano povezivali vlastite poteškoće s dijagnozama i konceptima o kojima su prethodno informirani putem društvenih mreža i internetskih sadržaja. Najčešće su navodili sumnju na poremećaje ličnosti, poremećaj disocijativnog identiteta, bipolarni poremećaj, depresivne poremećaje, ADHD, poremećaje iz spektra autizma te rodnu disforiju. Uočena je sklonost prepoznavanju vlastitih iskustava u pojednostavljenim opisima simptoma te oslanjanju na iskustva influencera i internetskih zajednica kao relevantan izvor informacija. Zaključak: Društvene mreže i internetski sadržaji značajan su čimbenik u oblikovanju razumijevanja psihopatologije među adolescentima. Tijekom psihijatrijske procjene važno je sustavno ispitati izvore informacija o mentalnom zdravlju kojima su mladi izloženi te procijeniti njihov utjecaj na pojavu simptoma i formiranje identiteta bolesti. Prikazani slučajevi upućuju na potrebu razvoja programa medijske pismenosti i psihoedukacije adolescenata i roditelja te na potrebu daljnjih istraživanja utjecaja digitalnih sadržaja na mentalno zdravlje mladih.

assessment. Case reports: We present seven adolescents hospitalized in child and adolescent psychiatry who, during assessment, spontaneously linked their own difficulties with diagnoses and concepts about which they had previously learned through social networks and online content. They most commonly reported suspecting personality disorders, dissociative identity disorder, bipolar disorder, depressive disorders, ADHD, autism spectrum disorders, and gender dysphoria. A tendency was observed to recognize their own experiences in simplified descriptions of symptoms and to rely on the experiences of influencers and online communities as a relevant source of information. Conclusion: Social networks and online content are a significant factor in shaping adolescents' understanding of psychopathology. During psychiatric evaluation, it is important to systematically examine the sources of mental health information to which young people are exposed and to assess their impact on the emergence of symptoms and the formation of illness identity. The presented cases indicate the need to develop media literacy and psychoeducation programs for adolescents and parents, as well as the need for further research on the impact of digital content on young people's mental health.