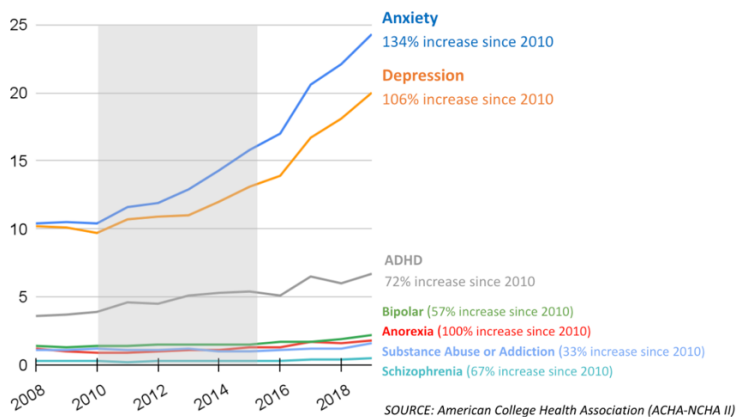


## Open Your Class With This Tomorrow- *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*

### Evaluating Increases in Mental Health Issues

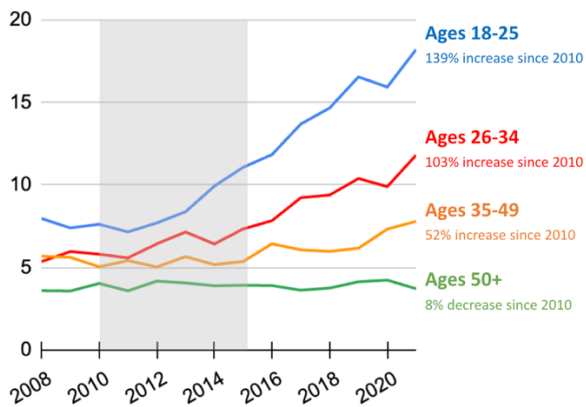
**Directions:** Examine the charts displayed below and answer the questions related to each. Be sure to explain each response.

Percent of U.S. Undergraduates Diagnosed with a Mental Illness



1. Explain what has been happening (using specific data for support) to rates of anxiety and depression from 2008-2018.
2. Brainstorm at least 3 factors that might impact this rise in mental illness and explain the potential relationship.
  - 1.
  - 2.
  - 3.

## Percent U.S. Anxiety Prevalence



SOURCE: U.S. National Survey on Drug Use and Health

3. What could explain the rapid increase in anxiety in those ages 18-25?
4. If smartphones are contributing to the rise in rates of mental illness, what are some ways in which you think schools and parents could reasonably help teens limit their use of phones and social media and help make personal connections with other teens?
5. Watch this video on Statistical Significance and Effect Size and address how this might refute Haidt's argument that cell phone usage is causing increase in anxiety and depression in teens.

6.

[Sci Show Psych: Statistical Significance and Effect Size](#)