On This side, write your summary for each section.

While you read, you should highlight unfamiliar words and look up their meaning in a dictionary.

Then, with a different color, highlight the key words or phrases.

On This side, write any questions and/or comments you have about the article.

Facebook Use May Lead to Psychological Disorders in Teens [STUDY]

[Mashable](http://www.mashable.com/)

By **Erica Swallow**August 8, 2011 2:54 AM

While social networking site [Facebook](http://mashable.com/category/facebook) was created to help people connect with their friends, increasing research in the effect of social media on human interaction is painting a different picture -- one that features the development of antisocial behavior, narcissism and a slew of other character flaws and negative by-products.

[Overdosing on Facebook](http://mashable.com/2011/01/12/obsessed-with-facebook-infographic/) may lead to the development of such psychological disorders in teens, according to a recent study conducted by [Dr. Larry Rosen](http://www.csudh.edu/psych/lrosen.htm), a professor of psychology at California State University.

In a [presentation](http://www.sciencedaily.com/releases/2011/08/110806203538.htm) entitled "Poke Me: How Social Networks Can Both Help and Harm Our Kids" at the 119th Annual Convention of the American Psychological Association, Rosen presented his findings based on a number of computer-based surveys distributed to 1,000 urban adolescents and his 15-minute observations of 300 teens in the act of studying.

Some of the negative side effects of Facebook use for teens that Rosen cited included:

* development of narcissism in teens who often use Facebook
* presence of other psychological disorders, including antisocial behaviors, mania and aggressive tendencies, in teens who have a strong Facebook presence
* increased absence from school and likelihood of developing stomach aches, sleeping problems, anxiety and depression, in teens who "overdose" in technology on a daily basis, including Facebook and video games
* [lower grades](http://mashable.com/2011/04/27/facebook-effect-students/) for middle school, high school and college students who checked Facebook at least once during a 15-minute study period
* lower reading retention rates for students who most frequently had Facebook open on their computers during the 15-minute study period

Not all findings were negative, however -- one of the more interesting points from Rosen's research was the development of "virtual empathy."

Generally, we think of empathy as an in-person activity, where hugs, facial expressions and kind words help improve a loved one's mood. Rosen says that teens are developing the ability to show virtual empathy for distressed Facebook friends and that the empathy is actually well-received by friends, positively influencing their mood.

This virtual empathy, he says, can even spill over into the real world, teaching teens how to empathize with others in everyday life.

Your Take: What is your opinion about this article? Do you agree or disagree with the author. Use specific examples from the text to prove your point.

Write your response here. You may attach a piece of paper for longer responses.

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