

Tuesday 16th, 16.10-16.30

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**Thinking Systems about a 21st
Century Anxiety Binder: The
relationship between young
people, social media,
differentiation of self and
parenting**



To date, little or no research has been undertaken regarding the interplay between differentiation of self, social networking site usage (SNS), parental involvement and mental health indicators in the first generation of digitally savvy emerging adults (EA; aged between 18-25 years).

However, in 2019, in collaboration with Sr Elena Marie Piteo from the University of Notre Dame, Australia, the presenter conducted research to explore whether such a relationship exists. Results demonstrated there are significant relationships between caregiver autonomy granting, depressive and anxiety symptoms in EA, differentiation of self and social networking site usage.

Implications of these results will be tabled, including how SNS usage may facilitate an anxious over-involvement by parents, how this may contribute to poorer mental health outcomes in young adults, and the implications for family therapy when parents bring SNS "as the issue".

3rd International Conference on Bowen Family Systems Theory