

9th International Conference on
ADDICTION & PSYCHIATRY
November 12-13, 2018 Dubai, UAE

Modern day addiction: Cybertechnology and social media

Khurram Tanveer Sadiq

Greater Manchester Mental Health NHS Foundation Trust, UK

Well we live in a dynamic world of Social Media. The world is divided into two Paradoxes, Real world and Online, which is now declared a domain. We know the advantages of Social Media, how connected we are, how easy it is to communicate however what we disregard is the unknown dark realm of the Social Media with a dynamic interface which is very engaging and addictive in nature. With the expansion of Social Media and advent Of Smart phones, our universe is in our hands and just a touch away. Screen time has increased considerably, real time has decreased substantially, there is a false perception of anonymity, closeness, proximity and security. This leads to a lot of deviant behaviours. Outdoor activities have been replaced with Gaming consoles, VR Gismos and ever engaging Social Media. Social isolation is on the rise, there has been an increase in the mental health disorders amongst children, adolescents and adults. No one could imagine that soon this cyber technology will become an addiction that changes the morphology of the brain and in turn bent on ripping apart the societal fabric.

Biography

Khurram Tanveer Sadiq is a Consultant Psychiatrist in General Adult Psychiatry in Manchester. His niche areas are Adult ADHD, Autistic Spectrum Disorder, Psycho-oncology, Leadership, Music & Mental health and Social Media & Mental health. He was included in the 2017 publication by International Association of Health Professionals as one of the Leading Psychiatrist in UK. He has also appeared in the Summer edition of Continental Who's Who Publication Inner Circle Executive (ICE). He is also a Key Note Speaker & blogger. He has appeared several health-related TV programs regarding the impact of Social Media on mental health. He is well published in different areas of mental health.

khurramlodhi74@hotmail.com

Notes: