# Problem Statement

Heavy use of technology makes it twice as likely to be depressed and in addition between the years 2011 to 2018 adolescent depression in the U.S. increased by 60% (Jean M Twenge 2020). If primarily parents were made more aware of the issues that may surround exposing children to technology at an earlier age could that reduce the number of depressed children in the U.S. or the world?

# Artifact

This study will explore the use of a mobile application targeted to parents, providing up to date information in a digestible form sent out as notifications throughout the day. The app will also provide the parents with the ability to contact professionals with ease, eliminating the extra step of research, making this accessible.

# Research Question

How could the introduction of a mobile application which will broadcast up to date studies in a digestible form influence the decisions of parents in regard to exposing their children to technology.

# Methods

* Monthly Interviews
* Feedback forms in app

# References

Twenge, J.M., 2020. Why increases in adolescent depression may be linked to the technological environment. Current opinion in psychology, 32, pp.89-94.

# Feedback