

Macro Roundup Article

Headline: [The Teen Mental Illness Epidemic is International, Part 1: The Anglosphere](#)

Article Link: <https://jonathanhaidt.substack.com/p/international-mental-illness-part-one>

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Tweet: [. @JonHaidt reports the deterioration in teens mental health across the Anglosphere is seemingly following the same basic pattern which he suspects is being driven by smartphones and social media.](#)

Summary: In sum, all five Anglosphere countries exhibit the same basic pattern: A) A substantial increase in adolescent anxiety and depression rates begins in the early 2010s. B) A substantial increase in adolescent self-harm rates or psychiatric hospitalizations begins in the early 2010s. C) The increases are larger for girls than for boys (in absolute terms). D) The increases are larger for Gen Z than for older generations (in absolute terms). At this point, there is only one theory we know of that can explain why the same thing happened to girls in so many countries at the same time: the rapid global movement from flip phones (where you can't do social media) to smartphones and the phone-based childhood. The first smartphone with a front-facing camera (the iPhone 4) came out in 2010, just as teens were trading in their flip phones for smartphones in large numbers. (Few teens owned an iPhone in its first few years). Facebook bought Instagram in 2012, which gave the platform a huge boost in publicity and users.

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Topics: Family/Marriage, Op-Ed/Blog Post, Opinion, Theory

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