

3.20 蛋学长外刊精读 | 博闻多识：学校禁止智能手机能改善心理健康吗？



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Well **informed**: Do bans on smartphones in schools improve mental health?

博闻多识：学校禁止智能手机能改善心理健康吗？

What the early evidence suggests about the effect on students

早期证据对学生影响有何启示

【1】 France has not allowed smartphone use in primary or secondary schools since 2018, claiming that it would help children focus, reduce their social media use and **mitigate** online **bullying**. The Netherlands **initiated** a similar ban in January 2024. Hungary followed suit later that year. Legislators in Britain are considering similar measures. The key question facing them is whether banning smartphones in schools offers any **benefits** to mental health.

自2018年以来，法国便禁止中小学生在学校使用智能手机，声称此举将有助于孩子们集中注意力、减少社交媒体使用并减少网络欺凌现象。

2024年1月，荷兰也出台了类似的禁令。匈牙利也在同年晚些时候效仿。英国立法者也在考虑采取类似措施。但他们面临的关键问题是：禁止校内使用智

中文导读

早期证据对学生影响有何启示

informed /ɪn'fɔ:md/ adj. 见多识广的,有学问的,有见识的, 知情的 v. 通知,了解,知会,通告,熟悉,对...有影响 inform 的过去分词和过去式 **They informed him that they wished reconciliation.** 他们告诉他,他们愿意和解。

1

mitigate /'mitigeɪt/ vt. 减轻,缓和

bullying /'bʊlɪŋ/ v. 恐吓,伤害,胁迫 n. 仗势欺人者; 横行霸道者 bully 的现在分词 **I refuse to stoop to such bullying tactics.** 我拒绝下作到使用这种霸道手段。

initiated /ɪ'nɪʃieɪtɪd/ v. 开始,发起,创始,使了解,传授,教... 开始尝试,(尤指在秘密仪式上)使加入,接纳,吸收 initiate 的过去分词和过去式 **He initiated her into the study of other cultures.** 他引导她进入对于其他文化的研究。

benefits /'benəfit/ n. 优势,益处,成效,福利费(政府对失业者、病人等提供的补助金),(公司提供的)福利,奖金,(保险公司支付的)给付,保险金 v. 对(某人)有用,使受益,得益于,得利于 benefit 的第三人称单数和复数

2

surgeon /'sɜ:dʒ(ə)n/ n. 外科医生 **The surgeon opened up the patient's chest.** 这名外科医生切开了病人的胸部

compiled /kəm'paɪl/ v. 编写(书、列表、报告等),编纂,编译 compile 的过去分词和过去式 **Compiling a dictionary is an awful sweat.** 编字典是一项非常艰苦的工作。

revealing /ri'vi:lɪŋ/ v. 揭示,露出,透露,显示,展示,显出 adj. 暴露的,揭露真相的,发人深省的,使身体过分裸露的 reveal 的现在分词 **The man smiled, revealing perfect white teeth.** 那个男人微笑着,露出雪白整齐的牙齿。

persistent /pə'sɪst(ə)nt/ adj. 持久的,持续的,坚持不懈的,执著的,不屈不挠的,连绵的,反复出现的 **She felt embarrassed by his persistent attentions.** 他不时地向她大献殷勤,使她很难为情。

considered /kən'sɪdəd/ adj. 经过慎重思考的,经过深思熟虑的 v. (尤指为作出决定而)仔细考虑,细想,认为,以为,觉得,体谅,考虑到,顾及 consider 的过去分词和过去式 **Basic law or tradition was considered inviolable.** 基本法律或传统被认为神圣不可侵犯。

findings /'faɪndɪŋz/ n. 调查发现,调研结果,判决,裁决 finding 的复数 **The jury made a finding of fact.** 陪审团对案件进行判决

depression /dɪ'preʃ(ə)n/ n. 抑郁症,精神忧郁,抑郁,沮丧,消沉,萧条期,经济衰退,不景气,洼地,低气压 **The economic depression hits shipbuilding industry badly.** 经济萧条使造船业蒙受严重损失。

emerge /ɪ'mɜ:dʒ/ v. 浮现,显现,(从隐蔽处或暗处)出现,露出,暴露,露出真相,被知晓,露头,显露,幸存下来,摆脱出来

能手机对心理健康是否有益？

【2】 That there is a problem seems clear. In 2021 America's **surgeon** general **compiled** a report **revealing** that **persistent** feelings of hopelessness climbed by 40% among American high-school students between 2009 and 2019. The number who seriously **considered** killing themselves went up by 36%. What makes these **findings** all the worse is that 48% of mental-health problems (like **depression** and **anxiety**) that **emerge** during **adolescence** will **plague** people for the rest of their lives. Panda Foreign

Magazine **intensive** Reading: Respect for Originality, Piracy Must Be Punished

问题显而易见。2021年，美国卫生局局长汇编的一份报告显示，2009年至2019年间，美国高中生持续感到绝望的比例上升了40%，认真考虑过自杀的人数增加了36%。更糟糕的是，青少年时期出现的心理健康问题（如抑郁和焦虑）有48%将伴随人们一生。

【3】 It is **tempting** to **connect** these trends with the increased **availability** of smartphones, but **establishing** a **causal** connection is difficult. Part of the problem is that smartphones contain **multitudes**. Using a smartphone to solve **crosswords** or read the news may well have **markedly** different **psychological** effects than **intensive** social-media use. 人们虽然很容易将这些趋势与智能手机普及率的提高联系起来，但要建立因果关系却十分困难。原因之一是智能手机功能繁多。与大量使用社交媒体相比，用智能手机解填字游戏或阅读新闻产生的心理影响可能截然不同。

【4】 Children are no less **varied**. The brain **undergoes profound** changes during **puberty**, meaning that any research on the effects of

A fusion of religion and politics **emerged**.出现了政教合一的局面

adolescence /ædə'les(ə)ns/ n.青春期,青春 Her novels **center on the problems of adolescence**.她的小说以青少年问题为中心

plague /pleɪg/ n. 瘟疫;(老鼠或昆虫等肆虐造成的)灾害,祸患;死亡率高的传染病 vt. 困扰;折磨;纠缠;缠扰;使受煎熬;给...造成长时间的痛苦(或麻烦);缠磨 **Septicaemic plague occurs when infection spreads directly through the bloodstream, while the pneumonic form is the most virulent but least common**.肺炎性鼠疫是不需要经跳蚤或动物媒介，而是由人传人经空气吸入受感飞沫传播。

3

tempting /'tem(p)tiŋ/ adj.吸引人的,诱人的,有吸引力的.v. 引诱,诱惑,劝诱,鼓动,怂恿,利诱tempt的现在分词 **We received a tempting offer for the house but decided to keep it**.我们得到一个很有诱惑力的开价，但还是决定不卖这座房子。

connect /kə'nekt/ v.联系,(使计算机)连接(到互联网或计算机网络),接通,联结,使...连接,与...有联系(或关联),注意到...有关联,衔接,为(某人)接通电话,(与某人)建立良好关系,沟通 **The batter connected for a home run**.打击者成功地击出全垒打

availability /ə'veɪlə'bɪləti/ n.可利用性,可利用;可用性;有用(效)性;使用价值;(有效)利用率;工作效率 **The availability of cheap long-term credit would help small business**.低利息的长期贷款对小型企业会有帮助。

establishing /ə'stæblɪŋ/ v.创立,设立,建立(尤指正式关系),确立,使立足,使稳固establish的现在分词 **The police established that she was innocent**.警察查明她是无辜的。

causal /'kɔ:z(ə)l/ adj.因果关系的,前因后果的,原因的,表示因果关系的(连接词,如because)n.表示原因的词[结构] **a causal conjunction**.表原因的连词。

multitudes /'mʌltɪtju:dz/ n.大量,众多,群众,人群,民众,大批百姓multitude的复数

crosswords /'krɒswɜ:dz/ n.纵横字谜,纵横填字游戏 crossword的复数

markedly /'ma:kɪdli/ adv. 明显;显著地;引人注目地 **The emphasis has shifted markedly in recent years**.最近几年重点已经明显改变了。

psychological /saɪkə'lɒdʒɪk(ə)l/ adj.心灵的,心理的,精神上的,心理学的,关于心理学的 **This explanation fits the facts and is psychologically plausible**.这一解释与事实相符，从心理角度看也有理。

intensive /ɪn'tensɪv/ adj.短时间内集中紧张进行的,密集的,彻底的,十分细致的,集约的n.加强器,[语]强义词,强调成份 **I'll make an intensive study of a subject**.我将集中学一门课程。

4

varied /'veəriəd/ adj.多种多样的,不同的,变化的,多变的,各种各样的,形形色色的,不相同的v.(大小、形状等)相异,不同,有别,(根据情况)变化,改变,变更,(略做)改变vary的

smartphone use needs to consider the **developmental** age of the children being studied as well as their **precise** smartphone habits.

儿童个体间的差异也不小。大脑在青春期会发生深刻变化，这意味着，任何关于智能手机使用影响的研究，都需要考虑研究对象的发育年龄及其具体的手机使用习惯。

【5】No studies have got this **specific**. Those that have come close, however, **reveal** that **unfettered** access to social media on smartphones during **puberty**, especially at **critical moments** when the brain is changing, may cause problems. One study, led by Amy Orben at the University of Cambridge, asked 17,409 people between the ages of 10 and 21 how **satisfied** they were with their lives and how much they used social media. The **findings**, reported in 2022 in Nature Communications, show that girls who increased their social media use over the course of a year were **significantly** less **satisfied** with their lives if the increase took place when they were between 11 and 13. Boys showed the same trend when increases took place when they were 14 or 15 years old.

目前还没有研究能够达到如此具体的程度。然而，那些接近这一标准的研究表明，在青春期无节制地使用智能手机上的社交媒体，尤其是在大脑发生变化的关键时期，可能会引发问题。

剑桥大学（University of Cambridge）的艾米·奥本

（Amy Orben）领导的一项研究，对17409名年龄在10至21岁之间的人进行了调查，询问他们对生活的满意度以及社交媒体的使用情况

蛋学长 蛋学长 蛋学长

2022年，发表在《自然通讯》

（Nature Communications）上的研究结果显示，如果11到13岁的女孩在一年内增加社交媒体使用量，她们对生活的满意度会显著下降。男孩在14或15岁时增加使用量也会呈现同样

过去分词和过去式 **Chinese commodities available for export are **varied****.中国可供出口的商品种类繁多。

undergoes /ˌʌndəˈɡəʊz/ v.经历，经受(变化、不快的事等)undergo的第三人称单数

profound /prəˈfaʊnd/ adj.意义深远的,深远的,深邃的,巨大的,深切的,知识渊博的,理解深刻的,艰深的,玄奥的,严重的 **For college students, to do a part-time job will exert a **profound influence on their personality and life****.做兼职对大学生的个性培养和今后生活都具有深远的影响。

puberty /ˈpjuːbəti/ n.青春期 **You reach **puberty** in your teens**.人十多岁就到达青春期。

developmental /diˌveləp'mentl/ adj.发展的; 成长的; 进化的; 发育中的; 开发中的; 进化中的 **The product is still at a **developmental stage****.这种产品仍处于研制阶段。

precise /priˈsaɪs/ adj.准确的,确切的,精确的,明确的,(强调时间或方式等)就,恰好,细致的,精细的,认真的,一丝不苟的 **A scientist must be **precise in making tests****.科学家做试验必须精确。

5

specific /spəˈsɪfɪk/ adj.具体的,特定的,特有的,明确的,独特的n.特效药,特性,细节,显著的性质 **He speaks in concepts rather than **specifics****.他讲话时尽用抽象概念,而不谈具体。

reveal /rɪˈviːl/ v.揭示,显示,透露,显出,露出,展示n.启示,窗侧壁,门侧,(汽车的)窗框 **I have no guilty secret to **reveal****.我没有问心有愧的秘密可言。

unfettered /ʌnˈfetəd/ adj.自由的; 不受约束的; 无限制的 v.使自由; 解放 **unfettered**的过去分词和过去式 **unfettered butterfly**追蝶

critical /ˈkrɪtɪk(ə)l/ adj.批评的,关键的,批判性的,挑剔的,极重要的,至关重要的,严重的,不稳定的,可能有危险的,有判断力的,根据评论家的评论 **I believe in **regulated capitalism, not an unfettered free market****.我相信有调节的资本主义,而不是无限制的自由市场。

moments /ˈmomənt/ n.片刻,瞬间,准确时刻,正是时候,时机,机遇,时光,做某事的时刻moment的复数 **For a **moment shock held her immobile****.有那么一会儿她惊讶得不能动弹。

satisfied /ˈsætɪsˌfaɪd/ adj.满意的,满足的,欣慰的,确信的,信服的v.使满意,使满足,满足(要求、需要等),向...证实,使确信satisfy的过去分词和过去式 **I am **satisfied that he is guilty****.我确信他有罪。

significantly /sigˈnɪfəkəntli/ adv.有重大意义地,显著地,明显地,有某种意义,别有含义地,意味深长地 **Eating garlic can **significantly reduce cholesterol in the blood****.吃大蒜可以大大减少血液中的胆固醇。

6

published /ˈpʌblɪʃt/ v.出版,发行,(在报刊)发表,刊登,登载,(在互联网上)发表,公布publish的过去分词和过去式 **The book was **published in association with British Heritage****.这本书是与英国传统出版社联合出版的。

implemented /ˈɪmplɪmentɪd/ v.使生效,贯彻,执行,实施implement的过去分词和过去式 **The economy is in **danger of collapse unless far-reaching reforms are****

的趋势。

【6】How much of this will change by banning phones in schools is unclear. In a paper **published** in the Lancet in February, Victoria Goodyear at Britain's University of Birmingham compared the mental well-being of students in schools that **implemented restrictive** smartphone policies with those with relaxed policies. She also **monitored overall** screentime. Her results show that, while those who spent more time on a smartphone **overall** did have a decline in mental well-being, there was no difference between the two groups. She and her **colleagues** argue that setting up policies at schools alone is simply not enough. Panda Foreign Magazine **intensive**

Reading: Respect for Originality, Piracy Must Be Punished

禁止学生在校内使用手机能在多大程度上改变这一现象尚不清楚。2月，英国伯明翰大学（University of Birmingham）的维多利亚·古德尔（Victoria Goodyear）在《柳叶刀》

（Lancet）杂志上发表的一篇文章中，对比了实施严格智能手机政策的学校与政策宽松学校中学生的心理健康状况。她还监测了学生总体的屏幕使用时间。研究结果显示，虽然总体上智能手机使用时间较长的学生确实存在心理健康水平下降的情况，但这两组学生之间并无差异。她和同事认为，仅在学校制定政策是远远不够的。

【7】Researchers are trying to **paint** a complete picture with both hands tied behind their back. According to Dr Orben, social media **companies** **routinely** refuse to give independent researchers access to **detailed** data on the **behaviours** of their users. This forces researchers to rely on less **accurate** **proxy** measures, like **overall** screentime. It also means

implemented.除非实施影响深远的改革，否则经济就有崩溃的危险。

restrictive /rɪ'strɪktɪv/ adj.限制性的,约束的 He argued that the law was unduly **restrictive**.他辩称法律的约束性有些过分了。

monitored /'mɒnɪtəd/ v.监视,检查,跟踪调查,监听(电话、外国无线电广播等)monitor的过去分词和过去式 The equipment was extremely sophisticated and was **monitored from a central control panel**.这台设备极其复杂,是由中央控制面板监控的。

overall /'əʊvəɹəl/ adj.全面的,综合的,总体的adv.全部,总计,一般来说,大致上,总体上n.外套,罩衣,工装连裤,工装服 This is conditional on the **overall plan**.这决定于总的计划。

colleagues /'kɒli:gz/ n.同事,同僚,同人colleague的复数

7

paint /peɪnt/ n.油漆,油漆涂层,绘画颜料v.在...上刷油漆,用颜料画,把...描绘成,往施化妆品 Please **darken the blue paint with black paint**.请在蓝漆里掺上点黑漆。

companies /'kʌmpənɪz/ n.公司,商号,商行,剧团,演出团,陪伴,做伴company的复数

routinely /ru:'ti:nli/ adv.常规地,例行地,通常地,惯常地,毫不意外地 The artists were going through their daily **routines**.艺术家们正进行日常的练习活动。

detailed /'di:teɪld/ adj.详细的,细致的,精细的v.详细列举,详细说明,详述,派遣,选派,分遣,彻底清洗(汽车)detail的过去分词和过去式 They were **detailed to look for water**.他们被派去找水。

behaviours /br'hɛrvɪjəz/ n.行为,举止,态度,(人、动植物、化学品等的)表现方式,活动方式behaviour的复数

accurate /'ækjʊrət/ adj.精确的,正确无误的,准确的(掷、射、击等) My secretary is **accurate in her typing**.我的秘书打字准确无误。

proxy /'prɒksɪ/ n.代理,代理人,代表,代理权,代表权,受托人,(测算用的)代替物,指标 Britons overseas may **register to vote by proxy**.海外的英国人可以通过代理注册投票。

analytical /ænə'lɪtɪk(ə)l/ adj.解析的,分析性的,(科学)分析的 AimThe **analytical method for Captan residue in apple and soil was established**.结论方法简便、快速、准确,各项指标均符合残留分析的要求。

nuanced /'nju:ɑ:nst/ adj.细致入微的;有细微差别的

drawn /drɔ:n/ adj.(因身体不适、疲倦或忧虑)憔悴的,苍白的v.获得,获取,(用铅笔、钢笔或粉笔)画,描绘,描画,拖(动),拉(动),牵引,拉,拖(车),吸引,使感兴趣draw的过去分词 The lines are **drawn on a slant**.这些线条被画成斜线。

今日词汇

contain [kən'teɪn]

v. 包含、容纳; 抑制、克制;

独立自主的(self-contained)

考研出现次数: 8

that children playing educational games are being put in the same **analytical** bin as children who are on social media. A more **nuanced** picture of the effects of smartphones needs to be **drawn**.

研究人员试图在困难重重的情况下全面揭示真相。据奥本博士称，社交媒体公司常常拒绝让独立研究人员访问其用户行为的详细数据。这迫使研究人员不得不使用不太准确的替代指标，如屏幕使用总时间。这也意味着，玩教育类游戏的孩子和使用社交媒体的孩子被纳入到同一个分析范畴。为了更准确地了解智能手机的影响，我们需要呈现一个更为细致的图景。

③写作技巧:

In 2021 America's surgeon general compiled a report revealing that persistent feelings of hopelessness **climbed** by 40% among American high-school students between 2009 and 2019. 2021年，美国卫生局局长汇编的一份报告显示，2009年至2019年间，美国高中生持续感到绝望的比例上升40%。

The number who seriously considered killing themselves **went up** by 36%.

认真考虑过自杀的人数增加了36%。

The findings, reported in 2022 in Nature Communications, show that girls

who **increased** their social media use over the course of a year were significantly less satisfied with their lives if **the increase took place** when they were between 11 and 13.

2022年，发表在《自然-通讯》(Nature Communications)杂志上的研究结果显示，如果女孩在11至13岁期间增加社交媒体的使用量，她们对生活的满意度会显著下降。

Her results show that, while those who spent more time on a smartphone overall did **have a decline** in mental well-being, there was no difference between the two groups.

研究结果显示，虽然总体智能手机使用时间较长的学生确实存在心理健康水平下降的情况，但这两组学生之间并无差异。

本文中出现了很多表示“增加，上升”和“减少，下降”的表达，大家注意积累。

表示上升的有climb, go up, increase, 除此之外，我们还可以用grow, rise等，后面可以接to(上升至)或by(上升了)。

本文表示“减少”用的是have a decline in...这一表达，表示在某方面有减少或下降的趋势。写作中想要表达“减少，下降”，我们还可以用fall, axe, diminish, decrease, plummet, go down等词。

例句: You can see job numbers have been steadily rising until the pandemic hit when they plummeted.

你可以看到，就业人数一直在稳步上升，直到疫情爆发，就业人数便直线下降。

考频: ★

考点回顾

阅读真题例句:

[例] Surveys and test samples have also become important for understanding the larger landscapes that contain archaeological sites. (2014英语一新题型)
[译] 调查和测试样本对理解包含考古遗址在内的更大的风景地貌也很重要。

翻译考点真题例句:

[例] The upside is the possibilities contained in knowing that everything is up to us; where before we were experts in the array of limitations, now we become authorities of what is possible.

[译] (这个观点的)积极一面在于，既然我们知道一切取决于自己，那么我们就拥有无限的可能；以前我们可以熟练应付种种局限，而现在我们则主宰各种可能。(2011年英语一翻译50题)

①短语:

1.原文: Children are no less varied.

词典: **no less** 同样重要或显著

例句: And for animals, the impact is no less.

对于动物的影响也旗鼓相当。

2.原文: Boys showed the same trend when increases took place when they were 14 or 15 years old.

词典: **take place** 发生

例句: This referendum **took place** almost entirely online.
这次公投几乎完全在网上进行。

3.原文: Researchers are trying to paint a complete picture with both hands tied behind their back.

词典: **with both hands tied behind their back** 束手无策; 身处困境

例句: The startup launched its product **with both hands tied behind its back**—no funding and a tiny team.

这家初创公司在没有资金、团队极小的困境下推出了产品。

②长难句

1. 原文: **What makes these findings all the worse is that** 48% of mental-health problems (like depression and anxiety) **that** emerge during adolescence will plague people for the rest of their lives.

分析: 本句包含一个主语从句、一个表语从句和一个定语从句。主句为

“What makes these findings all the worse is that...”;

“What makes these findings all the worse”为主语从句; **“that 48% of mental-health problems will plague people for the rest of their lives”**为表语从句;

“that emerge during adolescence”为限制性定语从句，修饰先行词mental-health problems。

译文: 更糟糕的是，青少年时期出现的心理健康问题(如抑郁和焦虑)有48%将伴随人们一生。

④背景知识：

据3月9日央广网报道，全国两会期间，全国人大代表、姚基金创始人姚明提出了关于“动员未成年人开展息屏24小时行动”的建议，他表示希望更多人关注电子产品对青少年健康所带来的压力和挑战，让青少年走向运动场，贴近大自然，成为身心和意志品格都健康的下一代。这则建议迅速冲上微博热搜第一。

互联网时代，人们在习惯了数字化便利的同时，也被“数字绳索”悄然绑定，上述建议正戳中了社会对手机依赖的集体焦虑。有研究显示，父母沉迷手机会导致孩子焦虑、注意力不集中等。现实中，一些家长陪伴孩子时仍心不在焉地刷手机，孩子的情感需求被忽视，安全感逐渐瓦解。这不仅是家庭关系的危机，更折射出一种困境：成年人尚难自控，又怎能苛责未成年人？

姚明坦言，自己尝试息屏24小时后“确实有些焦虑”，甚至恢复使用时发现“找不着我的人也有些焦虑”。这种双向的依赖，恰如一面镜子，映照出数字时代人际关系的异化——我们既渴望逃离屏幕，又恐惧与屏内世界脱节。

“息屏24小时”的价值，或许不在于形式上的“断舍离”，而更多在于唤醒全社会对“数字平衡”的共识。“数字平衡”理念，为联合国教科文组织所倡导，强调在享受技术便利的同时保留个体的独立空间。此前，一位浙江省政协委员曾倡议“放下手机，从年夜饭开始”，如今“息屏24小时”的建议，同样是期望从具体场景和时段切入，作出更有标志性意义的改变。“息屏24小时”或可成为一项全民公益活动，每年设定固定日期，鼓励家庭共同参与，相关方面可通过组织社区运动赛、亲子读书会、户外探索等，既填补离开屏幕后的“空白”，又重建人与人之间的真实连接。

减少手机依赖，一个息屏日远远不够，还需全社会合力去改变。比如，家庭可约定无手机时段，企业可开发“防沉迷”工具辅助用户自律，学校可设计更多线下活动等。总之，政府的政策引导、社会的实体支撑、家庭的以身作则、个人的克制意识，缺一不可。惟愿更多人能读懂类似建议的良苦用心，它并不是否定电子产品的价值，而是呼吁人们重拾生活的主控权。

2. 原文：**The findings**, reported in 2022 in Nature

Communications, **show that** girls **who** increased their social media use over the course of a year were significantly less satisfied with their lives **if** the increase took place **when** they were between 11 and 13.

分析：本句包含一个宾语从句、一个定语从句和两个状语从句。主句为

“**The findings show that...**”，

“reported in 2022 in Nature Communications”为过去分词作非谓语，修饰The findings；

“**that** girls were significantly less satisfied with their lives”为宾语从句；“**who** increased... a year”为限制性定语从句，修饰girls；“**if** the increase took place”为条件状语从句；“**when** they were between 11 and 13”为时间状语从句。

译文：2022年，发表在《自然通讯》（Nature Communications）上的研究结果显示，如果11到13岁的女孩在一年内增加社交媒体使用量，她们对生活的满意度会显著下降。

段落大意：

【1】法国等国禁止校内使用智能手机，引发对心理健康影响的讨论。

【2】美国高中生心理问题严重，与智能手机的关系待探究。

【3】智能手机普及与心理问题趋势相关，但因果关系难确定。

【4】研究智能手机对青少年的影响需考虑年龄和使用习惯。

【5】研究表明，青春期无节制地使用社交媒体或与对生活满意度下降有关。

【6】禁止校内使用手机对改善学生心理作用不明，仅靠校规远远不够。

【7】社交媒体数据限制影响智能手机影响研究的准确性。