

Does use of electronic devices affect mental traits?

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In a study published in *Addiction Biology*, investigators found significant associations between use of electronic devices and signs of depression and anxiety, as well as cigarette smoking and alcohol drinking. The team

also found certain genetic variants that were linked with these traits.

The study included data on thousands of individuals from the UK Biobank. Three indicators of use of [electronic devices](#) were included in the study: TV watching, computer using, and computer playing.

According to the authors, the study's findings suggest that reducing time spent using electronic devices may help reduce mental health burdens.

More information: Jing Ye et al, Associations between electronic devices use and common mental traits: A gene–environment interaction model using the UK Biobank data, *Addiction Biology* (2021). [DOI: 10.1111/adb.13111](https://doi.org/10.1111/adb.13111)

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