



Doomscrolling



A definition

Doomscrolling is a compulsive consultation of anxiety-provoking information. It is when you scroll the videos and posts of your feed on your favourite social media, seeing lots of bad news, criticism and drama online, but you continue to do it anyway for one, or two hours.



Why is this important?

Doomscrolling is based on the time economy of online social media companies. As all these platforms are free, the user is the product. The user needs to stay as long as possible on the platform to consult the content, but also the multiple advertisements financing the social media. At the end of the day, we spend too much time on the screens, and it affects our sleep, and our mental health because of the anxiety-provoking environment of the online platforms.







Tips and tricks

- ➔ Concerning screen time, you can refer to the safety resources on “Time restrictions on screen” to reduce your screen time in general.
- ➔ As doomscrolling refers specifically to the massive consumption of bad news, you can also choose what you want to have in your feed. The algorithm highlights the content that creates more creations, and it is always the bad news that makes people react more. You can personalise your use of social media and indicate when you are not interested by specific content.
- ➔ Sometimes, in your phone parameters, you can find a “digital healthcare” section where everything is numbered. You can find, for instance, the time passed on your different applications, how many times you unlocked your phone, and even set a timer to reduce your screen time.
- ➔ You can use extensions (on a computer browser) or applications to reduce your screen time, or just to indicate how much time you spend on social media. There are “Forest: Stay Focused” or “StayFree – Screen Time”. You can search on the Playstore or Appstore to find on that suits you.
- ➔ To compensate, you can follow accounts spreading good news, such as [Good News Network](#) or [Good News.eu](#).



Useful resources and tools

-  Adisa D. (October 30, 2023). “Everything you need to know about social media algorithms”. Sproutsocial. This article can help you better understand the concept of algorithm so you can be conscious of your online consumption.
-  n.d. (n.d.) “Doomscrolling” Sproutsocial. This article explains what doomscrolling is, its negative impacts, and solutions to reduce it.
-  There are tutorials online to remove posts of your feed when you are not interested. For instance, for Instagram, the video “[How to Remove Posts from Feed – ‘Not Interested’ Option on Instagram](#)” from the App Guide YouTube channel (January 9, 2023).
-  The article “[Doomscrolling linked to poor physical and mental health, study finds](#)” from The Guardian can be interesting to explain the consequences on each person (Cassidy C., September 5, 2022).