School of Psychology and Exercise Science
Research Seminar

Speaker:  Dr Lynette Vernon

Title:  The Role of Problematic Technology Use for Adolescents: The Importance of Sleep for Wellbeing

Where:  Kim Beazley Lecture Theatre (351.1.001)
Host:  TBA

Abstract:

Technology affords adolescents with a myriad of opportunities for social interaction. However, there are also risks related to adolescents’ use, especially when technology takes the place of sleep. This seminar investigates adolescents’ over-investment in social-media and late-night mobile phone use and explores how problematic technology leads to poorer mental health and reduced school experiences through poor quality sleep. Scientific communication for translation of research and collaboration for scientific research will also be discussed.

Biography:

Dr Vernon’s research, teaching, and leadership career has encompassed primary and secondary schools, education support facilities and tertiary institutions. Dr Vernon conceptualized her research study early-on based on her own experiences as a high school teacher, where she witnessed first-hand the negative impact of poor-sleep and the increasing role of technology in adolescents’ lives. Based on her own scientific “hunch,” Dr Vernon sourced and generated key items for inclusion in an ARC-funded longitudinal study at the start of her PhD. The originality of this work is exemplified by the recent take-up of her research within the scientific community with 27 citations. Some of the media’s take-up of Dr Vernon’s research include interviews by ABC-AM and PM program, The London Guardian and a feature segment on CBS (USA) morning show. The research in the past year has potentially reached an audience of 1,750,000 around Australia with further reach around the world.

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https://www.khaleejtimes.com/editorials-columns/vamping-can-affect-sleep-mental-health
https://www.theguardian.com/lifeandstyle/2017/may/30/teenagers-sleep-quality-and-mental-health-at-risk-over-late-night-mobile-phone-use?CMP=share_btn_link
Meeting the presenter:
To arrange a meeting with the presenter, please contact the host.

Reading for the keen:

