



PHONE DETOX IMPACT ON MENTAL HEALTH - G01

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BACKGROUND INFORMATION

- Initial topics
- Why we chose phone detox
- Relation to SDG 3
- Relevance to modern times

MOTIVATION

- Mobile phone usage is essential
- Sometimes unavoidable
- We have all experienced the drawbacks
- Sense of attachment

=> Will a simple detox fix the issue?

PROCEDURE

- 20 Volunteers
- Limit phone usage to a minimum
- Evaluate mental health daily
- Scale 1 (bad) – 10 (good)
- Extra words about current situation

FINDINGS

- Mental health average increase: 1 point (5.8 – 6.8)
- More time available
- First day was unique
- Decreased brain fog
- Variance and standard deviation: 3.75, 1.94 – 3.33, 1.82
- Pearson coefficient: 0.27
- P-Value: 0.22

The background is a blue gradient with white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a network or data flow diagram.

THANK YOU FOR YOUR ATTENTION