






Sources

 Average 108 minutes of daily scrolling; thumb travel roughly equals Empire State Building height
<https://www.fasthosts.co.uk/blog/app-scrolling-distance/>


 Doomscrolling as compulsive negative-news hunting; linked to existential anxiety and pessimism
<https://www.sciencedirect.com/science/article/pii/S245195882400071X?via%3Dihub>


 Negative-word headlines increase clicks approximately 2.3 percent per extra negative word
<https://www.nature.com/articles/s41562-023-01538-4>


 Negative online news articles are shared more and travel farther
<https://www.nature.com/articles/s41598-024-71263-z>


 Bad-news monitoring can create an illusion of control
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 Pandemic-related news exposure linked to higher stress
<https://pubmed.ncbi.nlm.nih.gov/35157484/>


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 Boston Marathon bombing study: six-plus hours daily coverage equates to ninefold higher acute stress risk
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 14-minute negative news segment increases anxiety and catastrophizing about personal worries
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 Media exposure to distant events, such as 9/11 and the Iraq war can trigger stress and post-traumatic symptoms
<https://journals.sagepub.com/doi/10.1177/0956797612460406>

 Doomscrolling in Iranian social media users linked to existential anxiety and hopelessness
<https://www.tandfonline.com/doi/full/10.1080/15213269.2022.2157287>

 Late-night scrolling described as “bedtime procrastination”
<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2014.00611/full>

 Screen blue light suppresses melatonin and disrupts sleep
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9424753/>

 Sleep loss–related impairments likened to alcohol intoxication
<https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod3/08.html>

✍ Kindness-scrolling vs. doom-scrolling: Doom lowers mood and optimism, while kindness avoids a drop
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0257728>

✍ “Kindness media” (stories of good deeds) linked to more happiness, calm, gratitude, and less irritation
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7854918/>

✍ Time-based avoidance and content filtering recommended to manage doomscrolling
<https://www.tandfonline.com/doi/full/10.1080/1461670X.2021.1952475>

✍ Practical anti-doomscrolling steps: disable notifications, set timers, track screen time, seek help if needed
http://inno.ascjournals.com/Content/uploads/PDF/380780168_02_IJNR_08-OD-2022-50.pdf