

WHAT IS WRONG — REFERENCE SHEET

Medical Misinformation Awareness Project

Dream Writer Lady Ariarose — www.dreamwriteriarose.com

Research compiled with assistance from Claude Sonnet 4.6 / Anthropic

TEEN SOCIAL MEDIA AND SELF-DIAGNOSIS STATISTICS

Pew Research Center

Up to 95% of teens aged 13 to 17 use social media. One in three uses it almost constantly. Survey of 1,391 U.S. teens and parents, September to October 2024.

<https://www.pewresearch.org/internet/2025/04/22/teens-social-media-and-mental-health/>

American Psychological Association

Of 500 TikTok videos tagged mentalhealth or mentalhealthtips, more than 80% were misleading. Online health misinformation causes significant harm especially for young people.

<https://www.apa.org/topics/journalism-facts/misinformation-mental-health>

Harvard Law — Petrie-Flom Center

People are 5 to 11 times more likely to incorrectly diagnose themselves than to correctly identify a mental illness. 63% of U.S. teens are on TikTok; 16% use it constantly. About half of content creators observed sold products or coaching with no mental health credentials.

<https://petrieflom.law.harvard.edu/2025/04/02/dr-tiktok-the-impacts-of-misinformation-on-mental-health-self-diagnosis/>

Taylor and Francis

Hashtag #MentalHealth has 15.1 million TikTok posts. #ADHD has 3 million. #Autism has 2 million. Study of TikTok self-diagnosis among adolescents published September 2024.

<https://www.tandfonline.com/doi/full/10.1080/02667363.2024.2409451>

DANGERS OF WRONG DIAGNOSIS AND MEDICATION

Hillside Atlanta

Child with simple anxiety misdiagnosed with ADHD may receive stimulant medications causing impaired working memory and cognition in people without ADHD. Wrong medication means side effects without benefits while real problem goes untreated.

<https://hside.org/impact-of-mental-health-misdiagnosis/>

Cleveland Clinic

Some ADHD medications can trigger manic symptoms in people with undiagnosed bipolar disorder. Partial self-diagnosis means second diagnosis never gets made and treatment plan never gets correctly ordered.

<https://health.clevelandclinic.org/dangers-of-self-diagnosis>

Nationwide Children's Hospital

Self-diagnosis can delay time until seeking proper care, lead to use of ineffective and potentially harmful treatments, cause unnecessary anxiety, and overlook serious conditions. Physical health issues can mimic mental health symptoms.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2024/04/dangers-of-misdiagnosing-yourself-or-child>

Charlie Health

Self-diagnosis can be misleading at best and dangerous at worst. Over half of TikTok ADHD videos found medically misleading. Self-diagnosis delays meeting with licensed professional and getting correct care.

<https://www.charliehealth.com/research/social-media-youth-mental-health-crisis>

Child Mind Institute

Online content is often inaccurate or sensationalized. Teen self-diagnosis and resistance to professional correction delays proper care.

<https://childmind.org/article/teen-self-diagnosis-and-how-to-respond/>

Psychology Today

Self-diagnosis often leads to unnecessary anxiety. Diagnosing personality disorders requires comprehensive evaluation by trained professional, not TikTok video or Google search.

<https://www.psychologytoday.com/us/blog/still-mind/202410/the-dangers-of-a-tiktok-self-diagnosis>

GLOBAL UNREGULATED PHARMACEUTICAL MARKET

Penn Carey Law — University of Pennsylvania

In Nigeria medicines openly sold on street corners by unlicensed vendors. Warehouses repackage pharmaceuticals and tamper with expiry dates. A single batch of counterfeit baby medicine killed 83 children in documented cases. Counterfeit drugs reach store shelves as real products.

<https://www.law.upenn.edu/live/blogs/108-sale-of-pharmaceuticals-as-a-trade-in-africa>

PMC — National Institutes of Health

Low and middle income countries have unregulated markets at village fairs and street markets selling medicines alongside balms and tonics with no verification. In higher income countries the internet plays the same role offering limitless drug sales via postal delivery with privacy enforcement cannot penetrate.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6734836/>

North Jersey Recovery

The pharmaceutical black market reached 811 billion dollars in 2018 and continues to grow. Unregulated drugs may be expired, contain harmful substances, or be counterfeits with none of the active ingredient and all of the risk.

<https://northjerseyrecovery.com/what-drugs-sold-black-market/>

YOUTH MENTAL HEALTH BROADER CONTEXT

U.S. Surgeon General — HHS.gov

Advisory on social media and youth mental health. Growing evidence that social media is causing harm to young people's mental health. Called for warning labels on social media platforms.

<https://www.hhs.gov/surgeongeneral/reports-and-publications/youth-mental-health/social-media/index.html>

Yale Medicine

Mental health issues among teens rising for more than a decade. Children spending more than 3 hours daily on social media face double the risk of mental health problems.

<https://www.yalemedicine.org/news/social-media-teen-mental-health-a-parents-guide>

Mayo Clinic

Social media use linked to biased or incorrect information. Certain content related to risk-taking linked with self-harm. Spending three hours daily on social media linked to higher risk of mental health concerns.

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

RESEARCH CREDIT

Statistical research for this project compiled with assistance from Claude Sonnet 4.6 by Anthropic on behalf of Dream Writer Lady Ariarose. All sources independently verifiable at links provided above.

CONTACT FOR VOLUNTEERS, DOCTORS, AND RESEARCHERS

www.dreamwriterariarose.com

dreamwriterariarose@gmail.com

231-377-3134 Text Only

Dream Writer Lady Ariarose — Forever Friends Faithfully
This document is a reference record. Content may not be altered.