

Arizona Perinatal Psychiatry Access Line (APAL) Grand Rounds 2025

APAL Grand Rounds: Screen Time, Social Media, and Youth Mental Health: Evidence, Risks, and Clinical Implications

October 17, 2025 – 12:00 PM

Online

Overall Activity Objectives:

- 1 Recognize patients with common and costly perinatal mood disorders, as well as who is at highest risk.
- 2 Identify appropriate public health model screening tools to diagnose PMADs and other perinatal mood disorders.
- 3 Initiate treatment for perinatal mood disorders and other pregnancy related conditions using safe medication options for pregnancy and lactation.

Session Objectives:

- 1 Describe current evidence on the relationship between screen time, social media use, and youth mental health.
- 2 Identify key risks, mechanisms, and moderators that influence how digital media impacts adolescents.
- 3 Apply clinical strategies to assess and address problematic screen and social media use in youth.

Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
kathryn Emerick, MD	Co-Director	Nothing to disclose - 09/12/2025
Ana Ramos, BA	Co-Director	Nothing to disclose - 05/20/2025
Saira Kalia, MD	Activity Director	Nothing to disclose - 03/13/2025
Cory Nielsen, DO	Faculty	Nothing to disclose - 10/09/2025



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