

**Question for written answer E-001581/2024/rev.1  
to the Commission**  
Rule 144  
**Pascal Arimont (PPE)**

**Subject:** Tackling mental health issues among young people caused by online platform use

Various studies suggest that the more time young people spend on social media, the more likely they are to develop symptoms of depression<sup>1</sup>. In addition, heavy use of social media creates filter bubbles which, in some areas, can be harmful to the health of young people or even put their lives at risk, e.g. through the algorithm-fostered consumption of posts that depict suicidal thoughts or self-harm<sup>2</sup>. The self-mutilation depicted on platforms is shocking, and reactions in the respective filter bubbles ensure that some people feel encouraged to show even more. A large number of such posts are shared tens of thousands of times.

What specific action is the Commission taking, including in connection with implementation of the Digital Services Act, to prevent serious psychological consequences for young people arising from increased consumption of the content described above?

Submitted: 2.9.2024

---

<sup>1</sup> <https://www.springermedizin.de/depression---soziale-medien--/25371132>

<sup>2</sup> <https://www.klicksafe.de/en/selbstverletzendes-verhalten>