

**Abstract Form
for**

**20th WADP congress / XXXIII International Symposium of the German Academy
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"**

Panel

Name: Bauer First Name: Joachim

Title / Position:

Country: Germany

Panel title: Preserving Mental Health in A Digitally Transformed World

Chair Person: Bauer, Joachim (Germany)

Co-Chair: ONEIB, BOUCHRA (MOROCCO)

Speaker 1: Name, First Name: Bauer, Joachim

Presentation title: Shifting Our Lives from the Analogue World to Virtual Realities:
What about Body, Nature, and Interpersonal Bonds ?

Speaker 2: Name, First Name: Spitzer, Manfred (Germany)

Presentation title: Artificial Intelligence: Opportunities and Risks

Speaker 3: Name, First Name: Botbol, Michel (France)

Presentation title: Digital Products and Applications:
Do They Affect Mental Health of Children and Adolescents?

Speaker 4: Name, First Name: Thomashoff, Hans-Otto (Austria)

Presentation title: The Regressive Pull of Digital Worlds: Solipsism, Splitting, and
Paranoia

Overall Abstract Panel up to 40 lines in English:

This panel is dedicated to the reflexion of how digital products have changed the life of mankind and how these changes affect mental (and physical) health. In order to stimulate the discussion in the panel the following cases are made:

- i. Smartphones have undoubtedly enriched human life. However, their shere presence marks the end of the undivided attention of their owners.
- ii. Social Media have undoubtedly facilitated and enriched human communication. However, they have the potential to cause a serious addictive behavior, now designated by the WHO as Social Media Disorder. The prevalence and harmful effects of the latter on mental health prompted the Surgeon General of the United States to publish a severe warning (<https://www.hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html>)
- iii. Gaming is a basic human behavior and may help humans to overcome the hardships of life. However, hundreds of millions of adolescents in the Western countries are severely addicted to videogaming, spending many hours per day in front of the screen or behind a headset, many gaming far into the night. Most gamers are exposed to and are practising violent behaviors.
- iv. Conversational Artificial Intelligence (CAI) devices for psychotherapeutic purposes are AI-Chatbots trained with contents of psychotherapeutic discourses. They may enlarge the arsenal of psychiatric and psychotherapeutic services. On the other hand, they may lead to new types of addiction and, in addition, may prompt the funding providers of medical institutions to displace human resources and replace the with machines.