

A Current Update on Selfitis: A New Generation Addiction

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ABSTRACT

Selfies have been part of society as far as new age tech is concern. The American psychiatric association (APA) has officially deemed taking selfies as a mental disorder named as selfitis. Narcissists have an excessive need to be admired by others and have a sense of entitlement. Impulsivity and lack of empathy is psychopathy, an advanced stage of selfitis. The U.S. Food and Drug Administration (FDA) has given the green light to Bayer Pharmaceuticals for the marketing of the first drug i.e. Anti selfie pills to cure selfitis. New Stanford study says custom bread toaster can also cure selfitis. Narcissistic behavior can be diminished with psychotherapy rather than with medication. Scientific researchers have to work together for this new generation addiction of selfies and lot of research is required before it affects large population of the world.

INTRODUCTION

Selfies: Selfies have been part of society as far as new age tech is concern; however, this particular has been around more than you think. The American psychiatric association (APA) has officially deemed taking selfies as a mental disorder¹ named as selfitis. Selfitis² is defined as an obsessive compulsive urge to take photos and post them on social media. They also stated that this condition is a mechanism used by people to make up for their low self esteem and increase intimacy with other people.

Levels of selfitis³

According to APA there are three levels of selfitis³

- Border line selfitis:** Taking Selfies at least three times a day, but not posting them on social media.
- Acute selfitis:** Taking Selfies at least three times a day and sharing them all on social media.
- Chronic selfitis:** It is defined as a un controllable urge to take one's own pictures round the clock and posting them on social media platforms more than six times a day. Recently the term "selfitis" also made it

into the oxford dictionary⁴ of English according to a website. The excess of self photography may lead psychological disorders⁵ such as Narcissism, psychopathy and depression.

Narcissism⁵

Extreme self-centeredness and a grandiose view of oneself. Narcissists have an excessive need to be admired by others and have a sense of entitlement. They're likely to agree with statements like: "I'm more capable than most people," and "I will usually show off if I get the chance."





Fig. 1: Narcissim

Psychopathy⁶

Impulsivity and lack of empathy. Those high in psychopathy are likely to agree with statements like: "Payback needs to be quick and nasty." Editing photos, was only associated with narcissism and not psychopathy.

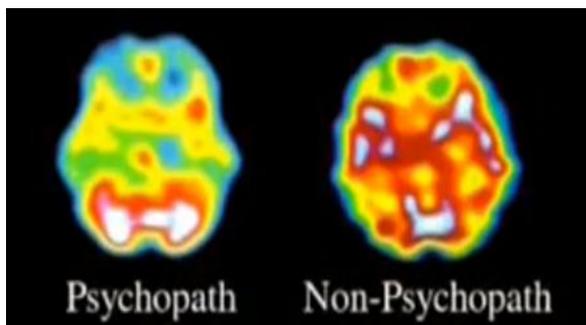


Fig. 2: Psychopathy

The U.S. Food and Drug Administration (FDA) has given the green light to Bayer Pharmaceuticals for the marketing of the first drug i.e. Anti selfie pills⁷ to cure selfitis, an inflammation of the ego which last year was officially declared a mental disorder by the the American Psychiatric Association.



Fig. 3: Color coded pills

FDA announcement unveiled three color coded pills⁸ based on three levels of selfitis: Blue pill prescribed for acute selfitis; Red pill prescribed for chronic selfitis; Green pill prescribed for boarder line selfitis.

The FDA approval came after successful Phase III clinical trials which showed the new pill's overwhelming safety and efficacy rate of plus or minus 3% in combatting selfies – the taking of photos of one's self and posting them on social media. Because selfitis has become a highly contagious worldwide epidemic, the FDA granted Bayer a fast track approval process. FDA drug approval takes anywhere from 10 to 15 years, but it took just 14 months for Bayer to gain the marketing green light. The new drug comes in pill form and requires a doctor's prescription. Dosage is different for men and women. Men need to take one pill a day while women need 5 pills. Neither Bayer nor the FDA had any explanation on the dosage discrepancy.



Fig. 4: Custom bread toaster to cure selfitis

New Stanford study says custom bread toaster can cure selfitis. The new cure is in the form of a 'selfie toaster' which imprints personalized selfie photos on bread slices⁹. The kitchen appliance is manufactured and distributed by Vermont Novelty Toaster Corporation. The Stanford researchers studied 500 individuals suffering

from chronic selfitis and provided them with customized selfie toasters. After just six months of tracking the study participants, researchers found that 75% were cured of selfitis and have totally stopped taking selfies. "We believe that the daily routine of 'consuming one's self' for breakfast creates a subconscious resolve to keep the ego in check," the researchers concluded.

Treatment for narcissism

Narcissistic behavior can be diminished with psychotherapy rather than with medication. Narcissistic personality disorder treatment is centered around talk therapy, also called psychotherapy. Psychotherapy can help you: 1. Learn to relate better with others so your relationships are more intimate, enjoyable and rewarding; 2. Understand the causes of your emotions and what drives you to compete, to distrust others, and perhaps to despise yourself and others.

Treatment for psychopathy¹⁰

To the best of our knowledge, there is no cure for psychopathy. No pill can instill empathy, no vaccine can prevent murder in cold blood, and no amount of talk therapy can change an uncaring mind. Although there are no medications specifically designed to treat psychopathy, there are medications that can treat some of the associated symptoms. For example, it is possible antidepressants, antipsychotics, and mood stabilizers may help address the irritability, aggression, and impulsivity associated with the disorder.

Treatment of depression¹¹:

Out of the various options for the treatment of depression⁹, medication and psychotherapy are most commonly used. There are several types of medications and types of psychotherapy that are commonly used during a patient's recovery. In modern psychiatry, selective serotonin reuptake inhibitors are commonly prescribed to patients suffering from depression. Scientists believe that SSRIs cause changes in the levels of the neurotransmitter serotonin in different parts of the brain, allowing patients' symptoms to be alleviated.

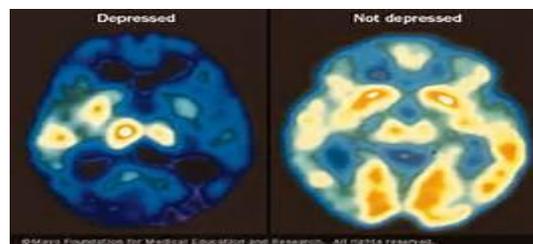


Fig. 5: Difference between depressed and non-depressed

CONCLUSION

Scientific researchers have to work together for this new generation addiction of selfies and lot of research is required before it affects large population of the world.

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