

CWSF 2019 - Fredericton, New Brunswick



Aiden Simard

Adolescent Anxiety and Social Media

Challenge: Discovery

Category: Senior

Region: Western Manitoba

City: Brandon, MB

School: Neelin High

Abstract: My study 'Adolescent Anxiety and Social Media' demonstrates the detrimental effect social media has on adolescent stress and anxiety, through self-assessed cognitive scores, systolic blood pressure monitoring, and hormonal analysis. Since there has been a link identified, society can begin to be educated on the detrimental health risks associated with social media addiction, as well as begin to develop ways to combat this epidemic.

Biography

My name is Aiden Simard, and I am a grade 12 student in Brandon, Manitoba. When I'm not at school studying various mathematics and science related courses, I spend my free time as a competitive tap dancer and as a youth mentor. Tap is a large part of my life, so much so that I have traveled the world to places such as Germany and Vermont competing and developing my skills as a dancer. I also find leading the next generation to be very rewarding. Which is why I work and volunteer all over my community to provide underprivileged youth with a role model. In doing so, I enjoy volunteering at the local youth centre where I teach free dance lessons for children living in poverty. Beyond this, I also love researching important topics that are relevant in today's society; leading me to my current research topic on adolescent anxiety and social media. These are both concepts that everyone can relate to and I hope that my findings help contribute to the growing body of knowledge surrounding mental health. Continuing into post-secondary, I hope to continue researching mental illness, and help combat the growing epidemic that is adolescent mental health.

Awards

Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$2 000