

TIK TOK, GOOGLE, CHAT GPT

SELF-DIAGNOSING IN ONLINE SPACES

BENEFITS

GOOGLE PROS:

- Easy access, low cost, ability to stay informed on health info, increased access to health info can make it prevention of illness and injury more possible

TIK-TOK

- Boosting awareness
- Reducing stigma
- Finding support
- Tips on self care
- Motivation to seek help
- Learning about new resources

CHAT GPT

- convenience
- accessibility appealing to those who don't have easy access to healthcare or have financial issues
- low cost and online
- Instant feedback
- Anonymous and private

GOOGLE CONS:

- Chance of delaying treatment, misinformation, possible misdiagnosis, and can lead to unnecessary anxiety

TIK-TOK

- Stuck in confirmation bias
- Oversimplification and misinformation
- Feeling like something is wrong with you when everything might be okay
- Lead to labeling themselves inaccurately

CHAT GPT

- Misinformation and misuse
- False sense of confidence
- Can lead to unfavourable outcomes due to trusting the platform too much

FUTURE OUTCOMES / RECOMMENDATIONS

INDIVIDUAL LEVEL

- Being mindful and self aware when accessing information online
- Usage of reliable and credible sources
- Practicing critical thinking while in online spaces

SYSTEMIC LEVEL

- Accessible healthcare for all to avoid a reliance on self diagnosis
- Incorporate more digital literacy in education systems

SOCIETAL LEVEL

- Denormalize self diagnosing
- Encouraging platforms to implement stronger regulations on misinformation

PSYCHOLOGICAL EFFECTS

DEVELOPMENT OF CYBERCHONDRIA:

- Excessive searching of internet for medical information while escalating health anxiety

EFFECTS ON PREREEXISTING DISORDERS

- May intensify existing mental health conditions
- Reinforces maladaptive thought patterns
- Increases rumination and symptom focus

INCREASED HEALTH ANXIETY

- Heightened health anxiety
- Constant symptom checking
- Fear of serious illness

IMPROPER TREATMENT

- EXAMPLE: Uchicago researchers found that content on #sinustok recommending to put an entire garlic clove up their nose to relieve congestion, this is not a proper treatment and causes more irritation

DELAY IN SEEKING TREATMENT

- Relying on these online spaces for medical information and diagnoses can delay the seeking proper professional care which risks worsening affects of the condition

OVER-PATHOLOGIZING NORMAL BEHAVIOUR

- Interpreting normal emotions as disorders
- Increased self-diagnosis without clinical criteria
- Identity formation around perceived illness

BEHAVIOURAL EFFECTS

