Doomscrolling: A Review

Felaket Kaydırması: Bir Gözden Geçirme

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ABSTRACT

COVID-19 pandemic has changed the daily life habits of individuals as well as affecting their physical health. Efforts to acquire information about the outbreak and combat uncertainty have led to an increase in individuals' consumption of negative news. Technology and social media platforms have facilitated access to this information, resulting in the emergence of a new term called "doomscrolling". Doomscrolling is defined as the act of spending excessive time online navigating through unpleasant news, despite it being saddening or demoralising. Among the underlying reasons for this behavior, the desire to cope with uncertainty and the quest for positive information stand out. Additionally, personality traits and mental health status emerge as significant factors influencing this behavior. Strategies to reduce or prevent doomscrolling involve controlling technology usage, finding positive content to balance negative information, and engaging in offline activities that positively impact mental well-being. Given ongoing wars, economic crises, natural disasters, and similar situations, individuals' desire for information may lead to doomscrolling behavior, posing a risk of negative effects. Therefore, efforts aimed at promoting conscious technology usage and content consumption habits could be a critical step in preventing doomscrolling.

Keywords: Doomscrolling, news, social media

ÖZ

COVID-19 pandemisi bireylerin fiziksel sağlığını etkilediği kadar günlük yaşam alışkanlarını da değiştirmiştir. Salgınla ilgili bilgi alma ve belirsizlikle mücadele çabası sonucu bireylerin olumsuz haber tüketimi artırmıştır. Teknoloji ve sosyal medya platformları da bu bilgilere erişimi kolaylaştırmıştır. Bu durum felaket kaydırması adlı yeni bir terimin ortaya çıkmasına neden olmuştur. Felaket kaydırması, üzücü veya moral bozucu olmasına rağmen hoş olmayan haberler arasında gezinerek çevrimiçi aşırı zaman harcama olarak tanımlanmaktadır. Bu davranışın altında yatan nedenler arasında, belirsizlikle mücadele etme isteği ve olumlu bilgileri bulma çabası öne çıkmaktadır. Buna ek olarak, kişilik özellikleri ve zihinsel sağlık durumu, bu davranışı etkileyen önemli faktörlerdendir. Felaket kaydırmasının azaltılması veya önlenmesi adına teknoloji kullanımının kontrol altına alınması, olumsuz içerikleri dengeleyici olumlu içeriklerin bulunması ve bireylerin ruh sağlığını olumlu etkileyen çevrimdışı aktivitelerin gerçekleştirilmesi gibi stratejilerden yararlanılabilmektedir. Günümüzde de devam eden savaş, ekonomik kriz, doğal afetler gibi durumlar düşünüldüğünde bireylerin bilgi edinme isteği sonucu felaket kaydırması davranışında bulunarak olumsuz etkilenme riski bulunmaktadır. Bu doğrultuda, bilinçli teknoloji kullanımı ve içerik tüketim alışkanlıklarına yönelik yapılacak çalışmalar felaket kaydırmasını önleme açısından kritik bir adım olabilir.

Anahtar sözcükler: Felaket kaydırması, haberler, sosyal medya

Introduction

With the development of technology, we are now exposed not only to information but also to emotional content, and these contents affect our perception and reactions to the world. The spread of unpleasant information, especially on social media platforms, has led to the emergence of the term "doomscrolling" to describe the excessive consumption of such content (Katariya 2020).

Doomscrolling is a relatively new term, arguably a consequence of increased usage of technological devices during the COVID-19 pandemic. The pandemic has caused a notable surge in the use of the internet for both personal and professional purposes globally. Global news consumption through digital media surged by roughly 35% and through social media by about 47% during the pandemic and related lockdowns (Kemp 2020). People have spent a great deal of time reading, watching, or listening to COVID-19 news online, frequently nonstop, as a result of fear and more importantly uncertainty. Doomscrolling highlights a cyclical relationship between the search for negative information about a threatening situation, increased feelings of anxiety, and efforts to cope with this anxiety and gain a sense of control (Satıcı et al. 2022). It is also stated that online algorithms shape

users' search results and, therefore, doomscrolling may continue without reaching a specific endpoint (Van Drunen et al. 2019).

Doomscrolling is a prominent media habit in which social media users show excessive interest in news about crises, disasters, and tragedies (Sharma 2022). Currently, a series of events such as the war between Palestine and Israel, epidemic diseases, economic crises, and earthquakes are occurring worldwide. These events affect the general populace, prompting individuals to turn to social media platforms and other news sources to access the latest information. When reading a headline on social media, individuals often scroll through the content to learn more details. As large-scale stressful situations occur, instantly following the news and constantly obtaining information can make individuals dependent on smart devices and social media platforms (Sharma 2022). People may feel helpless and anxious in the face of the magnitude and scope of events (Sharma et al. 2022), and individuals' mental health and well-being may be negatively affected (Satıcı et al. 2022).

Despite the widespread adoption of the concept of doomscrolling during the pandemic, the number of empirical studies on its causes and effects is limited. This review aims to provide an overview of the existing literature on doomscrolling and to identify preventive strategies.

Definition

The term "doomscrolling" first emerged in a Twitter post in 2018. The individual who created this post had a relatively small number of followers, and the tweet was retweeted by only two people. However, with the onset of the COVID-19 pandemic, this term gained popularity. One of the individuals who retweeted it was Karen K. Ho, a Global Finance and Economics reporter for Quartz. Ho was identified as a key figure in popularizing the term, thanks to her retweet catching the attention of Merriam-Webster's dictionary. Since then, Ho has frequently used this term in her social media posts (Rodrigues 2022).

Merriam-Webster dictionary added "doomscrolling" to its list of words to watch in 2020. This term is defined as compulsively scrolling through unpleasant news online, despite it being sad or disheartening (Merriam-Webster 2020). According to Oxford Languages (2020), it refers to the compulsive act of scrolling through bad news on social media or news feeds. Doomscrolling is spending too much time reading bad or negative news by looking at one's phone or computer. Even though individuals know how this makes them feel, they cannot refrain from consuming this information (Rodrigues 2022).

When individuals experience adverse effects on their mental health due to stressful circumstances, they may find it necessary to comprehend and investigate the crisis they are experiencing. Presently, this requirement can be fulfilled by engaging in research and reading news through social media, transitioning from one news item to another. The term doomscrolling refers to searching for and gradually habituating oneself to consume negative news on social media. It is often more prevalent during periods of disaster, epidemic disease, violence, and natural disasters (Sharma et al. 2022). While this behavior may stem from a motivation to seek information during a crisis, it gradually becomes automatic and unconscious over time.

Contributing Factors

There are several factors contributing to doomscrolling. Firstly, individuals may engage in doomscrolling to better comprehend uncontrollable situations and fill the information gap (Anand et al. 2022). During the COVID-19 pandemic, to cope with the lack of information and the resulting negative emotions, people may have sought more news in the hope of accessing promising insights or perspectives on the pandemic. To cope with feelings of helplessness, they may have turned to social media and other news sources. Following the latest news from these sources can be seen as an effort to control their situation (Groot Kormelink and Klein Gunnewiek 2021). However, this search for optimistic news among the flow of negative information may increase feelings of anxiety, worry, uncertainty, and panic. In other words, the effort to access positive information about a stressful situation may turn into a vicious cycle that causes more anxiety by being exposed to more negative news and information.

Personality traits also play a role in doomscrolling tendencies. Sharma et al. (2022) found that neuroticism, cynicism, sensation-seeking, and negativity bias increase the likelihood of doomscrolling, while conscientiousness, self-control, and positive affect decrease it. Similarly, Satıcı et al. (2022) reported that conscientiousness, agreeableness, and extraversion were negatively correlated with doomscrolling, whereas neuroticism was positively correlated. Additionally, individuals with high resilience against helplessness tend to have a lower tendency to doomscrolling, whereas this tendency increases in individuals experiencing

psychological distress and future anxiety (Kartol et al. 2023). Moreover, demographic variables such as age and socioeconomic status also influence doomscrolling behavior (Satıcı et al. 2022, Sharma et al. 2022). Younger age groups and individuals with lower socioeconomic status are at a higher risk of doomscrolling. Men also exhibit a higher propensity for doomscrolling (Sharma et al. 2022).

On February 6, 2023, a 7.7 magnitude earthquake struck Turkey, resulting in numerous casualties and adverse psychological effects on individuals (Bırni et al. 2024). Kartol et al. (2023) examined the how future anxiety serves as a mediator in the relationship between the psychological distress (depression, anxiety, and stress) experienced by adults after this earthquake and their levels of doomscrolling. The results indicated that both psychological distress and future anxiety increase the level of doomscrolling, with future anxiety playing a mediating role in the relationship between psychological distress and doomscrolling. In other words, individuals experiencing psychological distress tend to worry more about the future, consequently exhibiting more doomscrolling behavior.

There is also a connection between depression and doomscrolling (Pas 2023). Individuals with depressive feelings tend to perceive themselves as worthless, and this not only affects their self-evaluation but also leads to negative beliefs about the future and the world (Eysenck and Fajkowska 2018). Individuals with depressive thoughts may engage in doomscrolling more frequently by fixating on a particular event (Satıcı et al. 2022). Depression is also associated with negativity bias (Eysenck and Fajkowska 2018). Due to negativity bias, the human brain tends to give more weight to negative information than positive information (Soroka et al. 2019). A study examining the effect of emotional language on news consumption found that news headlines containing negative language were more likely to be clicked, even after the content corresponding to the news story was adjusted (Robertson et al. 2023). This indicates that negative news displayed while scrolling on smart devices tends to attract the user's attention more, thus potentially leading users into the vicious cycle of doomscrolling. Additionally, it can be said that individuals displaying depressive symptoms tend to search for negative content and engage in doomscrolling more frequently in online platforms (Pas 2023).

Studies examining the relationship between social media use and doomscrolling have found that doomscrolling is positively correlated with social media addiction, FOMO (fear of missing out), and the amount of time spent on social media (Satıcı et al. 2022, Sharma et al. 2022). Dynamics similar to addiction, FOMO, and future anxiety may play a role in compulsive online behaviors (Shabahang et al. 2021). Individuals who struggle with social media addiction may encounter challenges in refraining from doomscrolling, as they tend to use social media platforms and the internet in a problematic manner.

Due to the change in news consumption habits, it can be argued that social media is related to doomscrolling. According to the Digital News Report published in 2023 by the Reuters Institute and Oxford University, the use of social media for direct access to news is 30%, while the usage rate of websites and news applications is 22%. Particularly, individuals between the ages of 18-24 are less likely to use a news website or application directly, and more likely to use social media or other tools (Newman 2023). Also, the structure of social media news feeds naturally lacks a specific endpoint for doomscrolling (Nguyen 2020). Today's news feeds are generally not organized in a chronological order; instead, they are customized according to users' previous scrolling behavior (Thorson et al. 2021). This structure, combined with individual factors, may increase the tendency for doomscrolling. The results of the reviewed studies are summarized in Table 1.

Measures

The Doomscrolling Scale, developed by Sharma et al. (2022), is a one-dimensional scale consisting of 15 items. Additionally, a four-item short form is also available. In their studies, they concluded that doomscrolling is associated with online vigilance, problematic internet and social media use, and FOMO. They also indicated that personality traits such as anxiety and low self-control influence the tendency for doomscrolling. The adaptation of the scale into Turkish was conducted by Satıcı et al. (2022). The one-dimensional structure of the original scale with 15 items was confirmed. Moreover, validity and reliability studies were conducted for the four-item short form of the scale. In this study as well, it was found that doomscrolling is associated with the Big Five personality traits, social media addiction, FOMO, certain characteristics of social media use, psychological distress, life satisfaction, mental well-being, and harmony in life. Another Turkish adaptation of the scale was conducted by Anlı (2023). In this study, the one-dimensional structure consisting of 15 items was also confirmed. However, the goodness of fit values for the four-item short form of the scale was found to be inadequate. Similar procedures to those in the original study were conducted to create a six-item short form for the scale.

Table-1 Studies included in the review

Study	Study Group	Measurement Tools	Results
Groot Kormelink and Klein Gunnewiek (2021)	22 participants between the ages of 19-36	Semi-structured in-depth interview	Participants have been observed to increase their news consumption as they try to make sense of the situation regarding COVID-19. However, due to information overload and emotional burden, they experience COVID-19 fatigue and begin to limit their news intake.
Grossekemper (2023)	130 participants aged 19-62 years who were not receiving treatment or medication for a mental disorder and had not attempted suicide in the past two years	Climate Change Doomscrolling Scale. (CCDS), Doomscrolling Scale, Coping Competence Questionnaire (CCQ).	The level of resilience to helplessness was found to be negatively related to doomscrolling. No gender difference was found regarding doomscrolling.
Kartol et al. (2023)	402 adults who experienced the earthquake in Turkey on February 6, 2023	Depression, Anxiety, and Stress Scale (DASS-21), Dark Future Scale (DFS) and Doomscrolling Scale	Participants experienced very high levels of future anxiety and moderate levels of disaster shifting after the earthquake. As the levels of psychological distress and future anxiety increased, doomscrolling behavior also increased, and future anxiety played a mediating role between psychological distress and doomscrolling.
Satıcı et al. (2022)	Study 2: 419 participants aged 18-64 years

Study 3: 460 participants aged 18-55 years | Study 2: Doomscrolling Scale, Big Five Inventory (BFI-10, Bergen Social Media Addiction Scale (BSMAS), and FOMO Scale, (FOMOS) Study 3: Doomscrolling Scale, Depression Anxiety Stress Scales-21 (DASS-21), Short Warwick–Edinburgh Mental Well-being Scale (SWEMS), Short Warwick–Edinburgh Mental Well-being Scale Satisfaction with Life Scale (SWLS-3) and Harmony in Life Scale (HILS-3) | Study 2: A negative relationship was found between doomscrolling and conscientiousness, extraversion and agreeableness. Doomscrolling was also negatively associated with age and socio-economic status. Neuroticism, social media addiction, fear of missing out (FOMO), and daily social media usage time were positively correlated with doomscrolling. No significant relationship was found between gender, the social media platforms used, and openness. Study 3: Doomscrolling was found to have significant negative associations with life satisfaction, mental well-being, and life adjustment, while positively correlating with psychological distress. Psychological distress was a mediator in the relationship between doomscrolling and life satisfaction, well-being, and harmony in life. |
| Sharma et al. (2022) | 502 participants aged 18-73 from 27 countries on six continents | Doomscrolling Scale, Generalized Problematic Internet Use Scale (GPIUS2), Bergen Social Media Addiction Scale (BSMAS), Brief Self-Control Scale (BSCS), Generalized Anxiety Disorder-7 (GAD-7), Life Orientation Test- | Doomscrolling demonstrated significant associations, ranging from moderate to high, with online vigilance, problematic internet/social media usage, and fear of missing out (FOMO). Additionally, there were smaller to moderate associations with passive and habitual use, as well as news surveillance. While it exhibited a moderately positive correlation with anxiety, it showed minor positive correlations with political interest, |

		Revised (LOT-R), Sensation Seeking 2 Scale (SS2), Brief Risk-resilience Index for SCreening (BRISC), Scale of Positive and Negative Experience (SPANE), World Health Organization-5 Well-Being Index (WHO-5), Big Five Inventory-2 Short Form (BFI-2-XS), Single-Item Self-Esteem scale (SISE), and FOMO Scale	neuroticism, cynicism, sensation-seeking, and negativity bias. Conversely, negative correlations were observed with conscientiousness, self-control, and positive affect. No significant correlations were found with optimism, political efficacy, uncertainty, self-esteem, social distance, or smartphone addiction. Men and young adults showed a greater tendency for doomscrolling compared to women and older adults.
Pas (2023)	130 participants aged 19-62 years who were not receiving treatment or medication for a mental disorder and had not attempted suicide in the past two years	Climate Change Doom Scrolling Scale (CCDS), Doomscrolling Scale (DSS) and Beck's Depression Inventory (BDI)	There was found to be a relationship between high levels of depression and the need for doomscrolling. However, no relationship was found between depression and doomscrolling related to climate change. Age was not found to be associated with either doomscrolling or doomscrolling related to climate change.

Impacts on Individuals

Although doomscrolling may be a relatively new term, numerous studies have explored the impact of exposure to negative news on individuals' mental well-being over time. In a study examining how television news affects individuals' mood and personal anxieties, participants were divided into three groups and shown 14-minute segments of positive, negative, or neutral news headlines. It was observed that individuals who watched negative news experienced higher levels of anxiety and sadness and showed an increased tendency to convert personal anxieties into disaster (Johnston and Davey 1997). Szabo and Hopkinson (2007), in their research on the psychological effects of tv news, found that watching a 15-minute news program increased state anxiety and mood disorders among undergraduate students. Park (2015) identified a significant association between exposure to negative news and negative emotions.

During the COVID-19 pandemic, many people have been seen to spend a significant amount of time on pandemic-related content every day, and this behavior is associated with negative mental health outcomes. In a comprehensive cross-sectional survey conducted in France between April and May 2020, involving over 69,000 university students, it was found that 45% of respondents dedicated more than thirty minutes daily to consuming informative content regarding the pandemic (Wathelet et al. 2020). Moreover, those who spent increased daily durations on COVID-19 news displayed increased symptoms of depression, anxiety, and stress. Similarly, another study comprising over 6,300 participants in the United States yielded comparable findings (Riehm et al. 2020). Buchanan et al. (2021) demonstrated that even brief exposure, as short as two minutes, to negative news about COVID-19 negatively affected well-being. Positive news regarding COVID-19 has not been shown to have the same detrimental effects. Therefore, the issue is not only with the amount of time spent on social media but also with the excessive consumption of negative news.

There are various studies demonstrating the association between doomscrolling and negative mental health outcomes (Price et al. 2022, Satıcı et al. 2022, Sharma et al. 2022, Shabahang et al. 2023). According to these findings, exposure to negative news or information can exacerbate anxiety and depression in an endless cycle. Moreover, it can worsen existing or developing mental health problems (Watts 2020). It may be associated with high impulsivity, sensation seeking, and lower motivation to avoid unhealthy behaviors (Shabahang et al. 2023). In a study involving 1,100 participants, it was found that 16.5% of participants exhibited symptoms of problematic news consumption at a serious level, leading to higher levels of stress, anxiety, and poor health outcomes (McLaughlin 2023). Approximately 27.3% of participants reported having moderately problematic news consumption, 27.5% were minimally affected, and 28.7% experienced no issues. Among those with a serious level of problematic consumption, 74% reported experiencing mental health problems, and 61%

reported experiencing physical problems, compared to 8% and 6.1%, respectively, in all other study participants (McLaughlin 2023).

Regular exposure to social media or doomscrolling has been found to be associated with an increase in symptoms of depression and post-traumatic stress disorder (Price et al. 2022). Similarly, Silver et al. (2013) predicted that exposure to news about the September 11 terrorist attacks would increase post-traumatic stress symptoms two to three years later. It has also been observed that doomscrolling related to climate change has a negative impact on individuals' anxiety levels (Hau 2023). Gerges (2023) also discovered that individuals who watched TikTok videos related to climate change expressed greater levels of sadness compared to those who watched content about nature appreciation. These findings suggest that doomscrolling could significantly impact the emotional state of social media users. Moreover, a wider selection of content, longer exposure times, and algorithms that automatically provide thematically related content to users could further amplify these effects (Gerges 2023).

In recent years, it has been observed that exposure to negative news has changed individuals' approach to news consumption. In 2017, 63% of individuals worldwide reported very or intense interest in news, whereas this figure dropped to 48% in 2023. Additionally, individuals want to make changes in their online news consumption experience. 28% of these users stated that they want to see less negative or overwhelming content, while 33% aim to distance themselves from toxic content (Newman 2023). Although the exact reasons for this change are not fully clear, it is evident that individuals are negatively affected by negative news content and want to change this situation.

Coping Strategies

There are various strategies suggested for coping with doomscrolling. These strategies mainly aim to reduce individuals' use of technology, the internet, and social media platforms. Managing the time spent on online platforms, turning off smartphone notifications, using essential applications on smartphones, refraining from using smartphones as alarm clocks, keeping smartphones and digital devices out of the bedroom, avoiding their use two hours before bedtime, and outlining structured times can help individuals to be exposed less to negative news feeds (Sharma et al. 2020). Focusing on healthy technology use will eventually contribute to the development of digital hygiene over time and make individuals more conscious about news consumption. Alongside acquiring digital hygiene, it is crucial to engage in offline activities such as sports, spending time with family and friends, to fill the time spent on online platforms.

Another strategy to mitigate doomscrolling could be to limit news consumption. In this regard, individuals can implement methods such as hiding or deleting news and social media applications from their smartphones, turning off notifications, abstaining from following news organizations, and restricting the time spent on news websites and applications (Mannel and Meese 2022). According to the 2023 Digital News Report (Newman 2023), there has been an increase in the number of people globally who avoid the news. The percentage of individuals who claim to avoid the news has reached an all-time high of 36%. These individuals use various methods to avoid the news, including turning off the television or avoiding sources containing news on social media (53%), turning off mobile notifications or checking sources with time restrictions less frequently (52%), and avoiding topics that negatively affect their mood and cause anxiety (32%). It is observed that these individuals are more interested in positive or solution-oriented journalism.

Another strategy is to balance negative information with positive ones. Websites and applications have been created for this purpose, where individuals can navigate through positive news instead of consuming negative ones. For example, platforms like The Happy Newspaper, The Good News Movement, Upworthy, The Good News Network, and Positive News offer such alternatives. Additionally, the Iceland Tourism Board has created a website called Joyscroll to counteract doomscrolling. This site aims to increase positive emotions by offering 22.7 meters of Icelandic natural landscapes and sounds instead of being exposed to 22.7 meters of bad news every day (Das 2022).

Individuals can engage in active coping efforts after being exposed to negative news. In this regard, they can participate in activities that can enhance their well-being. In a study conducted by Lades et al. (2020) during the COVID-19 pandemic, it was found that high levels of negative emotions were associated with social media use and individuals informing themselves about COVID-19. However, they concluded that outdoor activities such as exercise, walking, gardening, and spending time with children increased well-being. Varma et al. (2023) also indicated during the pandemic period that engaging in prosocial behaviors such as helping and collaborating increased positive emotions.

Apart from individual strategies, there may be arrangements that news organizations or social media platforms can implement. VanderWeele and Brooks (2020) have suggested that media organizations should report one positive news story for every three negative news stories. Future studies on regulations within social media platforms could focus on the relationship between doomscrolling behavior and the algorithmic structure of smartphones and social media platforms. It would be beneficial to examine whether doomscrolling behavior varies across different social media applications and, if so, to identify the features of the application responsible for such variations. Based on the data obtained, new strategies can be developed. Additionally, researchers can create various intervention programs. In these programs, education on healthy technology use could encompass various aspects, including reducing the usage of social media platforms, managing digital news feeds, and minimizing the time spent on smartphones (Anand et al. 2022).

Coping strategies for doomscrolling focus on various areas such as conscious technology use, enhancing coping skills for dealing with negative information, and limiting news consumption. These strategies can help individuals establish a more balanced relationship with the digital world and strengthen their mental well-being through positive activities. Evaluating the effectiveness of implemented strategies and trying different approaches can assist individuals in determining the most suitable strategy for themselves.

Conclusion

While the advancement of technology simplifies access to information through smart devices and social media and facilitates our daily activities, the content we are exposed to can have negative effects on our mental health. The need to consume this negative content that individuals encounter in their daily lives has led to the emergence of a new phenomenon called doomscrolling. Especially during the COVID-19 pandemic, excessive consumption of such content and the accompanying doomscrolling behavior negatively affect individuals' mental health and general well-being.

Various factors influence the tendency for doomscrolling. Increasing the sense of control, seeking positive information about stressful situations, and coping with uncertainty are among the main reasons for doomscrolling. Social media addiction and FOMO may also increase individuals' doomscrolling behavior. Moreover, due to the increased use of social media platforms for accessing news content and the algorithms of these platforms presenting similar content, individuals can be exposed to an endless cycle of negative content. Another factor that affects this behavior is certain personality traits such as neuroticism and sensation-seeking. Depression and negativity bias may also contribute to an increase in doomscrolling behavior. Depressive individuals, especially due to feeling worthless and having more negative thoughts, may engage in more doomscrolling behavior and seek out more negative content in online environments.

Doomscrolling leads to negative consequences on individuals' mental health, such as increased anxiety, post-traumatic stress symptoms, and decreased levels of well-being. Research indicates that exposure to negative news content increases feelings of anxiety and worry. Particularly during the COVID-19 period, individuals' quest for information about the pandemic has led to increased consumption of news, and exposure to negative news has been demonstrated to cause conditions such as stress and anxiety. Additionally, exposure to negative news has been shown in recent years to alter individuals' attitudes toward news consumption, which has boosted their willingness to make adjustments to their online news reading habits. Individuals may also exhibit news avoidance behavior due to their desire to see less negative content and to distance themselves from toxic content.

Various strategies can be suggested to reduce and prevent doomscrolling. These strategies include reducing the use of technology, internet, and social media platforms, balancing negative news with positive news, and developing healthy content consumption habits To limit news consumption, smartphone news applications can be deleted, notifications can be switched off and time limits can be used. Platforms featuring positive news content can be utilized to maintain balance in information consumption. Preferring activities that promote well-being, such as sports, outdoor activities, and prosocial behaviors, can be an effective way to cope with negative content.

In conclusion, doomscrolling has a significant impact on individuals' mental health. This behavior, which became widespread with the COVID-19 pandemic, continues with the consumption of negative news on various topics such as war, earthquakes, economic crises, and climate change. It can be said that there is a need more empirical research is needed to understand the mechanisms underlying this new concept, its negative effects on individuals and strategies to prevent these effects. In this regard, the development and dissemination of coping strategies for doomscrolling could make a significant contribution to the overall psychological health of society.

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