Mills, Kim, and Gloria Mark. "Speaking of Psychology: Why Our Attention Spans Are Shrinking, with Gloria Mark, PhD." *Apa.org*, American Psychological Association, Feb. 2023,

www.apa.org/news/podcasts/speaking-of-psychology/attention-spans.

Parasuraman, Subramani, et al. "Smartphone Usage and Increased Risk of Mobile

Phone Addiction: A Concurrent Study." *International Journal of Pharmaceutical Investigation*, vol. 7, no. 3, 2017, p. 125,

www.ncbi.nlm.nih.gov/pmc/articles/PMC5680647/,

https://doi.org/10.4103/jphi.jphi 56 17.

Abdelnour, Elie, et al. "ADHD Diagnostic Trends: Increased Recognition or Overdiagnosis?" *Missouri Medicine*, vol. 119, no. 5, 2022, pp. 467–473.