

116TH CONGRESS
2D SESSION

H. R. 9058

To require the Director of the National Institutes of Health to enter into a contract with the National Academies of Sciences, Engineering, and Medicine to study addiction to and dependence on social media applications, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

DECEMBER 31, 2020

Mr. KENNEDY introduced the following bill; which was referred to the Committee on Energy and Commerce

A BILL

To require the Director of the National Institutes of Health to enter into a contract with the National Academies of Sciences, Engineering, and Medicine to study addiction to and dependence on social media applications, and for other purposes.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “_____ Act of
5 2020”.

1 **SEC. 2. NATIONAL ACADEMIES STUDY ON ADDICTION TO**
2 **OR DEPENDENCE ON SOCIAL MEDIA APPLI-**
3 **CATIONS.**

4 (a) STUDY.—

5 (1) IN GENERAL.—Not later than 90 days after
6 the date of the enactment of this Act, the Director
7 of the National Institutes of Health (in this section
8 referred to as the “Director”), in consultation with
9 the Secretary of Health and Human Services and
10 the Chair of the Federal Trade Commission, shall
11 enter into a contract with the National Academies of
12 Sciences, Engineering, and Medicine (in this section
13 referred to as the “National Academies”) to conduct
14 a study on the clinical aspects of addiction or psy-
15 chological dependence of social media applications.

16 (2) TIMELINE.—In carrying out paragraph (1),
17 the Director shall require the National Academies by
18 the date that is 2 years after the date of enactment
19 of this Act—

20 (A) to complete the study under paragraph

21 (1); and

22 (B) to submit a report on the results of
23 such study to the Secretary of Health and
24 Human Services, the Director of the National
25 Institutes of Health, the Director of the Office
26 of Behavioral and Social Sciences Research of

1 the National Institutes of Health, the Chair of
2 the Federal Trade Commission, the Chair of
3 the Consumer Product Safety Commission, the
4 Committee on Energy and Commerce of the
5 House of Representatives, and the Committee
6 on Commerce, Science, and Transportation of
7 the Senate.

8 (b) TOPICS OF STUDY.—The study described in this
9 subsection shall address the following topics:

10 (1) Whether use of social media applications re-
11 lease dopamine in a manner that could result in ad-
12 diction to such applications.

13 (2) The levels of dopamine released during use
14 of such applications and the rate of such release.

15 (3) The level and rate of dopamine release that
16 may increase the likelihood of addiction to such ap-
17 plications.

18 (4) The areas of the brain that are stimulated
19 when using such applications and what happens to
20 such areas.

21 (5) Whether use of such applications can result
22 in addiction.

23 (6) Whether addiction to such applications is
24 more likely among certain age groups.

1 (7) Why individuals would become addicted to
2 such applications.

3 (8) Whether there are common features or
4 functions of such applications that cause addiction
5 to such applications without physical dependence.

6 (9) Whether there is an amount of usage of
7 such applications that affects the likelihood of addic-
8 tion to such applications.

9 (10) Whether there are other risk factors that
10 increase or decrease the likelihood of addiction to
11 such applications.

12 (11) The symptoms of addiction to or depend-
13 ence on such applications.

14 (12) Whether there are withdrawal symptoms
15 when an addicted or dependent individual stops
16 usage of such applications.

17 (13) Whether use of such applications nega-
18 tively impacts other mental health conditions.

19 (14) The threshold at which such application
20 can have an effect on other mental health conditions.

21 (15) Steps that may be taken to mitigate or re-
22 duce the likelihood of addiction to such applications.

23 (16) Areas of research, in the short term and
24 long term, that may be useful in the future.

1 (17) What can be applied from other addiction
2 situations, and approaches, to studying the topics
3 listed in this subsection.

4 (18) Such other topics relating to the clinical
5 aspects of addiction or psychological dependence of
6 social media applications as may be determined by
7 the National Academies.

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