یکی از اخبار ناشنوایان در حوزه سلامت

جهت نگرفتگی موضوعاتی در حوزه سلامت...
References

People are faced with a wide range of news in their lives, some of which have negative and unpleasant content (1). Usually, people consider searching for information as a way to deal with challenging situations. On the other hand, coping and adapting to unpleasant information can also be a coping behavior; because it warns people about existing dangers and prepares them for similar threats in the future (2). One of the new challenges in the health science is the existence, tendency and desire of some people to "follow unpleasant news" (Doom Scrolling or Doom surfing), which has various reasons and can occur in different health fields. Some of these reasons are: passive use of social media, habitual media use, anxiety, weak self-control and some other personality traits of people. Men, younger adults, and politicians are also more likely to do doom scrolling. In general, it seems that following such news is particularly attractive for some people (3).

This term has entered public texts and dictionaries only a short time ago, and some people believe that its origin is in the theory proposed by George Gerbner in the 1970s called Mean World syndrome. This theory is based on the opinion that exposure of people to the violent content of social media and especially television can make people believe that they are living in a more dangerous world than it really is. and cause fear, anxiety, pessimism and increased alertness in response to possible threats and dangers in them (4). Merriam-Webster's dictionary defines "Doom Scrolling" as the obsessive checking of online news in social media with a tendency and attitude toward negative news and with the goal of updating. In such a way that the feeling of fear of this negative attitude creates a compulsion for the person to continue searching for updates in a repeating cycle (5). Anand et al. follow the term "Doom Scrolling" as a term related to reading, scrolling and searching for negative news through mobile phones or social media feeds. The slight difference that exists in the definition of Doom surfing and Doom Scrolling refers to the location of searching for negative information, so that Doom Scrolling is more about "following unpleasant news" through mobile phones and social media and Doom surfing is more about following finding this kind of news through the Internet, websites and web (6).

It should be noted that the term "Doom Scrolling" should not be confused with the term "bad news" commonly used in the medical field. Because bad news in the field of medicine refers to providing direct or indirect information about the patient's difficult condition to his relatives and any bad, sad or difficult information such as the deterioration of the situation or possible risks or the death of the patient, which the understanding of the patients, the surrounding and it changes their relatives from their present and future (7). It seems that due to the novelty of the subject of "Doom Scrolling", there are not many scientific resources about it, so that the search in different databases did not retrieve many articles. Although this issue has been discussed in English-language websites, blogs, and other internet resources and social networks, especially after the era of the Covid-19 pandemic. In Iran, no published research was found in this field, but a few news have been published in news agencies and newspapers in this regard, which need to be checked for scientific basis and validity.

"Doom Scrolling" has negative consequences on the health of the individual and the society, including intense anxiety, feeling of uncertainty, apprehension, fear, feelings of distress, difficulties in sleeping, poor quality of sleep, decrease in appetite, motivation and interest in activities to continue with tasks of the day (6).

Considering the novelty of the issue of "Doom Scrolling" and the lack of sufficient information in this field, as well as its negative effects and consequences for the health of the individual and society, it is necessary to find out why and how this information-seeking behavior, especially in the field of health, and the factors affecting it be identified. Identifying the pattern or process of "Doom Scrolling" by sick and non-sick people can help the policy making of the country's health information system in the field of publishing reliable and timely health news, as well as improving the cycle of health information in the society and the media. Identify the necessary solutions to deal with its consequences.