

119TH CONGRESS
1ST SESSION

H. R. 6679

To direct the Secretary of Health and Human Services to conduct a comprehensive study on the mental, social, and developmental impacts of screen addiction among young men, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

DECEMBER 11, 2025

Mr. VINDMAN (for himself and Mr. BARRETT) introduced the following bill;
which was referred to the Committee on Energy and Commerce

A BILL

To direct the Secretary of Health and Human Services to conduct a comprehensive study on the mental, social, and developmental impacts of screen addiction among young men, 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 “Tech Wellness for
5 Young Men Act”.

1 **SEC. 2. NATIONAL STUDY ON SCREEN ADDICTION IN**
2 **YOUNG MEN.**

3 (a) IN GENERAL.—The Secretary of Health and
4 Human Services, in coordination with the Director of the
5 National Institute of Mental Health and the Assistant
6 Secretary for Planning and Evaluation, shall conduct a
7 comprehensive study on the mental, social, and develop-
8 mental impacts of screen addiction among young men in
9 the United States aged 12 to 25.

10 (b) CONTENTS.—In conducting the study, the Sec-
11 retary shall examine—

12 (1) relationships between excessive screen use
13 and increased rates of depression, anxiety,
14 suicidality, violent tendencies, and social withdrawal;

15 (2) impacts on emotional development, impulse
16 control, academic performance, and attention span;

17 (3) the erosion of interpersonal relationships,
18 including friendships, dating, and family commu-
19 nication;

20 (4) patterns of digital dependency, including
21 compulsive use of gaming, streaming, and social
22 media; and

23 (5) broader social effects, including disengage-
24 ment from school, extracurricular activities, civic
25 participation, and physical activity.

1 (c) CONSULTATION.—In conducting the study, the
2 Secretary shall consult with—

3 (1) experts in adolescent psychiatry, develop-
4 mental psychology, addiction science, and behavioral
5 health;

6 (2) community organizations, school-based
7 health centers, and youth-serving nonprofit organiza-
8 tions; and

9 (3) professionals in human-computer inter-
10 action, gaming design, and social media ethics.

11 (d) REPORT TO CONGRESS.—Not later than 18
12 months after the date of enactment of this Act, the Sec-
13 retary shall submit to Congress, and publish on the public
14 internet website of the Department of Health and Human
15 Services, a report containing a summary of the findings
16 of the Secretary based on the study, including an identi-
17 fication of the subgroups of young men that are most af-
18 fected by excessive screen use.

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