

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.

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## 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

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## 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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