

119TH CONGRESS
1ST SESSION

H. R. 6680

To direct the Secretary of Health and Human Services to assess the economic, mental health, and social consequences of screen addiction among adult 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 assess the economic, mental health, and social consequences of screen addiction among adult 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 Men
5 Act”.

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

3 (a) IN GENERAL.—The Secretary of Health and
4 Human Services, in consultation with the Secretary of
5 Labor and the Director of the National Institute of Mental
6 Health, shall conduct a comprehensive study on the social,
7 economic, and health impacts of screen addiction among
8 men in the United States aged 25 to 64.

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

11 (1) the association between screen overuse and
12 increased rates of depression, anxiety, substance
13 misuse, loneliness, and sleep disorders;

14 (2) the impact of screen addiction on workforce
15 participation, productivity, and economic disengage-
16 ment;

17 (3) social isolation and declining participation
18 in family life, marriage, parenting, and civic organi-
19 zations;

20 (4) the role of screen overuse in contributing to
21 male withdrawal from education, employment, and
22 interpersonal relationships; and

23 (5) the cost of screen-related health burdens on
24 Federal and State healthcare systems.

1 (c) FOCUS POPULATIONS.—To the extent practicable,
2 the Secretary may include as a part of the study an assess-
3 ment of—

4 (1) screen addiction among veterans, unem-
5 ployed men, and formerly incarcerated individuals;
6 and

7 (2) geographic breakdowns of screen addiction
8 among adult men, including urban, suburban, and
9 rural differences.

10 (d) PUBLICATION.—Not later than 18 months after
11 the date of enactment of this Act, the Secretary shall pub-
12 lish on the public internet website of the Department of
13 Health and Human Services a summary of the findings
14 of the Secretary based on the study, including an identi-
15 fication of mental health resources relating to screen ad-
16 diction among adult men.

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