It’s no surprise that we live in a selfie-obsessed world... Just how obsessed we are, though, might surprise you.

Over a Million Selfies Are Taken Every Day

ALL OVER THE GLOBE

WHAT ARE THE EFFECTS???
SELFIES AFFECT OUR BRAIN & PERSONALITY

Danny Bowman is gradually learning to live without his iPhone...

Photos are processed by Facebook every day

...as he attempted to commit suicide...

...after spending 10h trying to get a perfect selfie

In a University of Michigan study of college undergraduates, it was found that those who scored higher in narcissism also posted selfies more often on Twitter and Facebook

1 in 4 American teenagers become easily angered by critical comments on their photos

A 2012 survey showed that 75% of Instagram users posted the selfies immediately after getting divorced

Narcissistic personality disorder involves a preoccupation with self and how one is perceived by others. Narcissists pursue gratification from vanity and the admiration of their own physical and intellectual attributes

“Selfitis”

Is a mental disease that makes people taking selfies all the time. American Psychiatric Association claims.

6,000 selfies were taken by Kim Kardashian during a four day holiday to Mexico in 2016

>3 selfies per day indicates that you suffer from “selfitis”

Of British students in 2013 said they would rather send an image than write a text message

50%
SELFIES DAMAGE OUR HEALTH

Regularly exposing the face to the light and electromagnetic radiation from smartphones can damage the skin, speeding up ageing and promoting wrinkles, doctors say.

2/3 of famous Instagram bloggers fear they can get a cancer.

Blue light that comes from camera flash could damage the light-sensitive cells in the retina and result in permanent vision loss.

50% of dermatologists can tell which hand a person holds their phone in just by looking at which side of the face is most damaged, Cardiff Research Center claims.

At the age of 29 Y.O, Ms. Hoda Kotb from Japan had to visit a physical therapist because of severe pain in her hand as a result of constant selfies.

"Selfie elbow" refers to inflammation from taking selfies, that happens because people are extending their arms but also trying to keep a firm grip on their phones as they do something that the body just isn’t designed to do often.

There is constant increase in the number of women using medical injections to overcome the impact of making photos.

172 km/h was the speed of Lucy McGee hammering down the motorway while taking selfies with Snapchat’s speed filter.

10% of pedestrians’ deaths in China annually happen due to #roadselfie (in 2014).
Selfies Hinder Communication

Of men in 2015 reported to experience less intimacy and emotional support in their relationships with people who are selfie-posting addicts (59%).

Of cases showing that the less secure people were about their partners feelings toward them, the more likely they were to post about their relationship on social media (38%).

Of Australian women in 2013 said they retouch every single selfie that they post (13%).

“Instagram Husband”

Gender-neutral term that refers to boyfriends, girlfriends, parents, or sons and daughters which become designated photographer for their Instagram Wife; take more pictures with their Instagram Wife than they would take on their own.

One in four couples in NYC have fights about Facebook nearly every week.

Of people in 2014 said posting selfies was “dangerous” to their marriage (25%).

In 95 Years

Our thumbs will become as long and flexible as the ones primates have to ease the use of smartphones, Chinese scientists say (85%).

Of female Instagram users suffer from low self-esteem looking at perfect photographs of fashion bloggers...