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Helena Frielingsdorf is a physician-scientist with a specialisation in psychiatry and social medicine. She has led the Swedish government commission on screen use and health since the start in 2023. The commission has launched national recommendations and guidelines on safe and balanced screen use among children and adolescents aimed at the public as well as policy makers and tech industry. Evidence based recommendations were developed in co-creation with children, parents, professionals, experts and other relevant stakeholders.

Frielingsdorf has a PhD in neurobiology from Lund University, Sweden, and did her post-doctoral training at Weill Cornell Medical College in New York. She is currently affiliated with the global child health and SDG group at the Karolinska Institute. Her research interests include social epidemiology and global mental health, with a special focus on digital media use and child health. She also has extensive experience of implementing mental health and psychosocial services in humanitarian settings.