

SOCIAL MEDIA EFFECTS ON



DEPRESSION

"Depression is "a **common and serious medical illness** that **negatively affects** how you feel, the way you think and how you act". Furthermore, it is "a mood disorder that causes a **persistent feeling of sadness and loss of interest**".

52% Increase in depression among adolescents between 13-18 age
2005 to 2017

CAUSES:

- too much time on social media
- use too many platforms
- less face to face interaction
- mental health stigma

Risk of having  depression & anxiety **is 3x higher** for users of 7 to 11 platforms compared to peers who use no more than 2 platforms

SOLUTIONS:



4 out of 5 people feel that talking about their mental health problems help

Set limits on social media use:

- Use less platforms
- Phones away during mealtime
- Avoid screen time before bed



"**Regulated** usage **rather than complete abstinence** may be **key** to managing the psychological effects of social media"

SOURCES:

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<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>