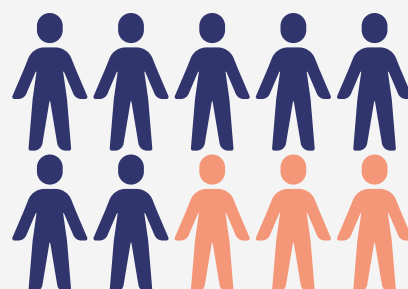


# Social Media and Depression

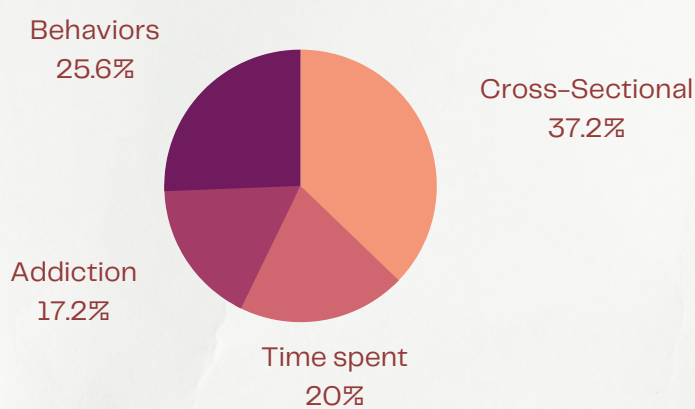


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Around seven-in-ten Americans use social media. Social media is used for several different purposes and these include: communication, reading the news, entertainment and many more.



"College-wide access to Facebook led to an increase in severe depression by 7% and anxiety disorder by 20%."



**Pie chart for articles basing around social media use.**

14 articles met inclusion criteria; 92.9% were cross-sectional. Half of the articles measured time spent on SM (including daily hours and frequency), with mixed findings; 42.9% of articles studied SM addiction, with all studies presenting a significantly positive association with depression. Over sixty percent (64%) of the articles studied specific SM behaviors, with mixed findings.

## Survey of College Students for Anxiety

In 2018, the American College Health Association surveyed 31,463 college students and found 60.9% of the respondents experienced overwhelming anxiety at some point in 12 months.

### IF YOU ARE FEELING DOWN, TRY THIS FOR A CHANGE:

1. Minimize your social media usage
2. If you feel tempted to log on at a given moment, ask yourself why first
3. Practice mindfulness
4. Take a breather, go outside (or into another room) and stretch
5. Look into focus/wind-down apps for your devices

### Extra Resources:

Some baseline help with limiting your time online:  
<https://www.goodrx.com/well-being/addiction/addicted-to-social-media>

For mindfulness:  
[mindful.org](https://www.mindful.org)

For help with focusing:  
<https://zapier.com/blog/stay-focused-avoid-distractions/>



### Sources

<https://www.pewresearch.org/internet/fact-sheet/social-media/>  
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