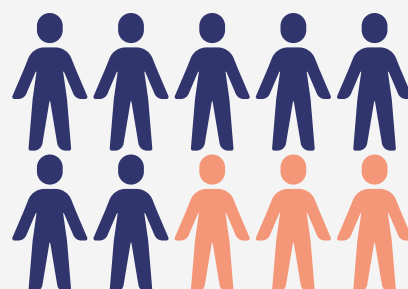


Social Media and Depression

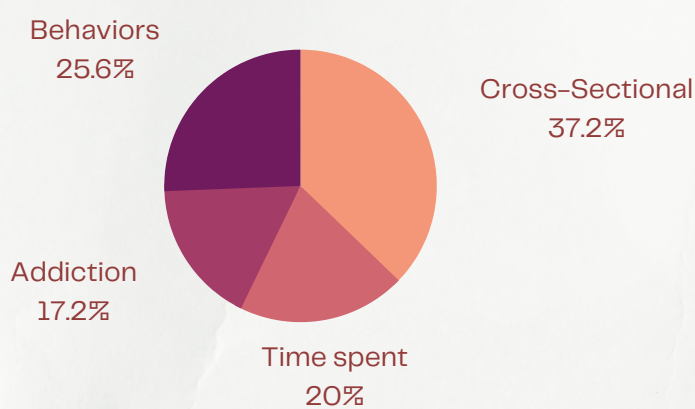


presented by: Maha F, Cole J, and Daniel K

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/>
<https://mitsloan.mit.edu/ideas-made-to-matter/study-social-media-use-linked-to-decline-mental-health>
https://digitalcommons.library.tmc.edu/uthsph_dissertsopen/100/
https://etd.ohiolink.edu/apexprod/rws_olink/r/1501/10?clear=10&p10_accession_num=dayton1597137716516134

