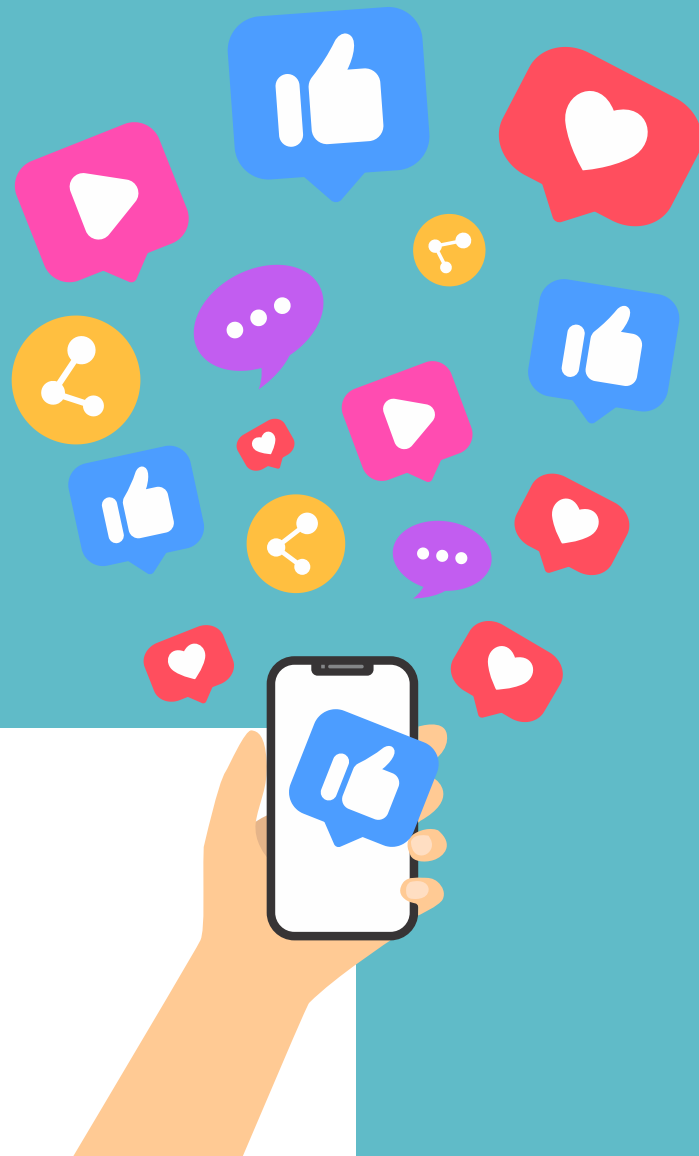


SOCIAL MEDIA & MENTAL HEALTH



**PREPARED BY:
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MARGARET PIERCE**



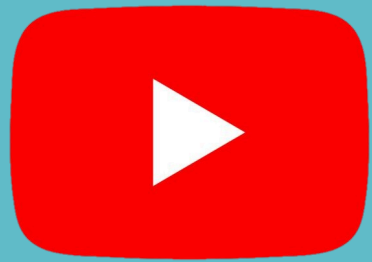
WHAT'S HAPPENING TO US?

Social media apps have become a permanent fixture of our lives: as time goes on, we spend more and more time scrolling, sharing, liking, and commenting. But is this constant inter-connectedness helping or hurting our mental health? We surveyed **134** adults ages 18-62 on their social media habits and how they perceive it impacts their well-being. By unearthing the most popular apps across age groups and gender and getting real about how our phones make us feel, we seek to answer the question: what's happening to us?

WHAT APPS ARE MOST POPULAR?



86%



71%



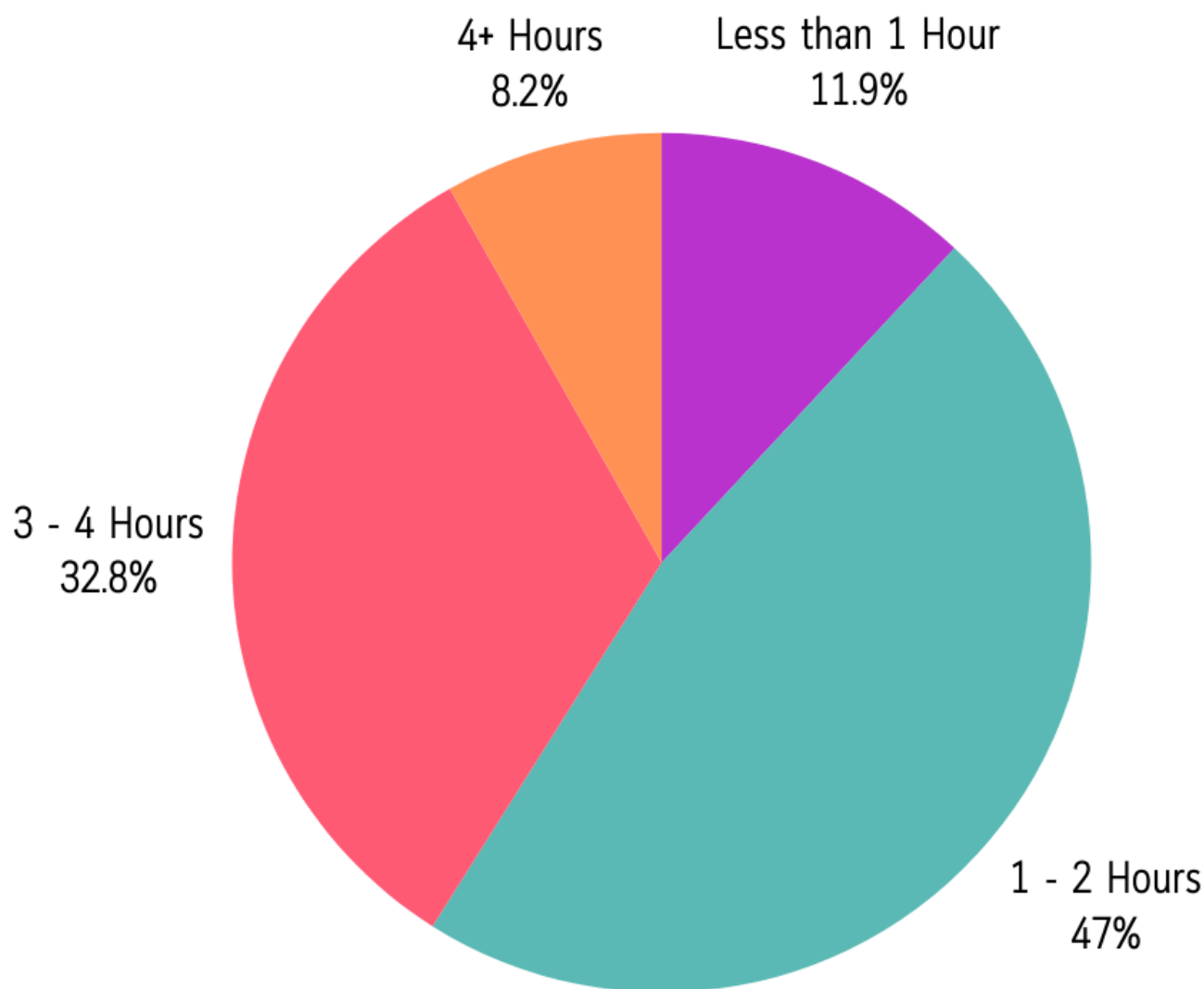
40%



28%



22%



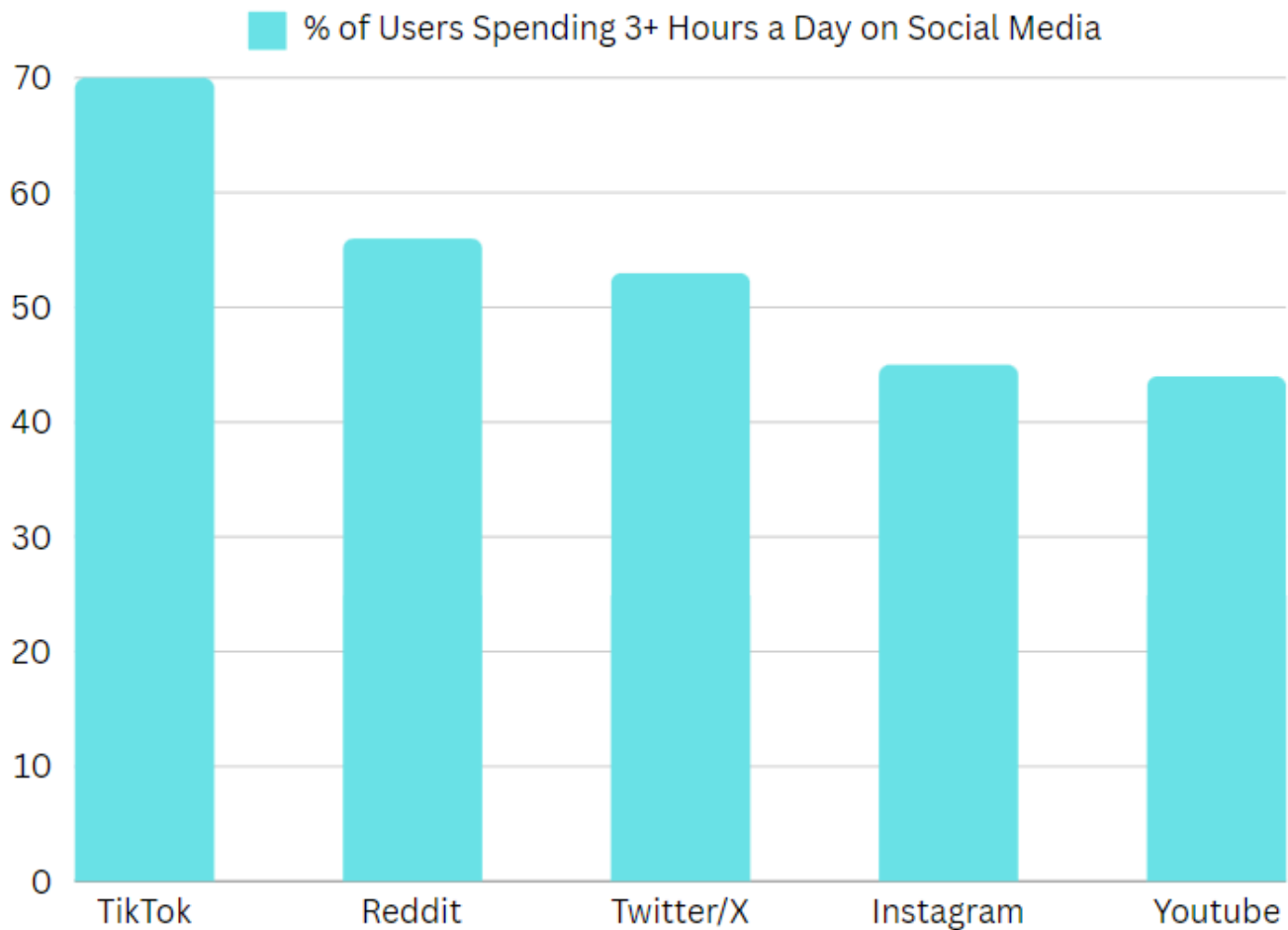
TIME SPENT ON THE APPS

More than 40% of our participants reported spending more than **3 hours** using social media every day--plenty of time for the apps to have significant impacts on their mental processes and therefore their well-being.



Looking Closer

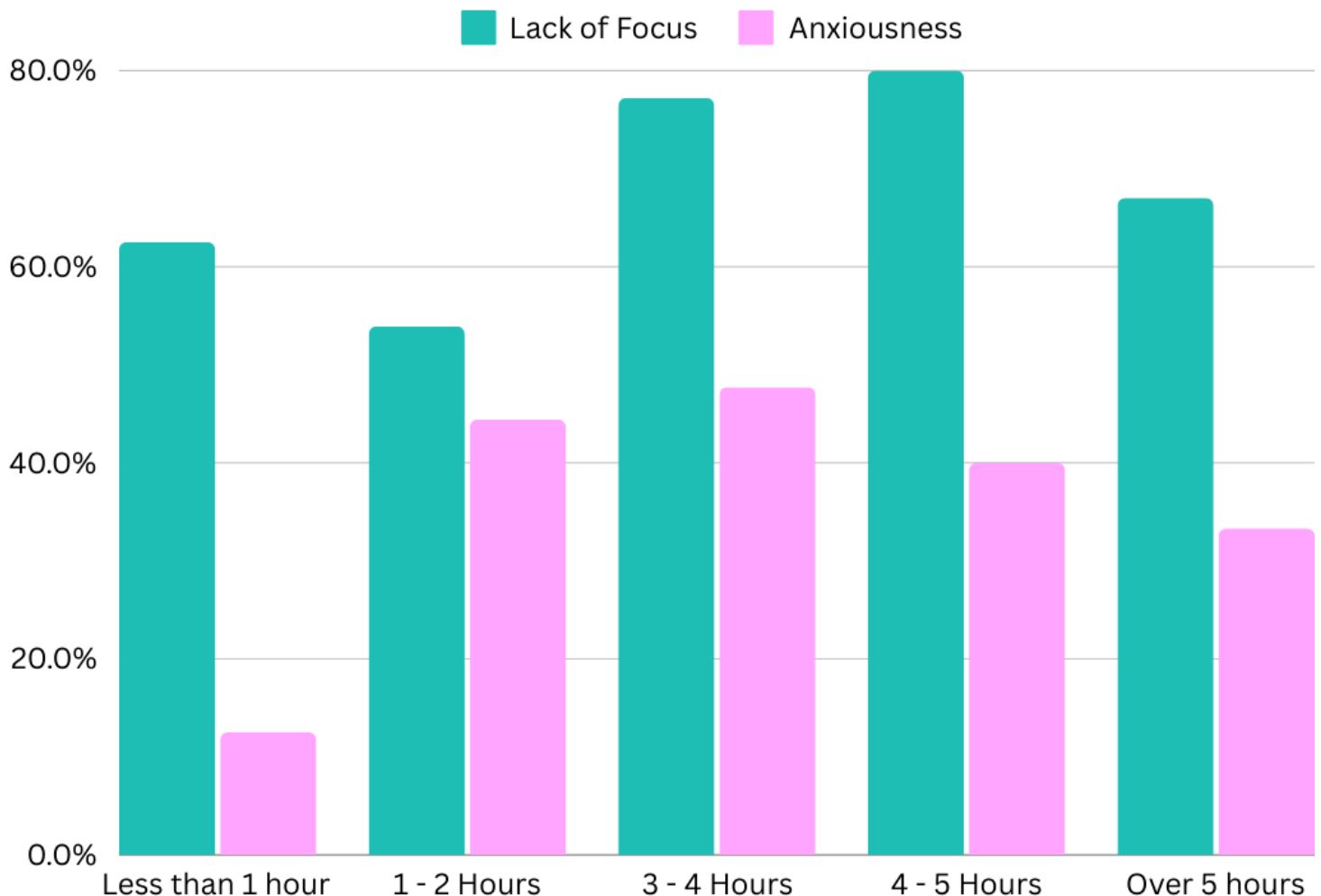
We also wondered what apps' users tended to spend more time on social media. The findings show that the top two apps correlated with higher social media use in general are **TikTok** and **Reddit**.



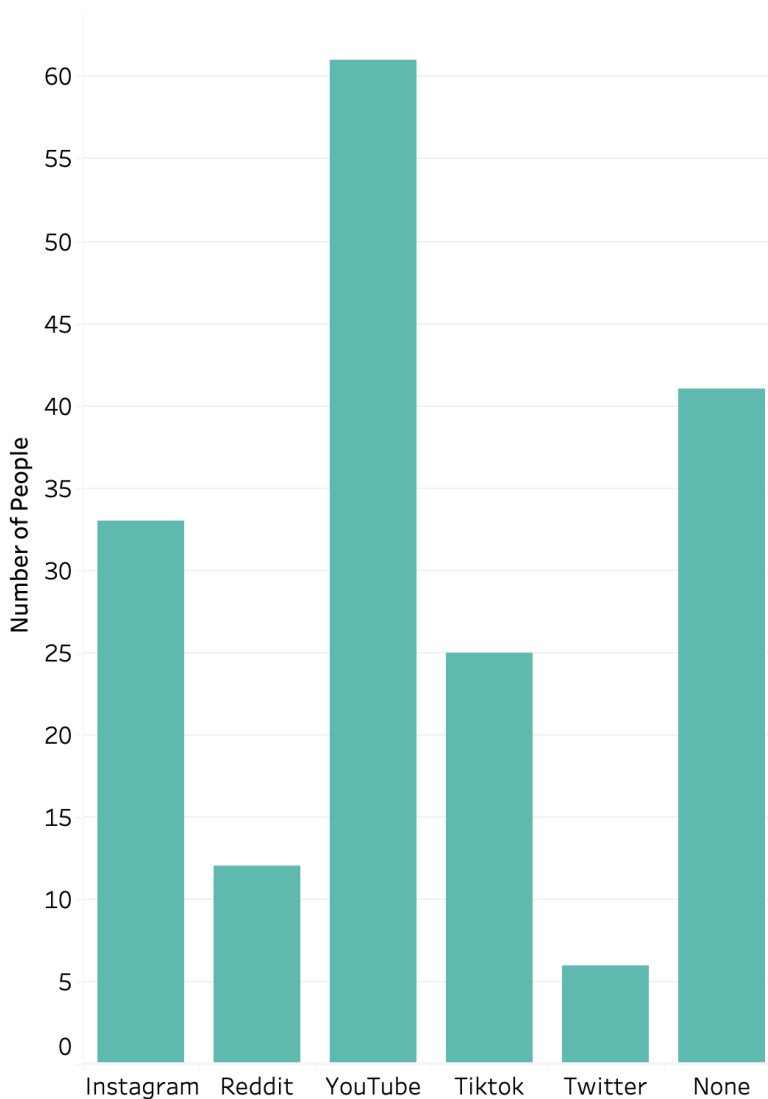
HOW DOES TIME SPENT ON SOCIAL MEDIA AFFECT PEOPLE?



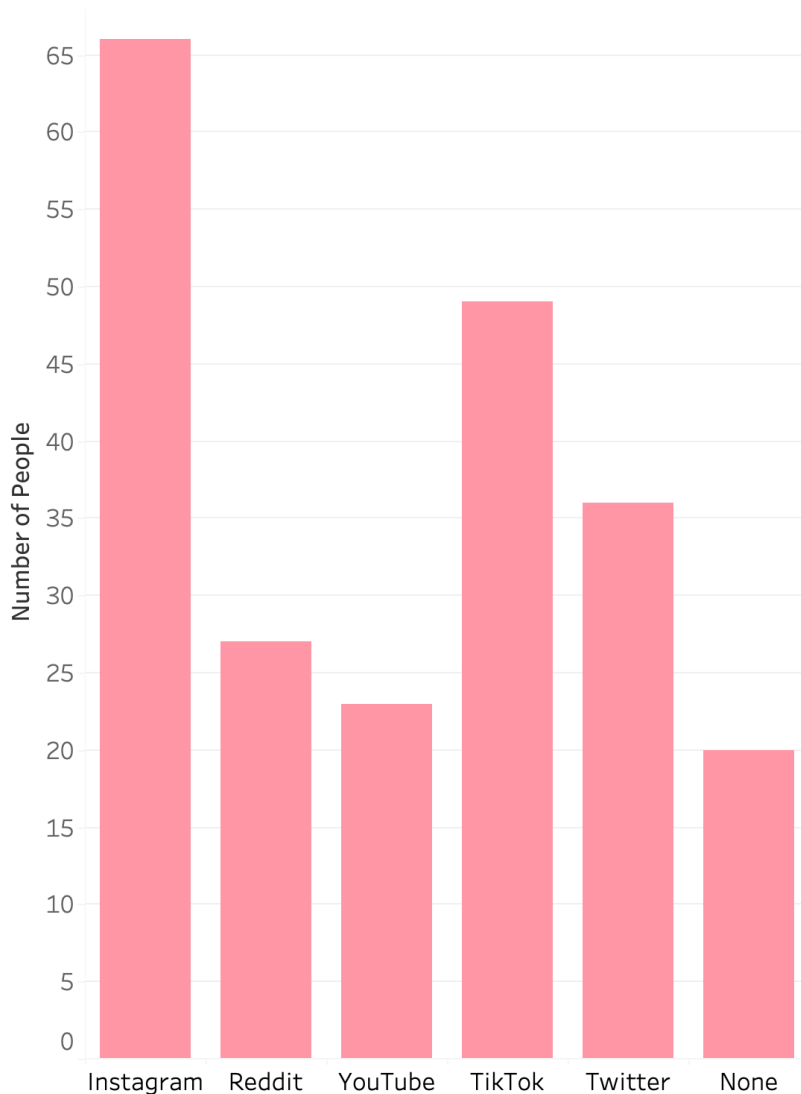
The more time our participants were spending on social media, the more likely they were to note how it affected their **focus and anxiety**--but even a little time spent can distract and have effects.



POSITIVELY



NEGATIVELY



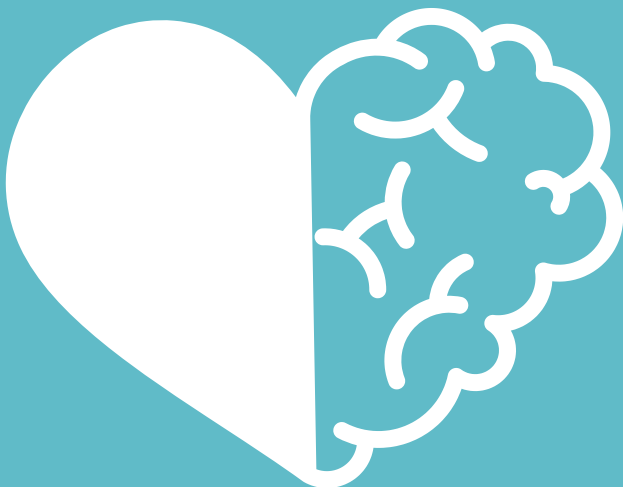
Which apps are affecting mental health positively and negatively?



The consensus among our participants was the **YouTube** and **Instagram** affect mental health the most positively and negatively, respectively. By learning this, we can look closer at these apps and figure out why they might affect users in this way.

Overall Effect Mental Health

Since many of our participants use multiple social media apps daily we wanted to see how their time on social media affects their overall mental health. We found that majority of our participants felt that their time spent on social media has a **slightly negative effect** on their mental health.



Very Positive
0.75%

Slightly Positive
18.7%

Neutral
24.6%

Slightly Negative
44.0%

Very Negative
11.9%

What Our Participants Think

We wanted to explore how our participants feel about their current social media use. Majority of them were not okay with their current use and would like to use it either slightly or a lot less.

I am okay with it.

19

I'd prefer to use it a lot less than I do.

60

I'd prefer to use it slightly less than I do.

55

No, never
22

Yes, but I haven't
done it
43

Yes, and I've done it
69

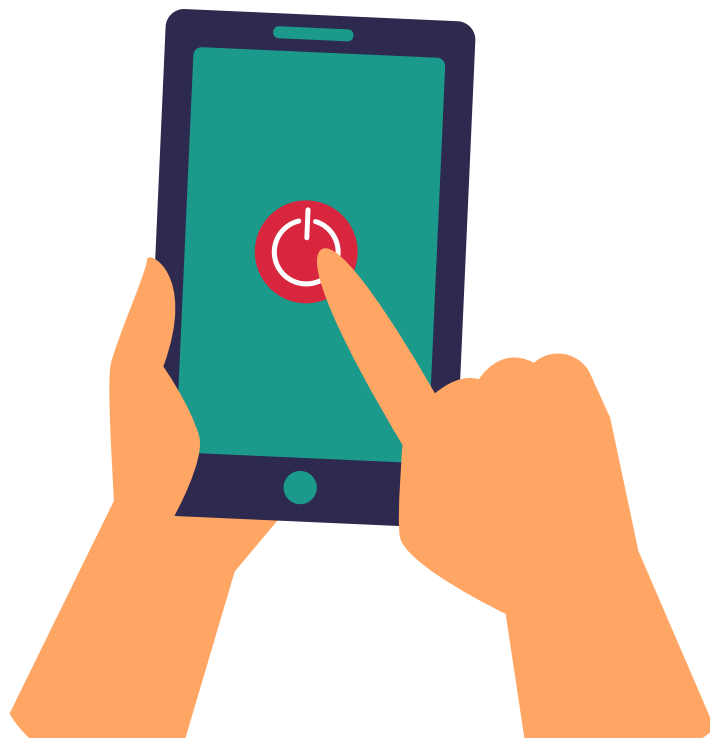
Furthermore, we were curious if they have considered taking action in controlling their use by deleting social media for mental health reasons.

WHY DOES THIS MATTER?



KNOWLEDGE IS POWER

Understanding which apps are more likely to cause negative mental health effects or tempt you to spend more time on your phone gives allows you to take back your **power**. It allows you to make informed decisions about what information--and how much--you're allowing to affect your mental state.



WHAT CAN WE DO?



SET TIME LIMITS

Those who spent less than an hour on social media apps each day reported fewer negative effects. Use the app time limits feature on your phone to limit the time you spend scrolling.



CONSIDER THE APPS

TikTok users were significantly more likely to spend 3+ hours per day scrolling than users of other apps. Consider deleting the apps that you tend to sink the most time in to.



BE PRESENT

Try to put the phone away when you're engaged in an in-person conversation. The "Do-Not-Disturb" feature is great for this.



GET MOVING

Physical exercise is a great way to get off your phone and do something good for your health! Get off the apps and go running, hiking, dancing, or anything else that gets your blood flowing.