Breslin, G., Shannon, S., Haughey, T., & Donnelly, P. (2021). Social Media and Athlete Mental Health: A Review. International Journal of Sport Communication, 14(3), 366-377. <https://www.researchgate.net/publication/315753207_Mental_Health_and_Wellbeing_Interventions_in_Sport_A_Review_and_Recommendations>

This article reviews the literature on the relationship between social media use and athlete mental health. The authors discuss the negative effects of social media on athletes' mental health, including increased pressure, criticism, and cyberbullying. They also explore the positive effects of social media on athlete mental health, such as providing social support, promoting athlete empowerment, and enhancing athlete-fan connections. The article highlights the importance of evaluating the impact of social media on athlete mental health and provides suggestions for future research. The authors conclude that social media use by athletes can have both positive and negative effects on mental health and call for further research to understand this relationship.