To examine the connection between social media use and athlete mental health, Breslin et al. (2021) reviewed the literature. The study's design is characterised by a thorough synthesis of the pertinent literature that enables a thorough grasp of the state of the art in the subject. The study's broad breadth, which covers both the adverse and advantageous impacts of social media on athletes' mental health, is one of its advantages. This balanced approach acknowledges the complexity of the link between social media use and mental health and offers a thorough grasp of the problem. The essay also highlights gaps in the existing literature and offers ideas for further study, adding to the body of knowledge in the area. The research does have some flaws, though. It depends on the calibre and rigour of the research included in the study, which might vary, as a literature review. This indicates that the limitations of the initial investigations apply to the authors' conclusions. Furthermore, because most of the included studies were correlational in nature, the review is unable to establish causal links between social media use and mental health outcomes. Lastly, given the rapidly changing social media landscape and its effects on various facets of life, including mental health, the article's findings might become outdated as new research is developed.