Project: Summarizing and Analyzing Research Papers

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**Topic:** Social Sciences: Effects of Social Media on Mental Health

**Reference:** <https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4151927>

**Initial Prompt**

**Description (50 words max)**:

The initial prompt was designed to gather a high-level summary of the research findings, focusing on the connection between social media and mental health in teenagers aged 13-19.

**Generated Summary (100 words max)**:

The paper explores how social media impacts the mental health of adolescents aged 13-19. It found that platforms like Instagram and Snapchat contribute to anxiety, depression, and social isolation, particularly due to peer pressure and the need for validation. The Fear of Missing Out (FOMO) exacerbates these effects, leading to increased stress and disconnection from real-life social interactions. The study also revealed that limiting social media use to 30 minutes per day improved well-being, reducing symptoms of loneliness and depression.

**Iteration 1**

**Description (50 words max)**:

The first iteration focused on narrowing down the mental health issues specifically related to peer pressure and FOMO. This prompt was refined to target these social factors.

**Generated Summary (100 words max):**

Peer pressure and FOMO are identified as major contributors to the mental health challenges faced by teens. The study found that 76% of participants felt pressured to stay active on social media due to fear of being left out. This constant need for validation and connection worsens symptoms of anxiety and depression, reinforcing the negative impact of social media use.

**Iteration 2**

**Description (50 words max)**:

The second iteration sought to extract specific recommendations made by the research paper for mitigating the negative effects of social media use on mental health.

**Generated Summary (100 words max):**

The paper recommends several strategies to reduce the negative effects of social media. These include limiting usage to 30 minutes per day, educating teens about the dangers of online comparison, promoting real-life social interactions, and fostering awareness of self-monitoring tools. These strategies were found to significantly improve well-being and reduce anxiety and depression in adolescents.

**Final Prompt**

**Description (50 words max):**

The final version of the prompt combined the previous iterations, focusing on both the key mental health issues (peer pressure, FOMO) and the suggested mitigation strategies.

**Generated Summary (100 words max):**

The study reveals that social media, particularly Instagram and Snapchat, leads to increased anxiety, depression, and social isolation among teenagers aged 13-19. Peer pressure and FOMO are major factors driving this issue, as teens feel compelled to maintain an active presence online. The paper recommends limiting social media use to 30 minutes per day, promoting self-awareness, and encouraging offline social interactions to mitigate these adverse effects.

**Insights and Applications**

**Key Insights (150 words max):** The research highlights that prolonged social media use contributes to mental health problems like anxiety and depression among adolescents. Peer pressure and the Fear of Missing Out (FOMO) are significant drivers, pushing teens to remain constantly active on platforms like Instagram and Snapchat. Social media creates a cycle of comparison, validation-seeking, and emotional withdrawal, which exacerbates mental health challenges. The study’s findings indicate that limiting social media use to 30 minutes daily can improve emotional well-being and reduce feelings of loneliness and anxiety. It also emphasizes the need for greater education on the risks of social comparison and the importance of fostering in-person social interactions.

**Potential Applications (150 words max**):

These insights have several practical applications. Schools and mental health organizations can implement educational campaigns that raise awareness of social comparison and the dangers of excessive social media use. Social media platforms could introduce built-in self-monitoring tools that remind users to limit their usage, promoting healthier habits. Parents and caregivers can encourage teens to engage in more offline social activities, reducing the emotional reliance on digital interactions. The research findings could also guide future public health policies aimed at improving adolescent mental health by regulating social media usage.

**Evaluation**

**Clarity (50 words max)**:

The final summary is clear and concise, effectively capturing the main points of the research, including the mental health issues and proposed solutions. The use of focused prompts helped in refining the output, ensuring that the most relevant aspects of the study were highlighted.

**Accuracy (50 words max):**

The summary accurately reflects the key findings of the research, particularly the negative effects of peer pressure and FOMO on mental health. The generated insights align with the original data presented in the paper, ensuring a faithful representation of the research’s conclusions.

**Relevance (50 words max):**

The insights and applications are highly relevant to real-world scenarios, especially in today’s context where social media plays a dominant role in the lives of teenagers. The recommendations provided by the paper are practical and can be implemented in educational and mental health support systems.

**Reflection**

* **Reflection (250 words max):** This project provided valuable insights into how Generative AI can be used to summarize and analyze complex research papers. Initially, I found it challenging to extract the most relevant information from a detailed study. However, by iterating on prompts and focusing on key aspects like peer pressure and FOMO, I was able to generate more specific and targeted summaries. One of the major challenges was ensuring that the final summary remained concise while capturing the core findings of the research. Through prompt refinement, I learned how to guide the AI to focus on the most critical sections of the paper.

The process also enhanced my understanding of how social media impacts mental health, especially in young people. The iterative nature of the prompts allowed me to break down the paper into more manageable insights and then reassemble them into a cohesive analysis. Overall, this experience improved my prompt engineering skills, deepened my knowledge of mental health issues related to social media, and reinforced the importance of iteration in achieving high-quality AI outputs.