J. M. Twenge (2017). What That Means for the Rest of Us: iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy-and Completely Unprepared for Adulthood. Books Atria.

Twenge examines how the iGen generation's mental health has been affected by growing up with cellphones and social media in this book. She gives data and research results that point to a link between rising smartphone usage and rising rates of anxiety and depression among young people.

For a more comprehensive knowledge of the way social media affects the mental well-being of young people of today, consult this source.