Social Media and Mental Health

Presented By:

Aayush Paudel
Iyoha Peace Osamuyi

Supervisors:

Petra Isenberg
Natkamon Tovanich

Introduction

Did you know that spending just three hours a day on social media doubles your risk of experiencing anxiety and depression symptoms?

Here's another startling fact: Half of all mental illnesses begin by the age of 14, yet most cases go undetected and untreated.

Introducing the Project

WHAT'S THE FOCUS OF THIS PROJECT?

WHY FOCUS ON STUDENTS?

WHO BENEFITS?

Why does this matter?

01

University students are increasingly struggling with anxiety, and depression—issues that are often worsened by social media usage.

02

To provide a **data-driven perspective** that empowers students to adopt healthier habits and practices

Research Questions

- *How do social media patterns influence mental health indicators like depression and anxiety? How have these effects changed from 2020 to 2024?*

- *Do mental health outcomes vary significantly across genders and age groups?*

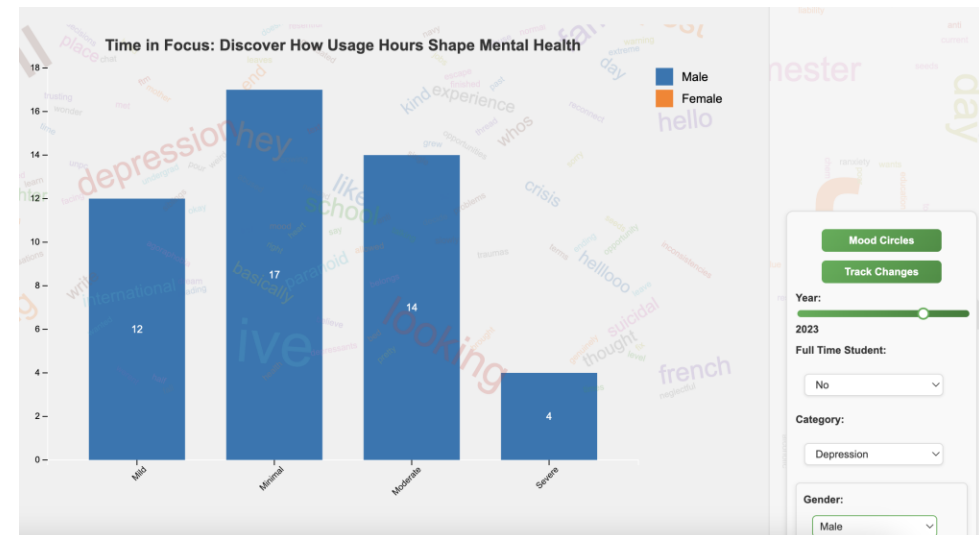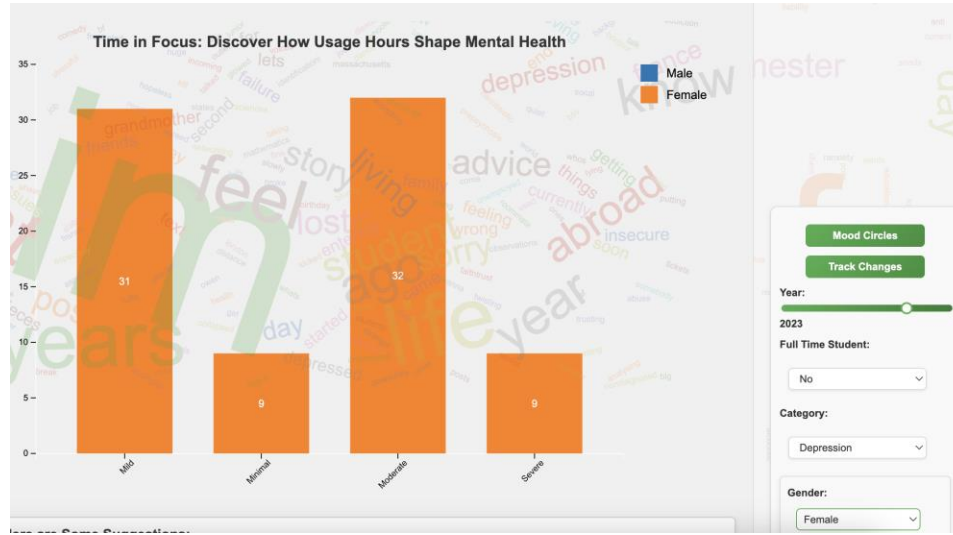- *What emotional themes emerge from the words students use in connection with social media?*

How do we answer these questions?

- **Survey Data from University Students**

- **Social Media and Mental Health Dataset (SMMH)**

- **Social Media Comments - *Reddit***
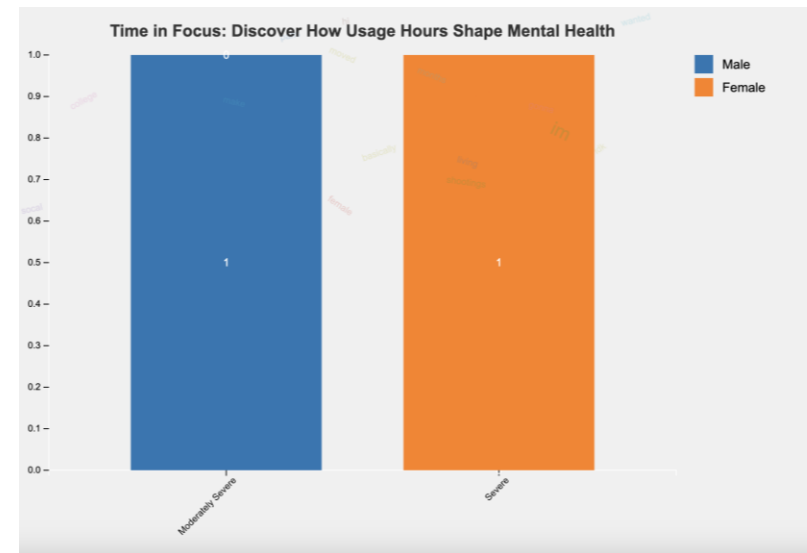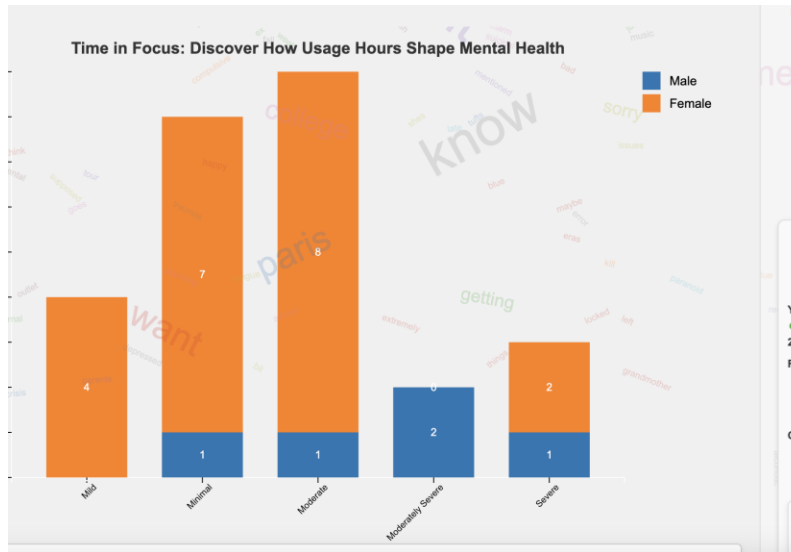
# DEMO TIME

Male vs Female

- Females report higher anxiety and depression rates than males

Full Time vs Part Time Student

- Full-time students often report more **Minimal to Mild Anxiety and Depression categories**, indicating moderate mental health challenges, likely influenced by academic pressures.

- Part-time students show slightly higher instances of **Moderate to Severe Anxiety and Depression categories**, which could be associated with balancing studies, work, and other responsibilities.

2hrs vs 7hrs (Depression)
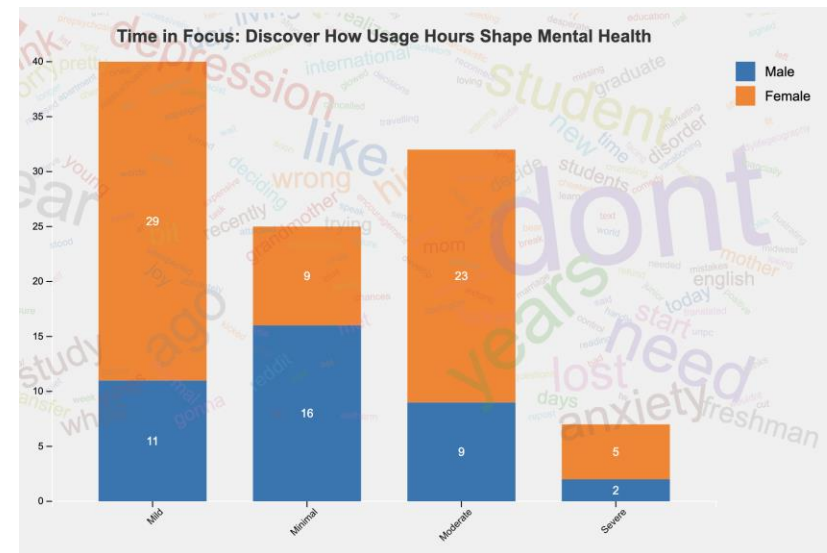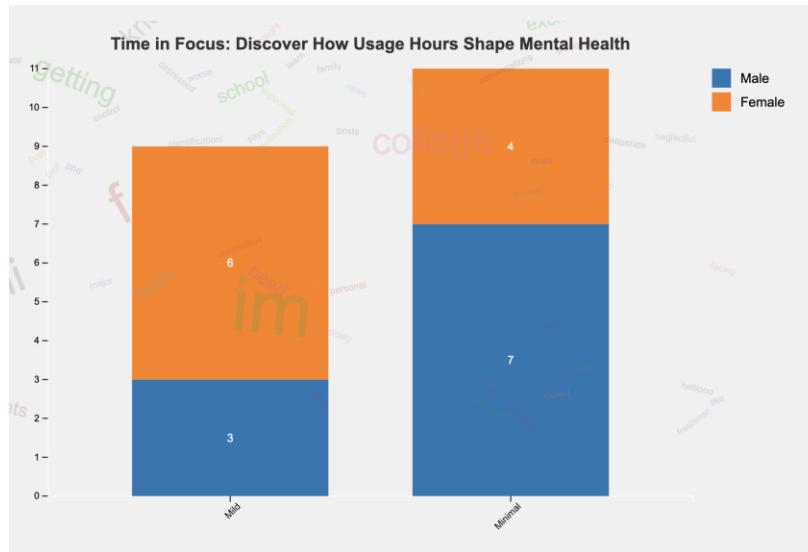
- Depression severity and frequency tend to rise as daily usage increases from 2 to 7 hours.

2hrs vs 7hrs (Anxiety)
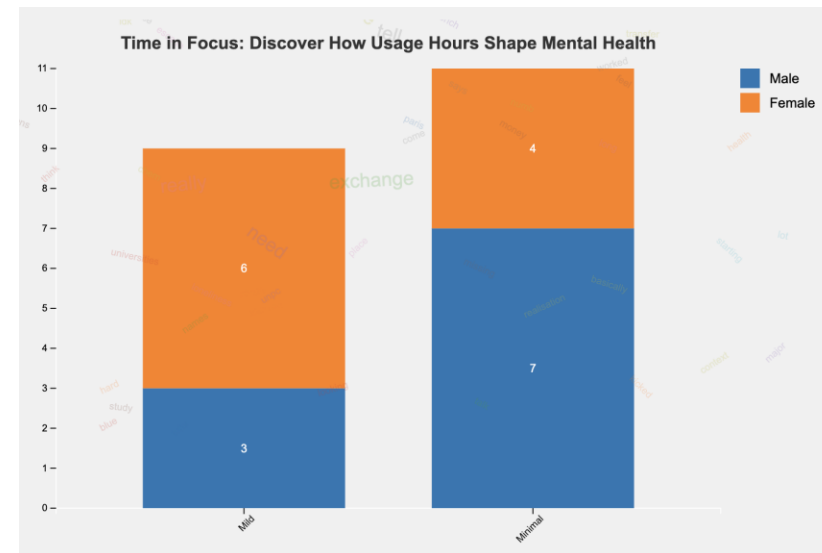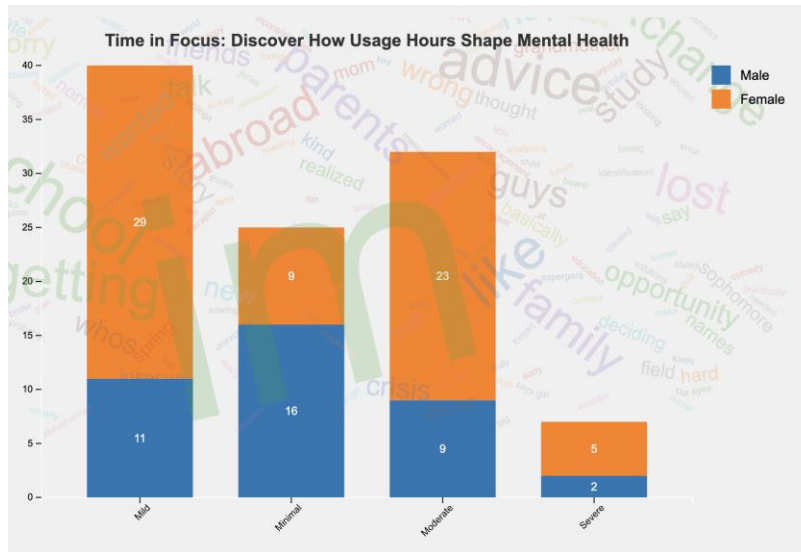
- Anxiety severity and frequency tend to rise as daily usage increases from 2 to 7 hours.

Word Cloud

- Words like '**lost,**' '**overwhelmed,**' and **struggling'** often appear in conversations, painting a picture of the struggles many students face.
Positive words like **'best' and 'supportive**,' showing that social media can also foster resilience and a sense of community."
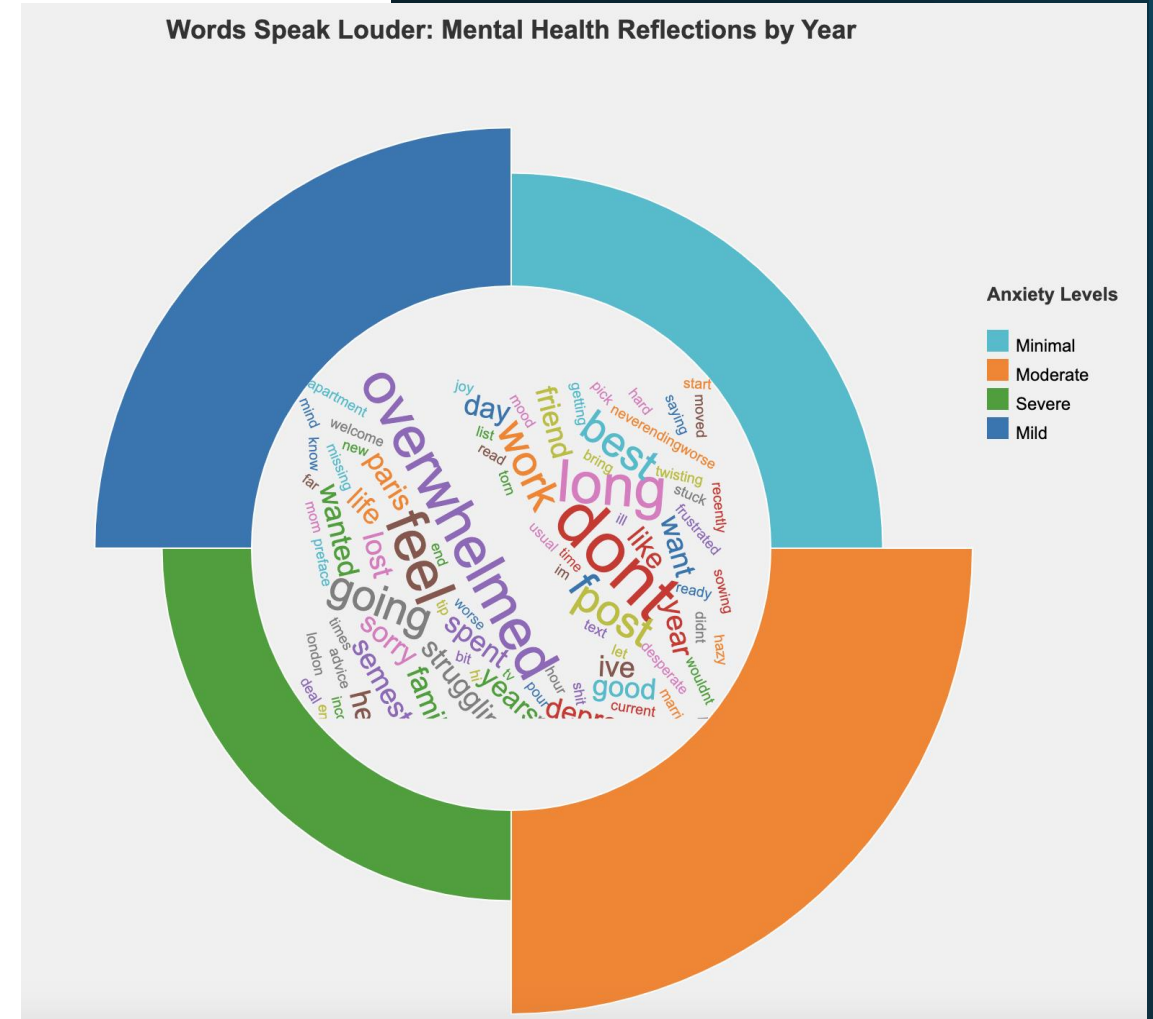
Line Chart

- A higher number of individuals report experiencing mild anxiety compared to mild depression across all the years.

Follow the Flow: See How Categories Change by Year
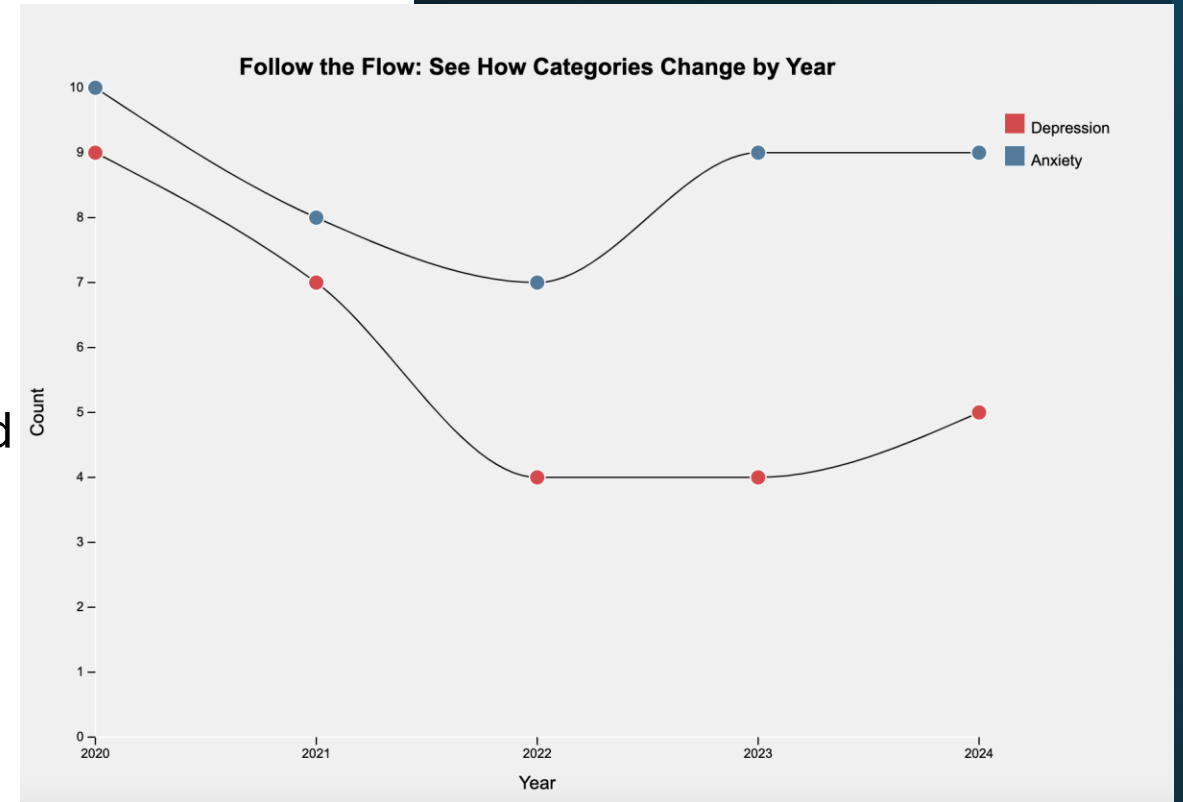
Limitations

- **Limited Data Sources:** The tool uses only two datasets, which may not capture the full picture of social media's impact on mental health.

- **Self-Reported Data:** Some information in the datasets is self-reported(survey), which might not be completely accurate.

- **No Granularity in the Data:** The dataset doesn't include specific months or days, so we can't see the patterns over when anxiety or depression levels were highest or lowest.