

Depression Symptoms Increased

How Can Social Media Cause This?

- **Fear of missing out when on networks**
- **Users will compare themselves to other users**

Negative Effects

- Increased characteristics of problematic social media use
- Trouble in work or academic performance
- Increased struggles with personal relationships

Who?

- **Younger individuals seem to be effected more than older**
- **Younger individuals already with depression will use social media more and display more symptoms**