

# **Social Media Addiction Characteristics**

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- **Being overly concerned about social media**
- **Having an uncontrollable urge to log onto networks**
- **Time spent on social media negatively affects other important areas in life**
- **Becoming moody if time spent on social media is shortened**
- **Spending large amounts of time on social media**

# Social Media Use in Numbers

- **86% of young adults use social media daily**
- **Average person living in the US uses social media for 135 minutes a day**
- **10% of users have social media addiction**

# Negative Effects of Social Media Addiction

- **Requiring a larger amount of time spent on websites in order to be satisfied**
- **Can cause increased symptoms of depression and ADHD**
- **Users become moody and irritable if unable to frequent the networking platforms**
- **Increased struggling in social settings**
- **Personal relationships can become strained**