# Project: Summarizing and Analyzing Research Papers

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**Topic**: Summarize and analyze research on the effects of social media on mental health.

**Research Paper**: [A systematic review: the influence of social media on depression, anxiety and psychological distress](https://www.tandfonline.com/doi/pdf/10.1080/02673843.2019.1590851)

### Initial Prompt

**Description**: Give the summary of the research paper in 100 words.

**Generated Summary**: The research paper reviews literature on social media’s impact on adolescent mental health, focusing on depression, anxiety, and psychological distress. It finds that excessive social media use is linked to increased depression, driven by factors like cyberbullying and social comparison. Anxiety is heightened by fear of missing out (FOMO) and online harassment. Psychological distress, including stress and loneliness, is also associated with social media use, particularly passive engagement. The review highlights the dual nature of social media, suggesting a need for targeted interventions, digital literacy, and balanced usage to mitigate its negative effects and promote well-being.

### Iteration 1

**Description:** Analyze the research paper and give a detailed summary of the things included in this paper.

**Generated Summary:** The research paper systematically reviews literature on how social media affects depression, anxiety, and psychological distress in adolescents. It aims to consolidate findings from various studies to better understand these relationships. The methodology involves analyzing studies that examine the correlation between social media use and mental health issues among teens.

Results show a significant association between excessive social media use and increased depression, driven by factors like cyberbullying and social comparison. Anxiety levels also rise with heavy social media use, influenced by constant online presence and fear of missing out (FOMO). Additionally, higher social media use is linked to greater psychological distress due to negative content and peer pressure.

The paper concludes that social media significantly impacts adolescent mental health, emphasizing the need for awareness among parents, educators, and policymakers. It calls for targeted interventions and further research into the long-term effects of social media and the development of policies to promote healthier social media habits. The research highlights the growing concern over social media's role in mental health and suggests a focus on mitigating its negative effects through informed strategies and policies.

Iteration 2

**Description:** Re-evaluate the above generated result and check for any grammatical errors and give the result in 200 words.

**Generated Summary:** The research paper systematically reviews literature on the impact of social media on depression, anxiety, and psychological distress among adolescents. Its primary goal is to consolidate findings from various studies to understand these relationships better. The methodology involves analyzing studies that examine how social media use correlates with mental health issues in teens.

The results indicate a significant link between excessive social media use and increased depression, driven by factors such as cyberbullying and social comparison. Anxiety levels also rise with heavy social media use, influenced by constant online presence and fear of missing out (FOMO). Additionally, more time spent on social media is associated with greater psychological distress due to exposure to negative content and peer pressure.

The paper concludes that social media significantly impacts adolescent mental health and highlights the need for awareness among parents, educators, and policymakers. It calls for targeted interventions and further research into the long-term effects of social media, as well as the development of policies to encourage healthier social media habits. The research underscores the urgent need to address the mental health challenges posed by social media and to implement informed strategies and policies to mitigate its negative effects.

### Final Prompt

**Description**: Analyze the research paper, focusing on its key sections. Provide a brief summary, including the objectives, methodology, results, and conclusions. Highlight the main findings, significance of the research, and any notable discussions or future recommendations. Ensure the summary captures the essence of the paper without omitting critical details in 300 words.

**Generated Summary**: “The research paper titled "A Systematic Review: The Influence of Social Media on Depression, Anxiety, and Psychological Distress in Adolescents" systematically examines how social media affects adolescent mental health.

Objectives: The study aims to consolidate existing literature to understand the link between social media use and mental health issues such as depression, anxiety, and psychological distress in adolescents.

Methodology: The paper uses a systematic review approach, selecting studies based on criteria focused on the correlation between social media use and mental health problems. Data from these studies are analyzed for reliability and validity.

Results:

* Depression: There is a significant association between excessive social media use and increased depression among adolescents. Contributing factors include cyberbullying, social comparison, and reduced face-to-face interactions.
* Anxiety: A strong correlation exists between social media use and higher anxiety levels, driven by the constant need to stay online and fear of missing out (FOMO).
* Psychological Distress: Increased social media use is linked to higher psychological distress due to exposure to negative content, peer pressure, and unrealistic life portrayals.

Conclusions: Social media significantly impacts adolescent mental health, increasing risks of depression, anxiety, and psychological distress. The paper emphasizes the need for awareness among parents, educators, and policymakers to promote healthy social media habits.

Significance: The research highlights the urgent need to address the mental health implications of social media use. It suggests developing interventions to mitigate negative effects and calls for further research to explore long-term impacts and create educational programs and policies to manage these challenges.”

### Insights and Applications

**Key Insights:**

The review reveals that excessive social media use is significantly linked to increased depression, anxiety, and psychological distress among adolescents. Key factors include cyberbullying, social comparison, and fear of missing out (FOMO). For depression, mechanisms like exposure to negative content and sleep disruption are prominent. Anxiety is often driven by the constant need to stay connected and maintain an idealized online image. Psychological distress encompasses stress, loneliness, and low self-esteem, with passive use of social media contributing to these issues. Importantly, the dual nature of social media—offering both benefits and risks—means that its impact varies based on how it is used. Understanding these factors provides a nuanced view of how social media affects mental health and highlights the importance of addressing both its positive and negative aspects.

**Potential Applications:**

Based on these insights, several applications can be made. First, interventions should focus on mitigating specific negative factors, such as cyberbullying and social comparison, through targeted educational programs and support mechanisms. Strategies to manage FOMO and encourage positive online interactions are crucial for reducing anxiety and distress. Promoting digital literacy and healthy social media habits can help adolescents navigate online spaces more effectively. Additionally, mental health professionals, educators, and policymakers should develop guidelines that balance the benefits and risks of social media use. Future research should focus on longitudinal studies, standardized measures, and diverse populations to refine understanding and interventions. By addressing these areas, we can better support adolescents in managing their social media use and enhance their overall well-being.

### Evaluation

**Clarity**: The summary and insights are clear and well-organized, making it easy to understand the impact of social media on adolescent mental health. Each key finding and application is presented succinctly, with a focus on specific factors and actionable strategies.

**Accuracy**: The summary accurately reflects the research findings, including associations between social media use and increased depression, anxiety, and psychological distress. It correctly identifies key factors like cyberbullying and FOMO and highlights the dual nature of social media's impact.

**Relevance**: The insights and applications are highly relevant to addressing adolescent mental health issues linked to social media use. They provide practical recommendations for interventions, educational programs, and future research, aligning well with the research paper’s conclusions and objectives.

### Reflection

During my internship at Skillible, I undertook a project focused on using prompt engineering to summarize a research paper titled "A Systematic Review: The Influence of Social Media on Depression, Anxiety, and Psychological Distress in Adolescents." Initially, I grappled with understanding the task's description and requirements, but as I progressed, applying the knowledge I had gained from the internship made the process smoother. Using ChatGPT and an iterative prompting approach allowed me to efficiently generate accurate summaries of the research.

This task significantly expanded my understanding of generative AI, including its subsets such as machine learning, natural language processing, and prompt engineering. I explored various prompt styles and techniques to enhance the efficiency of AI tools. This experience was not only instrumental in deepening my grasp of AI and its applications but also connected to broader concepts in social sciences and personal growth.

Looking ahead, the skills acquired during this internship will influence my future work by enabling me to leverage generative AI tools for more efficient and effective task execution. The knowledge gained will help me apply these tools in various contexts, optimizing processes and achieving better results in future projects.