

# Capstone Proposal: Data Specs

**Question:** How does social media use and mental health correlate in the preteen/teen population?

- Is there a correlation between usage, mental health, self harm, eating disorders and overall well being.
- Explore if the social media platform impacts outcomes differently.
- Are there differences seen in age or gender?

## **Purpose:**

To explore a correlation with social media use and poor outcomes in the pre-teen/teen population. There have been many studies and reports in the past years about the negative effects of social media use. I would like to explore if this is true and also if the outcomes have changed over time, and if so in a positive or negative way and if there are any trends associated with these changes. Covid forced many people in that age range to go to social media and online outlets for socialization, so I also wonder if there was a possible benefit in having social media during covid from 2020-present.

## **Sources:**

- Depressive episodes in youth by gender:  
<https://www.statista.com/statistics/252323/major-depressive-episode-among-us-youths-by-gender-since-2004/>
- Percentage of the U.S. population who suffered from eating disorders from 1990 to 2019, by gender:  
<https://www.statista.com/statistics/979944/percentage-of-people-with-eating-disorders-us-by-gender/>
- User age and distribution on facebook:  
<https://www.statista.com/statistics/187041/us-user-age-distribution-on-facebook/>

## **Visualizations:**

- Correlations between gender, age, depression, anxiety, suicide rates, eating disorders and social media use by using a heatmap.
- Pie chart with depression rates, anxiety, suicide rate, eating disorders, among genders.
- Line graph for each: depression, anxiety, suicides rates, eating disorders, over the past 15 years

Data sources:

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<https://www.who.int/data/gho/indicator-metadata-registry/imr-details/5281> ( Global data so probably won't be used)

Cell Phone Data Source:

<https://www.pewresearch.org/internet/fact-sheet/mobile/>

Social Media use over time:

<https://www.pewresearch.org/internet/fact-sheet/social-media/>

Mental Illness Data Source Adults:

[https://www.statista.com/topics/1298/mental-health-issues/#topicHeader\\_\\_wrapper](https://www.statista.com/topics/1298/mental-health-issues/#topicHeader__wrapper)

Mental illness Data Source Youth:

<https://www.statista.com/statistics/252323/major-depressive-episode-among-us-youths-by-gender-since-2004/>