



Social Media and Mental Health

Initial Project Proposal



Research Question

How do social media usage habits affect happiness across the nation and how has this changed since the start of the pandemic?

What is the relationship between social media use and mental health?

Hypothesis: high social media use is correlated with bad mental health, particularly among young people. During the pandemic, we expect that this effect may have been reduced or even reversed.

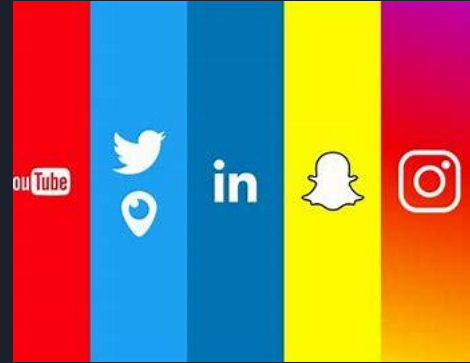
Data Set Dimensions

Time

Spacial

Age-group

Social Media Platform



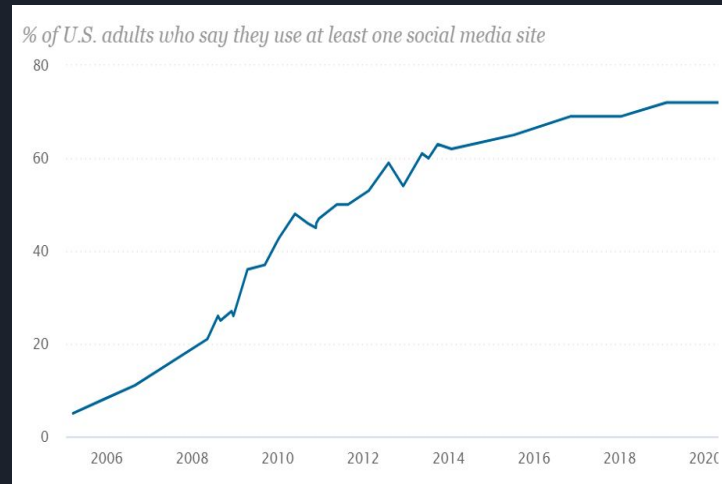
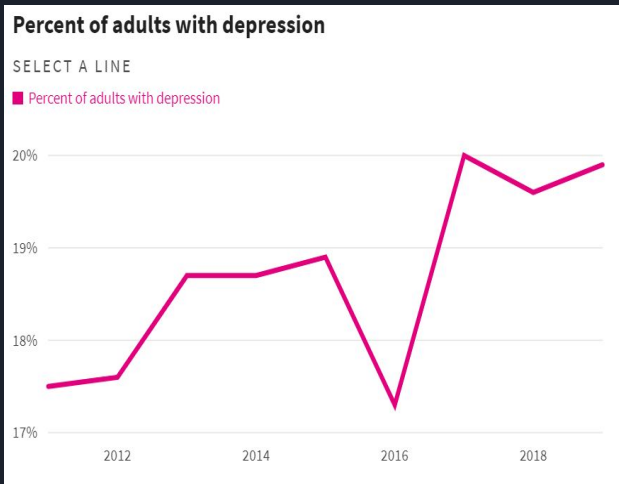
Data Sets

From Pew Research Center - Social Media Data focused on usage broken down by age group, social media platform, and other categories from 2005 to 2021

From USA Facts - Depression rates for American from 2011 to 2019 seperated by state.

From Statista - percentage of people in the US who suffer from depression from 1990 to 2017.

The World Happiness Report



Initial Steps

