**Note**: Berkley has a great dataset on health access and information: <https://guides.lib.berkeley.edu/publichealth/healthstatistics/rawdata>

**Note2:** Medical Care specific data repository: <https://www.icpsr.umich.edu/web/pages/HMCA/index.html>

**Note 3:** Rope survey: <https://ropercenter.cornell.edu/ipoll/>

* American Housing Survey: <https://www.census.gov/programs-surveys/ahs.html>
  + Household Size; Rural vs Urban (prolly metro data); Neighborhood Characteristics
* American Community Survey: <https://www.census.gov/programs-surveys/acs/data.html>
  + Social Characteristics; Computer Access and Broadband Access; Household Size
* U.S. Chronic Disease Indicators: <https://chronicdata.cdc.gov/Chronic-Disease-Indicators/U-S-Chronic-Disease-Indicators-CDI-/g4ie-h725>
  + Disease Type, Prevalence by State
* Covid-19 Coping Study: <https://www.openicpsr.org/openicpsr/project/131022/version/V3/view;jsessionid=C0C4920A5C108BD27AD87CA167D05D44>
  + Self-Rated Health, Loneliness, Depression, Anxiety
* National Survey on Drug Use and Health: <https://www.datafiles.samhsa.gov/dataset/national-survey-drug-use-and-health-2020-nsduh-2020-ds0001>
  + Alcohol and Substance abuse
* National Health Interview Survey: <https://www.cdc.gov/nchs/nhis/data-questionnaires-documentation.htm>
  + Positive and negative health behaviors
* General Social Survey: <https://gss.norc.org/get-documentation>
  + General Opinions, can be used to understand Social Trust and Cohesion
* Pew Center Core Trends Survey: <https://www.pewresearch.org/internet/datasets/>
  + Track internet and social media use between 2019 and 2020
* Reddit Use Stats by Subreddit: <https://subredditstats.com/>
  + Like the title says, good for tracking mental health and city subreddit use
* ANES Time Series Study: <https://electionstudies.org/data-center/2020-time-series-study/>
  + Can be used to compare civic engagement pre and post pandemic
* Chicago Community Adult Health Study: <https://www.isr.umich.edu/ccahs/index.html>
  + Contains all the variables I need, but it only has data up to 2012
* National Profile of Local Health Departments: <https://www.icpsr.umich.edu/web/HMCA/studies/38046>
  + Also Contains data on online use of health services
* Midlife in the United States: <http://midus.wisc.edu/>
  + Has data that I need for elderly, but is confusing and uses pre-2018 data
* Stress in America: <https://www.icpsr.umich.edu/web/RCMD/studies/37288>
  + Also contains variables needed, but is limited to pre-2018 data. In addition, variables of interest are oriented towards stress rather than well-being.
* UCNets – UC Berkley Social Networks Study: <https://ucnets.berkeley.edu/about-the-study/>
  + A gold nugget which contains everything I need. It only is limited to the SF bay Area.
* National Social Life, Health, and Aging project (NSHAP): <https://www.norc.org/Research/Projects/Pages/national-social-life-health-and-aging-project.aspx>
  + Also contains everything I need but is limited to pre-2016 data. Follow up set.

PAPERS

* The difficulty of neighborhood study:
  + Oakes, J. M., Andrade, K. E., Biyoow, I. M., & Cowan, L. T. (2015). Twenty years of neighborhood effect research: an assessment. *Current epidemiology reports*, *2*(1), 80-87.
    - There is a vast literature of Neighborhood Effects studies dating back to the early 90s. Many included either correlative analysis that had shallow results or costly experimental programs that gave mixed if not confusing results.
  + Kwan, M. P. (2018). The limits of the neighborhood effect: Contextual uncertainties in geographic, environmental health, and social science research. *Annals of the American Association of Geographers*, *108*(6), 1482-1490.
    - Bias can arise from positive publication effects, temporal effects, overgeneralization, zone homogeneity and others. Read paper for more.
  + Mooney, S. J., Richards, C. A., & Rundle, A. G. (2014). There goes the neighborhood effect: bias due to non-differential measurement error in the construction of neighborhood contextual measures. *Epidemiology (Cambridge, Mass.)*, *25*(4), 528.
    - Percentage based breaks with dichotomous variables indicating contextual circumstances cause a bias away from the null.
  + Chaix, B., Billaudeau, N., Thomas, F., Havard, S., Evans, D., Kestens, Y., & Bean, K. (2011). Neighborhood effects on health: correcting bias from neighborhood effects on participation. *Epidemiology*, 18-26.
    - Neighborhood characteristics may influence participation rates. Knowing them and adapting data collection and variable choice to it may reduce bias.
* Contextual Reason:
  + Hwang, T. J., Rabheru, K., Peisah, C., Reichman, W., & Ikeda, M. (2020). Loneliness and social isolation during the COVID-19 pandemic. *International psychogeriatrics*, *32*(10), 1217-1220.
    - Covid 19 caused high levels of cardiovascular diseases and suicide risk.
  + Kotwal, A. A., Holt‐Lunstad, J., Newmark, R. L., Cenzer, I., Smith, A. K., Covinsky, K. E., ... & Perissinotto, C. M. (2021). Social isolation and loneliness among San Francisco Bay Area older adults during the COVID‐19 shelter‐in‐place orders. *Journal of the American Geriatrics Society*, *69*(1), 20-29.
    - More than 50% of participants showed higher levels of loneliness and health decreases. Less loneliness was experienced by resilient persons and people supported by social and technological systems.
  + Towner, E., Tomova, L., Ladensack, D., Chu, K., & Callaghan, B. (2022). Virtual social interaction and loneliness among emerging adults amid the COVID-19 pandemic. *Current Research in Ecological and Social Psychology*, *3*, 100058.
    - Study on college students. Lower levels of happiness, increase in depression and decrease in social capital. Greater household size acted as buffer.
* How does where you live affect your health?
  + Matthews, S. A., & Yang, T. C. (2010). Exploring the role of the built and social neighborhood environment in moderating stress and health. *Annals of Behavioral Medicine*, *39*(2), 170-183.
    - Stress and low SES causes worse health outcomes, but these are dependent on the interaction between individual perception and the physical environment.
  + Andersen, S. W., Blot, W. J., Shu, X. O., Sonderman, J. S., Steinwandel, M., Hargreaves, M. K., & Zheng, W. (2018). Associations between neighborhood environment, health behaviors, and mortality. *American journal of preventive medicine*, *54*(1), 87-95.
    - Neighborhood facilitators to bad health would make people living in them more likely to have bad health
  + Bilger, M., & Carrieri, V. (2013). Health in the cities: when the neighborhood matters more than income. *Journal of Health Economics*, *32*(1), 1-11.
    - Neighborhoods with little to no support have the same effect as low education in higher health problems.
* How does where you live affect your mental health?
  + Berke, E. M., Gottlieb, L. M., Moudon, A. V., & Larson, E. B. (2007). Protective association between neighborhood walkability and depression in older men. *Journal of the American geriatrics society*, *55*(4), 526-533.
    - A neighborhood’s walkability can influence depressive symptoms in older adults. Older men are more prone to this effect due to their possible refusal to seek help.
  + Forthman, K. L., Colaizzi, J. M., Yeh, H. W., Kuplicki, R., & Paulus, M. P. (2021). Latent variables quantifying neighborhood characteristics and their associations with poor mental health. *International journal of environmental research and public health*, *18*(3), 1202.
    - Five factors, Affluence, Singletons in Tract, African Americans in Tract, Seniors in Tract, and Hispanics or Latinos in Tract can affect mental health. Singletons in tract is not shown to be collectively significant despite individual significance. Might show an individual effect that is obscure by neighborhood effects. The study may also contain a research framework with the five factors.
  + Stockdale, S. E., Wells, K. B., Tang, L., Belin, T. R., Zhang, L., & Sherbourne, C. D. (2007). The importance of social context: Neighborhood stressors, stress-buffering mechanisms, and alcohol, drug, and mental health disorders. *Social science & medicine*, *65*(9), 1867-1881.
    - Neighborhood stressors like crime and public drinking have a negative relationship with mental health, though neighborhood stability and residency length were not as significant. More people in the household and churches present act as buffers.
* How does where you live affect your perceived and real mental health?
  + Kim, J. H. (2021). The neighborhood effect of cognitive function on self-rated health: A population-based observational study. *Archives of Gerontology and Geriatrics*, *93*, 104285.
    - Individual and neighborhood wise cognitive frameworks affect self-perceived mental health. The neighborhood effect of cognitive functions on self-rated health must be considered through multi-dimensional measurement tools and not just by a single measure.
  + Mohnen, S. M., Groenewegen, P. P., Völker, B., & Flap, H. (2011). Neighborhood social capital and individual health. *Social science & medicine*, *72*(5), 660-667.
    - Social capital, on a neighborhood level increases self-rated health. Urban areas fare worse than rural ones.
  + Subramanian, S. V., Kubzansky, L., Berkman, L., Fay, M., & Kawachi, I. (2006). Neighborhood effects on the self-rated health of elders: uncovering the relative importance of structural and service-related neighborhood environments. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, *61*(3), S153-S160.
    - Having higher concentrations of the same population in one area decreases the chances of self-diagnosing poor health.
  + Wen, M., Hawkley, L. C., & Cacioppo, J. T. (2006). Objective and perceived neighborhood environment, individual SES and psychosocial factors, and self-rated health: An analysis of older adults in Cook County, Illinois. *Social science & medicine*, *63*(10), 2575-2590.
    - Perceived physical environment has a higher significance than social environment, but both were significant in explaining self-rated health. Marital status, social networks, and perceived social support provided no additional explanatory power after taking individual socio-demographic factors and neighborhood variables into account.
  + Inagami, S., Cohen, D. A., & Finch, B. K. (2007). Non-residential neighborhood exposures suppress neighborhood effects on self-rated health. *Social science & medicine*, *65*(8), 1779-1791.
    - Methodological paper: the temporary move to better adapted neighborhoods may mask the real effect of disadvantaged neighborhoods on self-rated health
* How do the communities where you live affect your perceived and real mental health?
  + Bjornstrom, E. E., Ralston, M. L., & Kuhl, D. C. (2013). Social cohesion and self-rated health: the moderating effect of neighborhood physical disorder. *American journal of community psychology*, *52*(3), 302-312.
    - Cohesion, but only at an individually perceived level, serves as a mediator towards the effect of neighborhood disorder and self-rated health. Higher positive relationships between cohesion and health are found in less disorganized neighborhoods
  + Fong, P., Cruwys, T., Robinson, S. L., Haslam, S. A., Haslam, C., Mance, P. L., & Fisher, C. L. (2021). Evidence that loneliness can be reduced by a whole-of-community intervention to increase neighbourhood identification. *Social Science & Medicine*, *277*, 113909.
    - Higher social cohesion and neighborhood social identification leads to higher wellbeing, which is mediated by lower perceived loneliness.
  + Bergstrand, K., & Mayer, B. (2020). “The Community Helped Me:” Community Cohesion and Environmental Concerns in Personal Assessments of Post-Disaster Recovery. *Society & natural resources*, *33*(3), 386-405.
    - Cohesion and perceived availability of social support can improve hopelessness, but only to a degree that surpasses the severity of the environmental damage. Essentially, identifying with a community works as a buffer against depression and hopelessness in less disorganized situations.
  + Van Beek, M., & Patulny, R. (2022). 'The threat is in all of us': Perceptions of loneliness and divided communities in urban and rural areas during COVID‐19. *Journal of Community Psychology*, *50*(3), 1531-1548.
    - Digital connections enabled an eased effect of loneliness but only at moderate levels of use. Disasters like the pandemic can allow for greater social inclusion and thus a positive effect between cohesion and perceived well being.
* How do physical and online communities and individual relationships where you live affect your perceived and real mental health?
  + Groenewegen, P., & Moser, C. (2014). Online communities: Challenges and opportunities for social network research. *Contemporary Perspectives on Organizational Social Networks*.
    - Online communities form differently from physical ones as they are based on detailed interests more than location approximation. Their structure is also more categorized than the simple contributor and lurker distinguished roles.
  + Kearns, A., & Whitley, E. (2019). Associations of internet access with social integration, wellbeing and physical activity among adults in deprived communities: evidence from a household survey. *BMC Public Health*, *19*(1), 1-15.
    - Higher internet use is associated with better social gains, especially for older people, but not of cohesion and empowerment. In addition, greater digitization without connectivity might reinforce inequalities.
  + Kamalpour, M., Watson, J., & Buys, L. (2020). How can online communities support resilience factors among older adults. *International Journal of Human–Computer Interaction*, *36*(14), 1342-1353.
    - Possible variable framework for study of wellbeing (older adults). Overall Online Communities can improve self efficacy and health, but it limits interactions to specific groups and generations. Furthermore, internet access and readability varies depending on the user.
  + Fawcett, B., & Karastoyanova, K. (2022). Older people, loneliness, social isolation and technological mitigations: utilising experiences of the Covid-19 pandemic as we move forward. *The British Journal of Social Work*.
    - The pandemic caused a surge of loneliness and abandonment among the elderly in specific. ICT resources allowed some form of mediation, but direct contact is still needed for these resources to be truly effective.
  + Lin, S., Liu, D., Niu, G., & Longobardi, C. (2020). Active social network sites use and loneliness: the mediating role of social support and self-esteem. *Current Psychology*, 1-8.
    - Social Network Sites increase social support and self esteem, which in turn decrease loneliness
  + Yu, R. P., Mccammon, R. J., Ellison, N. B., & Langa, K. M. (2016). The relationships that matter: Social network site use and social wellbeing among older adults in the United States of America. *Ageing & Society*, *36*(9), 1826-1852.
    - Social Network Site use among older individuals increases feelings of connectedness, but only with non-kin relations. They also report to have increased feelings of social support when using SNS to ask for help.
  + Chopik, W. J. (2016). The benefits of social technology use among older adults are mediated by reduced loneliness. *Cyberpsychology, Behavior, and Social Networking*, *19*(9), 551-556.
    - The role of technology use on mental health operates through the mediator of loneliness, though there is also a significant relationship between tech use and health overall.
* Online communities undermine real communities and viceversa
  + McCully, W., Lampe, C., Sarkar, C., Velasquez, A., & Sreevinasan, A. (2011, October). Online and offline interactions in online communities. In *Proceedings of the 7th international symposium on wikis and open collaboration* (pp. 39-48).
    - People who met offline were less likely to continue to contribute to the online group, and instead reinforced singular relationships.
  + Sessions, L. F. (2010). How offline gatherings affect online communities: when virtual community members ‘meetup’. *Information, Communication & Society*, *13*(3), 375-395.
    - Attendees are more likely to be more active users of the site, which do not necessarily decrease engagement but lower their diversity in engagement within the site for more specific subsections.
  + Turner, J. W., Grube, J. A., & Meyers, J. (2001). Developing an optimal match within online communities: An exploration of CMC support communities and traditional support. *Journal of Communication*, *51*(2), 231-251.
    - Depth of online contribution and cohesion is determined by the shallowness of real life identification
  + Scott, R. A., Stuart, J., & Barber, B. L. (2021). Contemporary friendships and social vulnerability among youth: Understanding the role of online and offline contexts of interaction in friendship quality. *Journal of Social and Personal Relationships*, *38*(12), 3451-3471.
    - Most young adults prefer friendships initiated offline and maintained both online and offline. Offline interaction tends to allow for greater reduction of loneliness even at low friendship quality levels. This, in turn, may promote online disinhibition.
* Wild Cards:
  + Bergefurt, L., Kemperman, A., van den Berg, P., Borgers, A., van der Waerden, P., Oosterhuis, G., & Hommel, M. (2019). Loneliness and life satisfaction explained by public-space use and mobility patterns. *International journal of environmental research and public health*, *16*(21), 4282.
    - Loneliness is improved through passive use of public spaces, while life satisfaction is improved by active use. As usual, education, SES, and income are highly significant in the use of the spaces; this includes people that use more public transport than cars.
  + Zhang, X. A., & Sung, Y. H. (2021). Communities Going Virtual: Examining the Roles of Online and Offline Social Capital in Pandemic Perceived Community Resilience-Building. *Mass Communication and Society*, 1-27.
    - Difference between bonding (close) and bridging (weak) social capital. The first provides emotional and social support, while the latter serves as information and resource power. The first is utilized more in context of the pandemic, while social media engagement improves both but at the condition of continued engagement.
  + Filiposka, S., Gajduk, A., Dimitrova, T., & Kocarev, L. (2017). Bridging online and offline social networks: Multiplex analysis. *Physica A: Statistical Mechanics and its Applications*, *471*, 825-836.
    - Weak ties are more prevalent in online groups, while both weak and strong ties are common in offline groups. Weak ties are connected with a lesser degree of reciprocitity.
* Social Isolation
  + Hämmig, O. (2019). Health risks associated with social isolation in general and in young, middle and old age. *PLoS One*, *14*(7), e0219663.
    - The negative effects of social isolation are more prevalent at the extremes of age, young and old
  + Holt-Lunstad, J., & Steptoe, A. (2022). Social isolation: An underappreciated determinant of physical health. *Current Opinion in Psychology*, *43*, 232-237.
    - Social isolation is not just related to psychological symptoms, but might contribute to comorbidity of other illnesses as well as a dysfunction biomechanics system. Isolation can increase the risk of death from 20 to 30%, regardless of actual or perceived loneliness. Older adults are particularly susceptible
  + Weissbourd, R., Batanova, M., Lovison, V., & Torres, E. (2021). How the Pandemic Has Deepened an Epidemic of Loneliness and What We Can Do About It (pp. 1–13). *Harvard University*.
    - According to our recent national survey of approximately 950 Americans, 36% of respondents reported feeling lonely “frequently” or “almost all the time or all the time” in the prior four weeks
  + Cudjoe, T. K., Roth, D. L., Szanton, S. L., Wolff, J. L., Boyd, C. M., & Thorpe Jr, R. J. (2020). The epidemiology of social isolation: National health and aging trends study. *The Journals of Gerontology: Series B*, *75*(1), 107-113.
    - Males are more likely to be isolated, while black and Hispanic senior are less likely to be isolated.
  + National Academies of Sciences, Engineering, and Medicine. (2020). *Social isolation and loneliness in older adults: Opportunities for the health care system*. National Academies Press.
    - Massive loneliness report
  + DiJulio, B., Hamel, L., Muñana, C., & Brodie, M. (2018). Loneliness and social isolation in the United States, the United Kingdom, and Japan: An international survey. *The Economist & Kaiser Family Foundation*.
    - More than a fifth of adults [aged 18 and older] in the United States (22 percent) . . . say they often or always feel lonely, feel that they lack companionship, feel left out, or feel isolated from others
* Technology Use
  + Lee, Y. C., Malcein, L. A., & Kim, S. C. (2021). Information and communications technology (ICT) usage during COVID-19: Motivating factors and implications. *International journal of environmental research and public health*, *18*(7), 3571.
    - ICT use was associated with people with higher level of extraversion, belongingness, and attachment to phones
  + Li, F., Luo, S., Mu, W., Li, Y., Ye, L., Zheng, X., Xu, B., Ding, Y., Ling, P., Zhou, M., & Chen, X. (2021). Effects of sources of social support and resilience on the mental health of different age groups during the COVID-19 pandemic. *BMC psychiatry*, *21*(1), 16. <https://doi.org/10.1186/s12888-020-03012-1>
    - Weak social support from friends is not significant in better health outcomes. There is a decline in perceived social support among groups, and the highest level of social support is needed to buffer isolation with mental health outocome across low levels of resilience
  + McClain, C., Vogels, E. A., Perrin, A., Sechopoulos, S., & Rainie, L. (2021). The Internet and the pandemic. *Pew Research Center*. Retrieved from <https://www.pewresearch.org/internet/2021/09/01/the-internet-and-the-pandemic/>
    - There is a problematic trend of use among U.S. Adults.
  + Mander J., Buckle C., & Moran S. (2020). Social: GlobalWebIndex’s flagship report on the latest trends in social media. *GlobalWebIndex*. Retrieved from <https://amai.org/covid19/descargas/SocialGlobalWebIndex.pdf>
    - A lot of gen z are using social media for older pattern use such as connections, while older boomers are diversifying their usage. Contact use has dropped from 42 to 33%. There is an increase in heavy social media usage across these, but more users are becoming light users.
  + Reddit & GlobalWebIndex (2019). The era of We and the rise of online communities. *GlobalWebIndex*. Retrieved from <https://www.redditinc.com/assets/case-studies/TheEraOfWe.1.6.20.pdf>
    - 77% of reported users are familiar with online communities. 66% wants to connec with people who share interests, but genuine conversations are dropped to 44%. Only 18% feel they belong. More stats on trust on the paper, keep open.
* Technology Use during Covid
  + Biester, L., Matton, K., Rajendran, J., Provost, E. M., & Mihalcea, R. (2020). Quantifying the effects of COVID-19 on mental health support forums. *arXiv preprint arXiv:2009.04008*.
    - Patterns of communication within online communities can mimic real life issues and disruptions happening to the users.
  + Biester, L., Matton, K., Rajendran, J., Provost, E. M., & Mihalcea, R. (2021). Understanding the impact of COVID-19 on online mental health forums. *ACM Transactions on Management Information Systems (TMIS)*, *12*(4), 1-28.
    - Same paper as previous but more in-depth
  + Brewer, G., Centifanti, L., Caicedo, J. C., Huxley, G., Peddie, C., Stratton, K., & Lyons, M. (2021). Experiences of mental distress during COVID-19: Thematic analysis of discussion forum posts for anxiety, depression, and obsessive-compulsive disorder. *Illness, Crisis & Loss*, 10541373211023951.
    - There were overall increases in depression, anxiety and OCD cases. The first experiences intensification, isolation and lack of support; the second experienced fear of normality, isolation and lack of support; the third, increasing obsessions, distress, justification, hyperawareness and interpersonal conflict.
  + Low, D. M., Rumker, L., Talkar, T., Torous, J., Cecchi, G., & Ghosh, S. S. (2020). Natural language processing reveals vulnerable mental health support groups and heightened health anxiety on reddit during covid-19: Observational study. *Journal of medical Internet research*, *22*(10), e22635.
    - Communities divided within a similar site experienced a convergence of topics during covid 19, which would mimic national patterns of community spread.
* Online Vs Offline
  + Wellman, B., Boase, J., & Chen, W. (2002). The networked nature of community: Online and offline. *It & Society*, *1*(1), 151-165.
    - Online community doesn’t per se weaken offline communities, and frequent internet uses may have neither a higher nor lower sense of community with higher internet use. This is more common in America. What internet did do is diversify communities.
  + Lee, J., & Lee, H. (2010). The computer-mediated communication network: Exploring the linkage between the online community and social capital. *new media & society*, *12*(5), 711-727.
    - Online communities seem to increase trust in people, as well as organizational efficiency. No effect on social capital, only dependent on use. Generally, the internet is seen as a support for traditional resources.
  + Cullen, R., & Sommer, L. (2010, January). Participatory democracy and the value of online community networks: An exploration of online and offline communities engaged in civil society and political activity. In *2010 43rd Hawaii International Conference on System Sciences* (pp. 1-10). IEEE.
    - Exchange of information between online and offline groups is equal but of unequal quality, with offline groups lacking elements of social capital. A higher number of people used the group to talk about health and community improvement.
  + Vacchiano, M., & Bolano, D. (2021). Online and offline leisure, relatedness and psychological distress: A study of young people in Switzerland. *Leisure Studies*, *40*(3), 338-351.
    - Offline leisure activities provide avenues for better mental health and strengthening of relationships. Online leisure is only negatively perceived when it tries to mimic offline leisure characteristics.
  + Gil de Zúñiga, H., & Valenzuela, S. (2011). The mediating path to a stronger citizenship: Online and offline networks, weak ties, and civic engagement. *Communication Research*, *38*(3), 397-421.
    - Definitions of civic engagement. The paper contradicts the one before by saying that is in leisure that online media is negative, while it is positive if used in social connections. Network size refers to the number of people with whom a person has had public discussions, and tie strength refers to depth of intimacy frequency. However, weak ties will increase civic participation regardless, due to the goal oriented nature of online conversation (topic based).
  + Cover, R. (2012). Performing and undoing identity online: Social networking, identity theories and the incompatibility of online profiles and friendship regimes. *Convergence*, *18*(2), 177-193.
    - Identity is an ongoing combination of acts rather than a fixed image of oneself, and it can be limitedly represented in forms of online affirmation. The same identity setting can be performed by the selection and maintenance of friendships online. We operate within this framework with the certainty of being surveilled for consistency.,
  + Shakya, H. B., & Christakis, N. A. (2017). Association of Facebook use with compromised well-being: A longitudinal study. *American journal of epidemiology*, *185*(3), 203-211.
    - Real world social networks were associated with well being, while facebook social networks were associated with negative well being. The study was not able to account for people who had both facebook friends and real life friends
  + Holmberg, L. (2014). Seeking social connectedness online and offline: Does happiness require real contact?.
    - Offline communication is mostly used for deep conversation, search of purpose and loneliness. Happiness does not lead to more use or less use of online methods, nor different quantity of friends.
* Community Study
  + Atkinson, S., Bagnall, A. M., Corcoran, R., South, J., & Curtis, S. (2020). Being well together: individual subjective and community wellbeing. *Journal of Happiness Studies*, *21*(5), 1903-1921.
    - Community wellbeing concepts: social networks, social support, social inclusion and exclusion, social cohesion, social capital, social justice, sense of belonging, sense of solidarity, respect and tolerance for diversity, gender equality, trust, reciprocity, security and safety, collaborative activities, local participation, political participation. The dominant approach to community wellbeing is based on cumulative subjective wellbeing. This ignores spatial and social inequalities, belonging to multiple communities at once **REFER TO LITERATURE ON NEIGHBORHOOD STUDY PROBLEMS**, and temporal changes in well-being as well as types. Relationality is a function of community wellbeing as a sense of belonging and participation with other members (an additional concept would be place effect).
  + Ren, Y., Kraut, R., & Kiesler, S. (2007). Applying common identity and bond theory to design of online communities. *Organization studies*, *28*(3), 377-408.
    - Common identity groups are based on recognition with the group as a whole, while bond identity groups are based on attachment with individual members. The former can arise from social categorization, interdependence among members, and comparison with other groups. While, the latter can arise from simple social interaction, sharing of personal information (like profiles), and similarity attraction. Typically people engage in bond based groups with more wide variance of topic discussion, with the opposite being true for common identity groups. Attachment through the latter implies less empathy for singular members, yet leads to easier acceptance of newcomers, which are approached through norm training and engagement procedures.
  + Pittman, M. (2018). Happiness, loneliness, and social media: perceived intimacy mediates the emotional benefits of platform use. *The Journal of Social Media in Society*, *7*(2), 164-176.
    - More lonely people will benefit from social media less due to perceived low intimacy. The happier the individual the more he will think social media as a positive connective tool. The more frequently one uses social media, the more he will perceive it to be intimate.
* **THESE ARE IMPORTANT**
  + Kaufman, V., Rodriguez, A., Walsh, L. C., Shafranske, E., & Harrell, S. P. (2022). Unique Ways in Which the Quality of Friendships Matter for Life Satisfaction. *Journal of Happiness Studies*, 1-18.
    - Family, partners, and friends all contribute to happiness and well being, with the latter two being complementary.
  + Lee, S., Chung, J. E., & Park, N. (2018). Network environments and well-being: An examination of personal network structure, social capital, and perceived social support. *Health communication*, *33*(1), 22-31.
    - Social networks that are relatively similar to each other and are dense have better outcomes on well being and belonging, especially with gender. The study is very similar to mine but has a limitation on the online aspect **VERY IMPORTANT**
* Bias in Studies:
  + High, A. C., Ruppel, E. K., McEwan, B., & Caughlin, J. P. (2022). Computer-Mediated Communication and Well-Being in the Age of Social Media: A Systematic Review. *Journal of Social and Personal Relationships*, 02654075221106449.
    - Most common studies of CMC effects were in Communications and Psychology, with cross-sectional surveys topping both in an interdisciplinary fashion. Marginalized communities (including physically marginalized) and health patients (older adults too) were more likely to report positive relationships. Adolescents were more likely to report negative effects. Studies differentiate between passive and active use, motives for use, and methods of use (including problematic use and quantity). There is heavy literature on the use of facebook, but channels of connection is an unexplored area. Subjective well being tends to be positively correlated, physical well being also, while mental well being showed more negative relationships. The prolonged use of social media in longitudinal studies is contradictory in effect. PIU is generally associated with negative well being effects, while seeking social capital and social support via CMC is positively correlated. In the end, simple study of social media use is insufficient to get the whole picture, as we also need measures of methods. This also accounts for the quality and styles of the messages themselves.

Social Media and Social Belonging

* + van Eldik, A., Kneer, J., & Jansz, J. (2019). Urban & online: Social media use among adolescents and sense of belonging to a super-diverse city. *Media and Communication*, *7*(2), 242-253.
    - Social media is negatively associated with group self esteem but the latter is positively associated with social media influencers. In addition, urban belonging and group self esteem, with group self-categorization are positively associated.
  + Marlowe, J. M., Bartley, A., & Collins, F. (2017). Digital belongings: The intersections of social cohesion, connectivity and digital media. *Ethnicities*, *17*(1), 85-102.
    - Social media use has become ingrained in the culture and does not allow for the simple dominance of face to face communication. However, it is mostly used as a supplement or as a secondary step to physical engagement. This might create problems of social inability to disconnect.
  + Steafnone, M. A., Huang, Y. C., & Lackaff, D. (2011, January). Negotiating social belonging: Online, offline, and in-between. In *2011 44th Hawaii International Conference on System Sciences* (pp. 1-10). IEEE.
    - Online use of social media does increase perceived social support, but does not increase relationship satisfaction
  + Hampton, K. N., Livio, O., & Goulet, L. S. (2021). The social life of wireless urban spaces: internet use, social networks, and the public realm. In *Public Space Reader* (pp. 384-391). Routledge.
    - Most social ties are close knit and people have shifted towards privatism. The availability of social interaction reduces the possibility for physical communication. Use of online resources in a public sphere, reduces this effect of online communication, though it still reduces social diversity.
  + Kim, Y. C., Shin, E., Cho, A., Jung, E., Shon, K., & Shim, H. (2019). SNS dependency and community engagement in urban neighborhoods: The moderating role of integrated connectedness to a community storytelling network. *Communication Research*, *46*(1), 7-32.
    - Online Network engagement might increase global community participation but reduce local participation. If the online resources are closed SNS, then there is a positive correlation with civic engagement, this also counts with online resources that are most connected to the community infrastructure. Most of these studies are conducted on college students.
  + Stieglitz, S., & Ross, B. (2022). The Impact of Social Media on Social Cohesion: A Double-Edged Sword. *Media and Communication*, *10*(2), 104-107.
    - While social media allows for marginalized communities to communicate, it also reinforces preexisting inequalities
  + Kim, J. H. (2017). Smartphone-mediated communication vs. face-to-face interaction: Two routes to social support and problematic use of smartphone. *Computers in Human Behavior*, *67*, 282-291.
    - People with an already low level of perceived social support will use SMC more than others, even if it is less effective at improving PSS than face to face interaction. This is more problematic for people in their 30s.
  + Ahn, D., & Shin, D. H. (2013). Is the social use of media for seeking connectedness or for avoiding social isolation? Mechanisms underlying media use and subjective well-being. *Computers in Human Behavior*, *29*(6), 2453-2462.
    - The main use of media is not for seeking connectedness but to avoid social isolation, whereas ftf interactions seek connectedness as an indirect path to avoiding social isolation, with video use not even providing that.
  + Bekalu, M. A., McCloud, R. F., Minsky, S., & Viswanath, K. (2021). Association of social participation, perception of neighborhood social cohesion, and social media use with happiness: Evidence of trade‐off (JCOP‐20‐277). *Journal of Community Psychology*, *49*(2), 432-446.
    - Sense of belonging and local participation is positively associated with happiness and wellbeing. Those with low perception of neighborhood belonging are more likely to increase their happiness through social media
  + Gioia, F., Fioravanti, G., Casale, S., & Boursier, V. (2021). The effects of the fear of missing out on people's social networking sites use during the COVID-19 pandemic: the mediating role of online relational closeness and individuals' online communication attitude. *Frontiers in Psychiatry*, *12*, 620442.
    - Comparative use of social media increases its negative effects on social cohesion and well-being. In particular, fear of missing out acts as a positive mediator to this relationship. This relationship has not changed within the pandemic, even if higher social media use was reported
  + Wong, A., Ho, S., Olusanya, O., Antonini, M. V., & Lyness, D. (2021). The use of social media and online communications in times of pandemic COVID-19. *Journal of the Intensive Care Society*, *22*(3), 255-260.
    - Social media has served as an information dissemination tool, with the risk of also disseminating bad information
  + Wirtz, D., Tucker, A., Briggs, C., & Schoemann, A. M. (2021). How and why social media affect subjective well-being: Multi-site use and social comparison as predictors of change across time. *Journal of Happiness Studies*, *22*(4), 1673-1691.
    - Use of social media sites is negatively associated with well being regardless of site use patterns. Passive use seems to be the best predictor for this relationship.
  + Collins, C. R., Neal, J. W., & Neal, Z. P. (2014). Transforming individual civic engagement into community collective efficacy: The role of bonding social capital. *American journal of community psychology*, *54*(3), 328-336.
    - Why social cohesion is important, it creates local self-efficacy. This is done by building social capital and having an empowering settings framework within the community. residents who were engaged in civic events—such as talking with elected officials—report greater levels of neighborhood collective efficacy
* Civic Engagement
  + Wray-Lake, L., DeHaan, C. R., Shubert, J., & Ryan, R. M. (2019). Examining links from civic engagement to daily well-being from a self-determination theory perspective. *The Journal of Positive Psychology*, *14*(2), 166-177.
    - Civic engagement affects well being through self determination theory and psychological manners of self satisfaction. This relationship is positive overall, but stronger with pro environmental behaviors and helping on a daily temporal scale. Only charity was not significant
  + Ferrucci, P., Hopp, T., & Vargo, C. J. (2020). Civic engagement, social capital, and ideological extremity: Exploring online political engagement and political expression on Facebook. *New Media & Society*, *22*(6), 1095-1115.
    - Political participation can be ordained in different manners, but it mainly consists with direct contact with political entities or direct involvement in politics. Bridging social capital has no effect, while bonding social capital has a negative effect in the online context. People who are more likely to engage offline also are more likely to engage online, including extreme ideologists.
  + Johnson, T. J., Zhang, W., & Bichard, S. L. (2010). United we stand? Online social network sites and civic engagement. In *A networked self* (pp. 193-215). Routledge.
    - Specific social media sites may attract either homogeneity or diversity. The first is associated with higher civic engagement, we might want to study heterogeneity of sites. Youtube is proven not to be a good predictor of social engagement.
  + Procentese, F., De Carlo, F., & Gatti, F. (2019). Civic engagement within the local community and sense of responsible togetherness. *TPM: Testing, Psychometrics, Methodology in Applied Psychology*, *26*(4).
    - Being civically engaged to one’s community fosters the interactions within the same community, but only if the person feels integrated in the community as a whole.
  + Moy, P., Manosevitch, E., Stamm, K., & Dunsmore, K. (2005). Linking dimensions of Internet use and civic engagement. *Journalism & Mass Communication Quarterly*, *82*(3), 571-586.
    - Time displacement theory if not correct. With online communication, the predominant uses are as an information source, and as a tool for maintaining family ties and facilitating consumer behavior. Communicating with peers and social contact is correlated with political activity but not community involvement.
  + Whitehead, A. L., & Stroope, S. (2015). Small groups, contexts, and civic engagement: A multilevel analysis of United States Congregational Life Survey data. *Social Science Research*, *52*, 659-670.
    - Congregational engagement in small groups of religious nature will enhance civic engagement.
  + Costa, D. L., & Kahn, M. E. (2003). Civic engagement and community heterogeneity: An economist's perspective. *Perspectives on politics*, *1*(1), 103-111.
    - Heterogeneity reduces public and civic participation. It could be that increasing interdependence among heterogeneous groups may reverse this relationship, as well as include economic benefits.
  + Crocetti, E., Jahromi, P., & Buchanan, C. M. (2012). Commitment to community and political involvement: A cross-cultural study with Italian and American adolescents. *Human affairs*, *22*(3), 375-389.
    - Cultural context may lead students especially to consider political participation on a different light, and thus inhibit civic engagement regardless of other influences. In fact, italian teenagers are less likely to be engaged.
* Loneliness
  + Luchetti, M., Lee, J. H., Aschwanden, D., Sesker, A., Strickhouser, J. E., Terracciano, A., & Sutin, A. R. (2020). The trajectory of loneliness in response to COVID-19. *American Psychologist*, *75*(7), 897.
    - It is not the mere absence of social contacts that has a negative impact on health, but rather the perceived discrepancy between one’s desired and perceived quality of social relationships (this point has been copied and pasted for reference). There were no reported increases in loneliness during the pandemic, except for older adults.
  + Park, C., Majeed, A., Gill, H., Tamura, J., Ho, R. C., Mansur, R. B., ... & McIntyre, R. S. (2020). The effect of loneliness on distinct health outcomes: a comprehensive review and meta-analysis. *Psychiatry Research*, *294*, 113514.
    - Loneliness affects primarily mental health and overall wellbeing, and less sleep and cognition. Age does not moderate this relationship, while cognition is moderated by gender. Most associations of loneliness and social connectedness are mediated by maladaptive reactive behaviors.
  + Wang, J., Mann, F., Lloyd-Evans, B., Ma, R., & Johnson, S. (2018). Associations between loneliness and perceived social support and outcomes of mental health problems: a systematic review. *BMC psychiatry*, *18*(1), 1-16.
    - Loneliness is typically measured with the UCLA scale or the deJon-Gierveld Loneliness scale. Connection with depression is not directly established, but social isolation does worsen depression upon concurrent follow ups. For bipolar disorder, remission was higher, but there was no direct or indirect connection. The same counts for anxiety and schizophrenia.
  + Cramer, K. M., & Barry, J. E. (1999). Conceptualizations and measures of loneliness: A comparison of subscales. *Personality and Individual differences*, *27*(3), 491-502.
    - All scales of loneliness. The SELSA represents the superior instrument to assess both social and emotional loneliness dimensions
  + Russell, D. W., Cutrona, C. E., McRae, C., & Gomez, M. (2012). Is loneliness the same as being alone?. *The Journal of psychology*, *146*(1-2), 7-22.
    - Individuals tend to hold a comparison level for the number of close friendships held, which affects satisfaction of current friendships and loneliness level.
  + Luanaigh, C. Ó., & Lawlor, B. A. (2008). Loneliness and the health of older people. *International Journal of Geriatric Psychiatry: A journal of the psychiatry of late life and allied sciences*, *23*(12), 1213-1221.
    - Social loneliness is defined as loneliness due to network decreases, while emotional loneliness is partner based. Similar conclusion regarding loneliness as a predictor for several mental health and physical health issues.