

Tranquilizer use and well-being - a longitudinal study of social and psychological effects

Survey Research Center, Institute for Social Research, University of Michigan - A longitudinal study of the association between Compulsive Internet use and wellbeing

Description: -

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Quality of Life.

Substance Dependence -- psychology.

Stress, Psychological -- drug therapy.

Diazepam.

Health surveys -- Michigan -- Detroit Metropolitan Area.

Drug utilization -- Michigan -- Detroit Metropolitan Area --

Psychological aspects -- Longitudinal studies.

Drug utilization -- Social aspects -- Michigan -- Detroit Metropolitan Area -- Longitudinal studies.

Diazepam.

Tranquilizing drugs. Tranquilizer use and well-being - a longitudinal study of social and psychological effects

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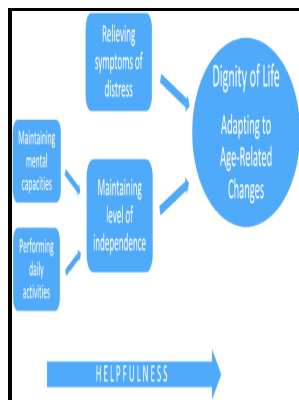
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Research report series (University of Michigan. Institute for Social Research)

Research report series / Institute for Social Research Tranquilizer use and well-being - a longitudinal study of social and psychological effects

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A longitudinal study of the association between Compulsive Internet use and wellbeing

Abstract Face-to-face social interactions enhance well-being. We developed and included a social network survey instrument for deployment within Gallup's ongoing, longitudinal, probability-based panel of American households Gallup, Princeton, New Jersey ; it was based on the social network instrument used previously in the General Social Survey — and the National Health and Social Life Survey.

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For each 1-standard-deviation increase in average closeness to friends in wave t, self-reported mental health in wave t + 1 increased by 6% of a standard deviation.

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We also asked each respondent to estimate the frequency of in-person, face-to-face interactions they had with each nominated friend over the past year, with 5 being every day the most frequent and 1 being never. Although having more Facebook friends was associated with better mental health, using Facebook in any of the 3 ways we measured it was associated with worse mental health.

A longitudinal study of the association between Compulsive Internet use and wellbeing

Our results showed that although real-world social networks were positively associated with overall well-being, the use of Facebook was negatively associated with overall well-being.

A longitudinal study of the association between Compulsive Internet use and wellbeing

Body mass index Finally, with BMI, the results were consistent across the first 2 sets of models.

Social media use and well

On the other hand, nominating more real-world friends, feeling close to those friends, and interacting with them more frequently were associated with better mental health. As Facebook use increases, mean self-reported mental health decreases for each measure. We overcame some of the weaknesses of prior research by using objective measures of Facebook use and 3 waves of data.

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