# Social Media & Mental Health

# Exec Summary

# Introduction

Social media often feels like a mainstay of life today, with 59.4% of the population actively engaging with it in some way (*The Changing World of Digital In 2023*, 2023). Social media itself is certainly not new, with numerous social networking sites appearing from the 1980s onwards, such as AmericaOnline in 1985, Friendster in 2001, and Facebook in 2004 (‘The Evolution of Social Media: How Did It Begin and Where Could It Go Next?’, 2020), with daily use increasing from 1 hour 37 minutes in 2013 to 2 hours and 31 minutes in 2022 (*The Changing World of Digital In 2023*, 2023).

# Methodology

# Results

# Conclusion References

*The Changing World of Digital In 2023* (2023) *We Are Social UK*. Available at: https://wearesocial.com/uk/blog/2023/01/the-changing-world-of-digital-in-2023/ (Accessed: 18 June 2023).

‘The Evolution of Social Media: How Did It Begin and Where Could It Go Next?’ (2020) *Maryville Online*, 28 May. Available at: https://online.maryville.edu/blog/evolution-social-media/ (Accessed: 18 June 2023).