

Research Title 4: "Exploring the Role of Social Media in Mental Health Awareness and Support Among Filipino Youth"

Social media has become a big part of young Filipinos' daily lives. They use it to connect with friends and family, get news and entertainment. Social media is like a digital world where Filipino youth spend a lot of their time. Discussions about mental health have become more common on these platforms.

This study looks at how Filipino youth use social media to deal with mental health issues. It aims to explore how they use these platforms to talk about mental health, get emotional support, and find helpful resources. The research also wants to understand the different ways social media affects mental health awareness among Filipino youth. To effectively approach mental health concerns of young Filipinos in the digital era, it is essential to understand both the bright and dark sides of the influence that social media has on their mental health. This research can provide useful perspectives about how technology shapes mental wellness and consequently guide strategies for enhancing psychological well-being among young people in the Philippines.

Findings from a recent study by (White et al., 2021) suggest that Facebook withdrawal groups play a crucial role in raising awareness of antidepressant withdrawal and supporting individuals tapering off antidepressants. This highlights the potential of social media communities in providing support for mental health-related issues, aligning with the aim of investigating social media's role in mental health support among Filipino youth.

(McLoughlin et al., 2018) emphasized the importance of social connectedness facilitated by technology in promoting mental health and well-being among young people. Their findings underscore the potential positive impact of social media on mental health, supporting the need to explore how social media platforms can serve as avenues for mental health awareness and support among Filipino youth.

(Ulvi et al., 2022) conducted a systematic review and meta-analysis on the relationship between social media use and mental health, revealing that excessive social media use is correlated with depression and other mental health disorders. This study provides valuable insights into the potential negative effects of social media on mental health, highlighting the importance of understanding these dynamics among Filipino youth.

(D'Alfonso et al., 2017) developed the moderated online social therapy (MOST) web application, incorporating advanced computational and artificial intelligence methods to enhance user engagement and deliver therapy content. Their approach demonstrates innovative ways of utilizing technology for mental health support, which could inform strategies for leveraging social media platforms in addressing mental health challenges among Filipino youth.

(Monks et al., 2015) conducted focus groups to explore young people's perspectives on using social media for mental health research, highlighting both the benefits and ethical considerations associated

with this approach. Their findings emphasize the need for careful negotiation of privacy and consent issues when utilizing social media for mental health-related studies, which is relevant to the ethical considerations of this research.

(Fisher, 2019) examined the role of social media networking sites in shaping perceptions of mental illness among college students. While the study found no significant relationship between social media use and mental illness perceptions, it sheds light on the influence of social media content on attitudes towards mental health, providing valuable insights for understanding how social media platforms contribute to mental health awareness among youth.

(Chaeycharoen, 2022) discussed the impact of social media on emotional and cognitive status, highlighting both the benefits and risks associated with its use among adolescents. Understanding these implications can inform efforts to promote positive mental health outcomes among Filipino youth while mitigating potential negative effects associated with excessive social media use.

(Skogen et al., 2021) investigated the association between self-presentation on social media and mental health among adolescents. Their findings provide insights into how different types of social media activities may be linked to mental health outcomes, offering valuable considerations for understanding the role of social media in mental health awareness and support among Filipino youth.

(Cohen K., *Mallory Dobias, M.A.*, 2022) conducted a randomized test of a single-session intervention embedded in social media to improve the uptake of mental health crisis resources among young people. Their findings suggest that enhanced crisis response interventions can reduce hopelessness and increase the likelihood of accessing mental health resources, highlighting the potential of social media platforms in crisis intervention and support.

(Balt et al., 2023) conducted a psychological autopsy study to examine the influence of social media on the mental health and well-being of adolescents who died by suicide. Their findings contribute to understanding the complex relationship between social media use and mental health outcomes, emphasizing the need for comprehensive digital suicide prevention strategies that address the harmful effects of social media on vulnerable populations.

(Gupta et al., 2022) reviewed the impact of social media on the mental health of adolescents and young adults, highlighting the risks and benefits associated with social media use in this population. Their review underscores the importance of addressing ethical concerns and promoting responsible social media use to mitigate the negative effects on mental health among Filipino youth.

(Ugwu et al., 2023) developed and validated the Social Media-Induced Tendency Scale to assess factors contributing to social media-induced depression tendency among young people. Their findings provide valuable insights into the underlying mechanisms of social media's impact on mental health, offering a tool for identifying at-risk individuals and developing targeted interventions to prevent or reduce social media-induced depression tendencies among Filipino youth.

(Hammad & Awed, 2023) investigated the relationship between social media addiction and mental health among young people at Najran University. Their findings highlight the high prevalence of social media addiction and its association with depression, anxiety, and loneliness, emphasizing the importance of psychological awareness and interventions to address the negative consequences of social media addiction on mental health.

(Titituk et al., 2023) conducted research on the impact of social media on the mental health of Thai teenagers, identifying correlations between social media use and mental health outcomes. Their findings underscore the need to develop strategies to mitigate the negative effects of social media on mental health among youth, providing insights that may be applicable to understanding similar dynamics among Filipino youth.

(Saxena et al., 2015) discussed the comprehensive mental health action plan aimed at addressing the global burden of mental, neurological, and substance use disorders. While not specific to social media, their work highlights the importance of implementing evidence-based interventions and policies to improve mental health outcomes, which is relevant to understanding the broader context in which social media operates as a tool for mental health awareness and support among Filipino youth.

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