The Impact of Social Media on Mental Health

This presentation explores the complex relationship between social media usage and mental health. We'll examine data from multiple sources to understand the effects on emotional well-being, particularly among teens and young adults.

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Data Sources Overview

1 **Social Media Usage Dataset**

Kaggle dataset on emotional well-being.

2 **Mental Health Dataset**

Self-reported data from Kaggle.

3 **CDC Report**

Comprehensive study on teen mental health.

4 **Surgeon General's Advisory**

2023 report highlighting social media's impact.

Potential Biases in Data

Dataset 1: Social Media Usage

Limited sample size may skew results. Demographic representation could be imbalanced.

Dataset 2: Mental Health

Self-reported data risks subjective interpretations. Possible underreporting or overreporting of symptoms.
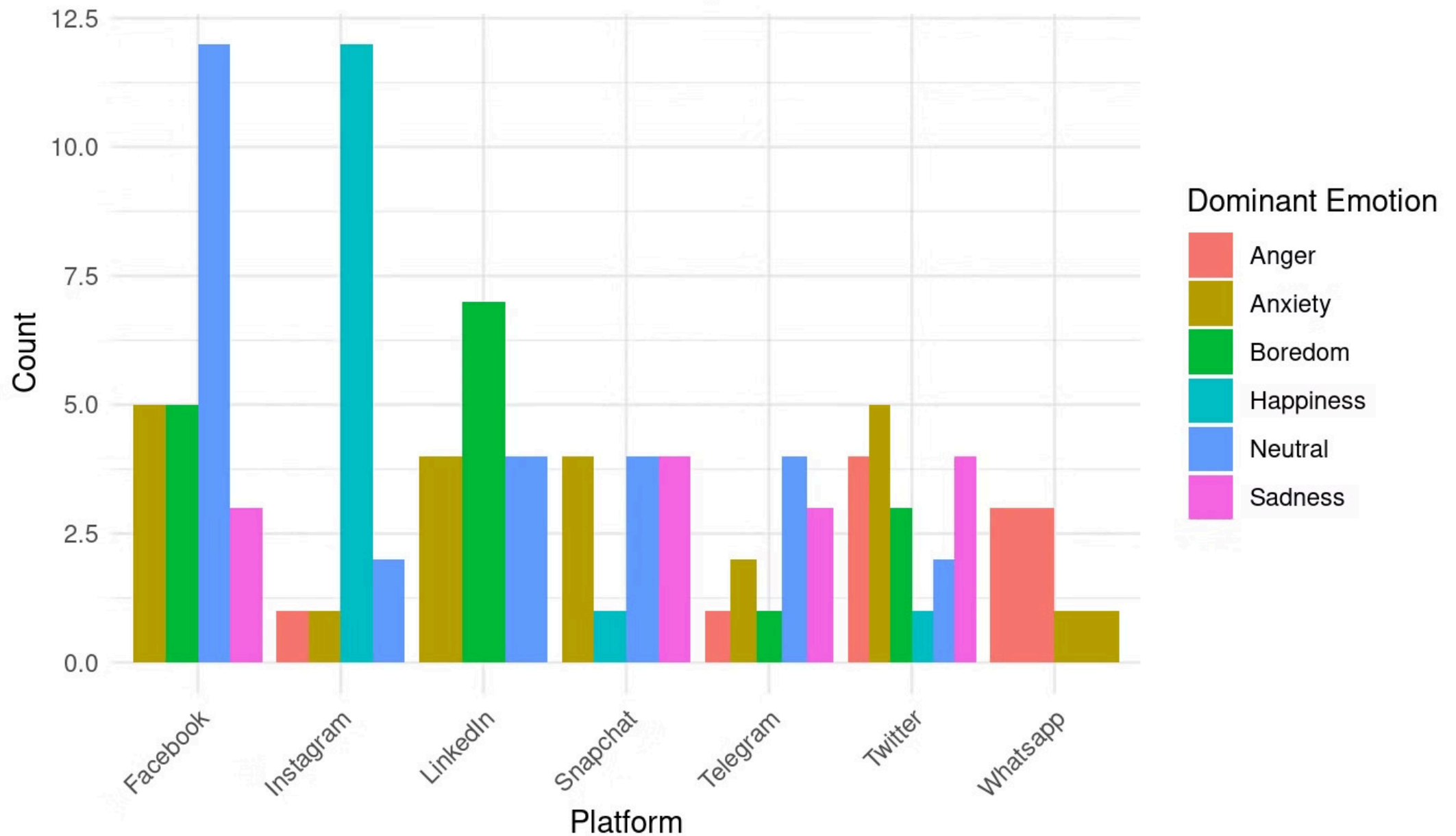
Mitigation Strategies

Cross-referencing with CDC and Surgeon General reports. Applying statistical corrections for sample size.
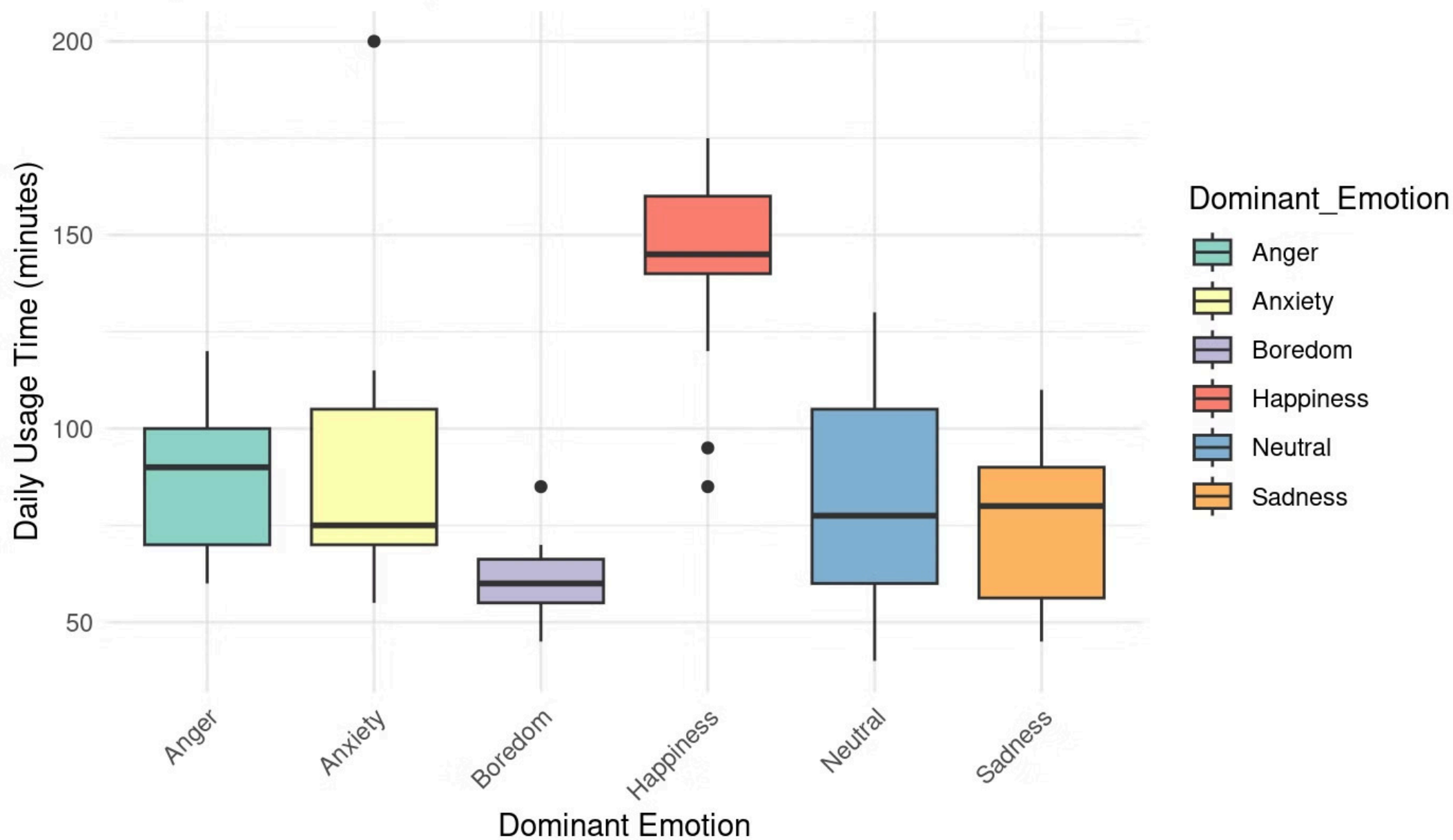
Fitness for Use:

- Dataset 1: Highlights emotional impact of social media usage.
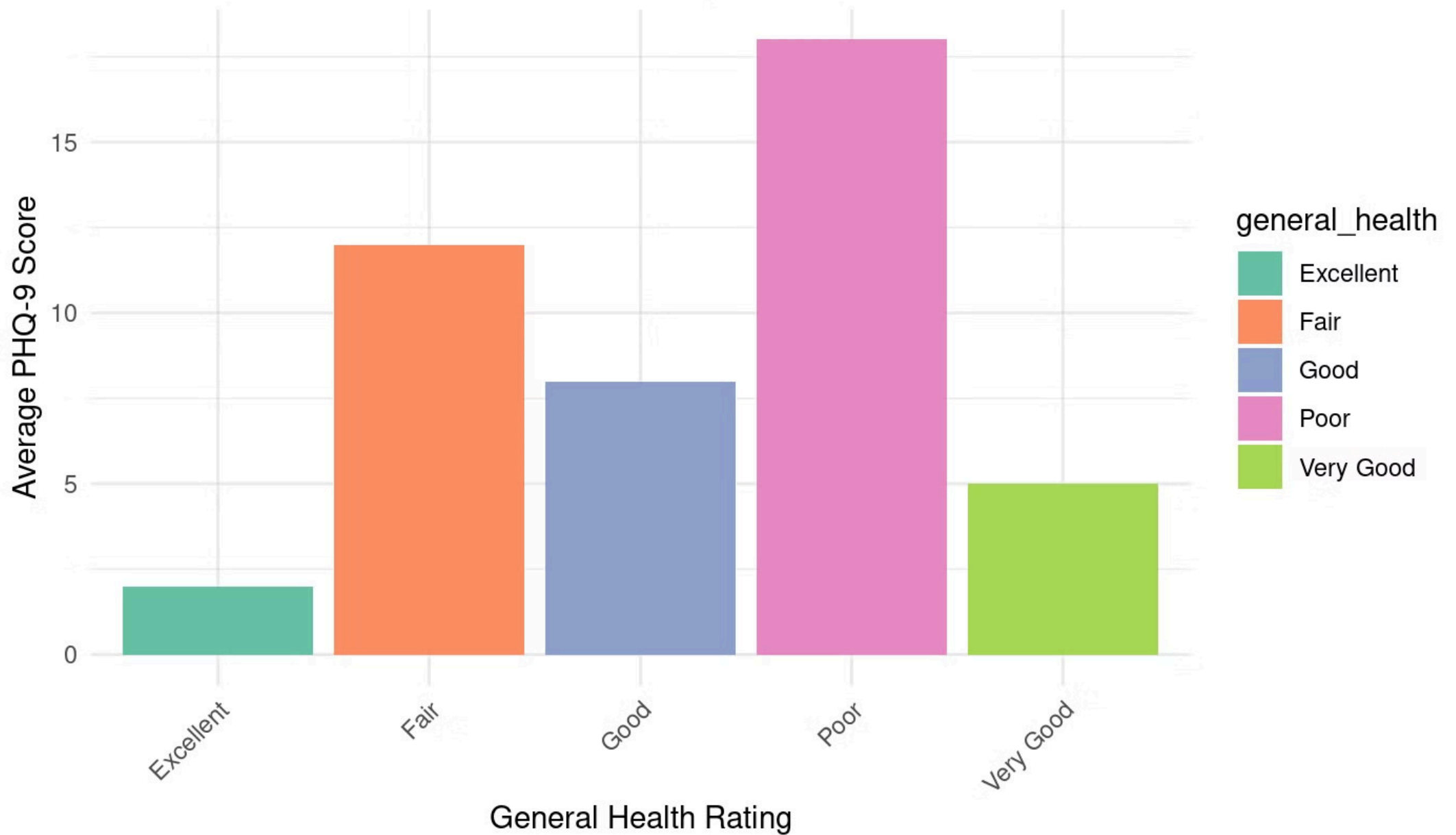- Dataset 2: Relevant for mental health trends but needs broader representation.
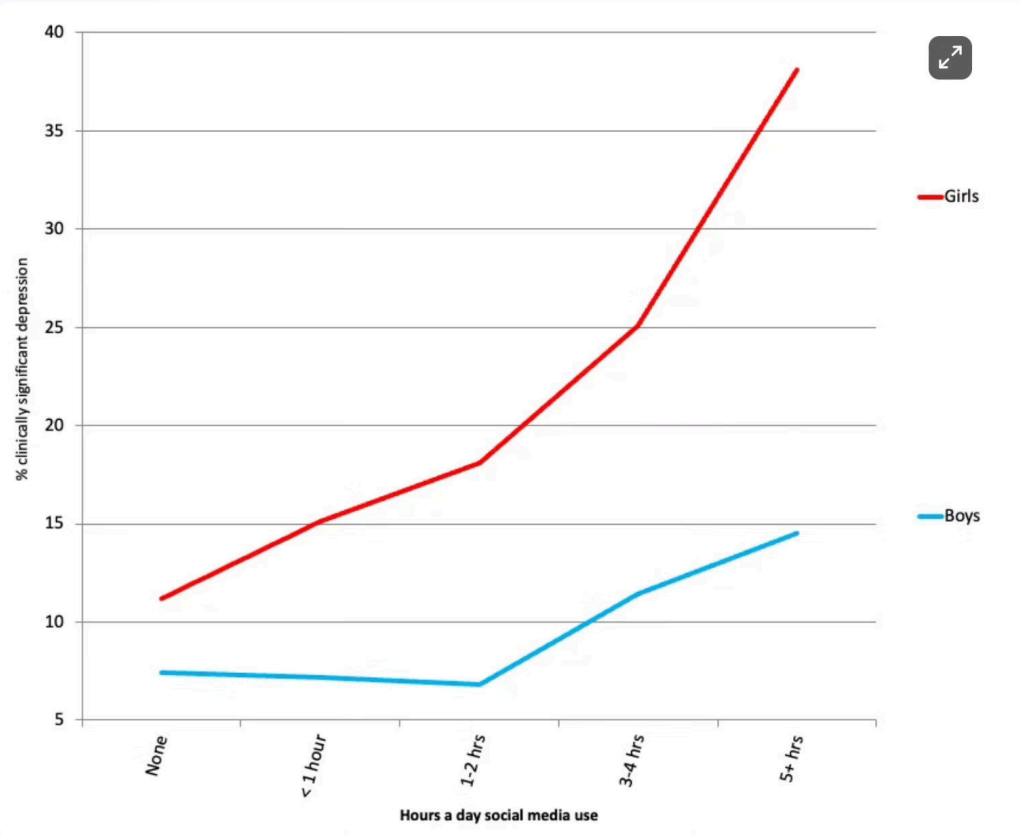
Distribution of Dominant Emotions by Platform

Daily Usage Time by Dominant Emotion

Average PHQ-9 Depression Scores by General Health Rating

Chart: % clinically significant depression (y-axis, 5 to 40) vs Hours a day social media use (x-axis: None, < 1 hour, 1-2 hrs, 3-4 hrs, 5+ hrs). Two lines: Girls (red) and Boys (blue).

Policy Recommendation

Recommendation:

- Limit daily screen time for teens to 2 hours.

- Promote mental health education in schools.

References

- **Kaggle**:
  - [Dataset 1](#)
  - [Dataset 2](#)
- CDC Report on Teen Mental Health
- Surgeon General's 2023 Advisory on Social Media:

https://www.generationtechblog.com/p/yes-we-do-know-social-media-isnt

Thank you