



Saint Sophie's Psychiatric Center

Always Leading & Inspiring
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Social Media and Mental Health Objectives

- Identify how social media effects mental health in children and adults
- Recognize how social media contributes to bullying
- Identify ways to limit social media's impact on mental health

Recent headlines

“Surging Suicide Rate Among Young Girls Raises Questions About Role of Social Media”

“Researchers are investigating the troubling spike as close personal relationships increasingly move online”

<https://www.bloomberg.com/news/articles/2019-07-17/suring-suicide-rate-young-girls-raises-questions-about-social-media>



Rise in teen suicide connected to social media popularity: study

By Associated Press

November 14, 2017 | 12:15am |



<https://thenypost.files.wordpress.com/2017/11/istock-820379104.jpg?quality=90&strip=all&w=618&h=410&crop=1>



Children, Teens, Media and Body Image Survey Results



35 percent are worried about being tagged in a photo that they think they don't look good in



27 percent are stressed about how they look in photos posted online



22 percent felt bad about themselves if their photos were ignored

By. Lilly Womack

Information courtesy of CNN

infogram



Questions....

- How many of you check your social media before you get out of bed or before you go to bed?
- How many of you have a hard time not looking at your social media during work, time with family, church, etc.
- How many of you are on multiple social media sites (snap chat, Instagram, facebook, twitter)



How much time?

- Estimated that as many as 97% of adolescents use social media regularly.
- 57% of US teens have begun a relationship online.
- It is estimated that the average time spent on social media is 2 hours and 22 minutes a day.
- It is estimated that 19% of teens use smart phones for at least 5 hours a day.

Does it consume you?

- In the past 10 years, social networking sites such as Facebook, Twitter, MySpace, Instagram, You Tube, etc have changed the way people communicate and interact.
- This has come with positive effects as well as negative.
- Social media has been shown to effect mood (loneliness, changes in self esteem, anxiety, depression, and suicide rates).

Some terms to know

- FOMO
- Social currency
- Highlight reel
- Harassment/Bullying



Mental Health Effects

- Sleep
- Addiction
- Productivity loss
- Depression/anxiety



Sleep



https://www.incimages.com/uploaded_files/image/970x450/getty_147504214_970647970450095_79515.jpg



Sleep patterns

- Research has shown that excessive use of SNS is highly associated with poor sleep quality
- This can be due to multiple reasons (hours of use while in bed, anxiety, exposure to light of the blue end spectrum)



Addiction



<https://images.unsplash.com/photo-1523809902886-b497cb430890?ixlib=rb-1.2.1&ixid=eyJhcnBfaWQiOjE5MDd9&auto=format&fit=crop&w=500&q=60>



Online Social Network Addiction

- When the preoccupation of a chronic SNS user neglects other aspects of their life such as family, work, offline friends
- Stems from the thought that if it isn't posted, it didn't happen.
- Biological reward of dopamine.



Social Media Addiction



Addiction cont.

- Has been discussed as a potential diagnosis but is relatively new.
- Questionnaires and scales have been developed by researchers to measure the addiction severity.
- Will SNS addiction become an actual mental disorder?



Addiction cont.

- One way to measure is the Bergen Social Media Addiction Scale (originally designed for [Facebook](#) but since generalized for all social media). It's a short survey used in psychological research that has been widely accepted by the psychology community. It's quick and something you can take yourself.



Addiction cont.

- Here are six statements to consider. For each, answer: (1) very rarely, (2) rarely, (3) sometimes, (4) often, or (5) very often.
- You spend a lot of time thinking about social media or planning how to use it.
- You feel an urge to use social media more and more.
- You use social media in order to forget about personal problems.
- You have tried to cut down on the use of social media without success.
- You become restless or troubled if you are prohibited from using social media.
- You use social media so much that it has had a negative impact on your job/studies.



Addiction cont.

- If you scored a 4 or 5 ("often" or "very often") on at least 4 of those statements, it could be an indicator of social media addiction.

Reference

Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). Development of a Facebook addiction scale. *Psychological reports*, 110(2), 501-517.

Addiction cont.

- The ICD-10 includes specific criteria for dependence syndrome:
 - Strong desire or sense of compulsion
 - Difficulties in controlling consumption behavior
 - Physiological withdrawal state after reduction or cessation, evidence of tolerance, etc.
- A diagnosis can be made if three of these are present at a certain point during the previous yr.

Depression and Anxiety

- Reduction in intensity of interpersonal relationships
- Increase in shallow relationships
- Altered and wrong impression of physical and personality traits of other users
- Leads to incorrect perceptions of appearance, education level, intelligence, moral integrity, and many other characteristics



Depression and Anxiety

- Research shows a link to the use SNS and the impression that other users are happier and more successful.
- Doesn't necessarily lead to depression, but in individuals that have depressive predispositions as well as other psychiatric comorbidities can further negatively impact their mental health.



Self Esteem

- Important component for mental health
- Social networking are based on self promotion
- Constant self evaluation on an everyday basis can lead to one comparing achievements, physical/emotional/social characteristics, felling of jealousy, and narcissistic behavior.



Body image

- Research shows a link between time on social media and greater body image concerns
- There is also an increase in disordered eating among both men and women
- Pro-Ana and Pro-Mia – sites that promote eating disorders



Body image cont.

- The primary image based social media platforms may lead to negative body image.
- Lewallen and Behm-Morawits (2016) found that adolescent girls following fitness sites on pinterest were more likely to engage in extreme weight-loss diets.



Body image cont



Body image



Example of digitally altered photo





Body Image cont.

- Studies have linked body dissatisfaction in adolescent girls with the number of photos and selfies they posted online.
- The more photoshop they used, the worse they felt about their appearance and exhibited more eating concerning behavior.

– Tiggemann & Slatter, (2013)



Body Image cont.

- Studies have found that increased exposure to the internet is associated with the drive for thinness.
- Tiggemann & Slater, 2013 found a correlation between internet exposure and internalization of the thin ideal and body surveillance.



Body image cont.

- A study done in 2018 randomly exposed 144 girls (age 14-18) to either original or manipulated Instagram selfies.
- Results revealed that when exposed to the manipulated photos, there was a direct correlation to lower body image.
- Especially effects adolescent girls with a higher social comparison tendency.

– Kleemans, M., Daalmans, S., Carbaat, I., & Anschütz, D. (2018).



Cyberbullying

- In 2017, the Youth Risk Behavior Surveillance System (CDC and Prevention) estimated that 14.9% of high school students had been cyberbullied in the previous 12 months.
- Tactics
 - Posting comments or rumors
 - Threatening to hurt someone or telling someone to kill themselves.



Cyberbullying cont.

- Posting hurtful pictures/videos
- Pretending to be someone else online to elicit personal information
- Creating a hurtful webpage about someone
- Doxing – form of online harassment to destroy privacy of individuals.



Cyberbullying

- Explicit photo's
- Lies and false accusations
- Bullied for being economically challenged
- False identity profile
- Encouraging self harm/suicide
- Bullied for being gay
- Jealousy bullying
- Doxing over online gaming



Suicide rates

- Suicide is the second leading cause of death among youth aged 10-19 in the U.S.
- Recent report by the CDC and prevention revealed that the largest percentage increases in the rates of suicide occurred in girls aged 10-14.
- The rates of suicide in this group tripled between 1999-2014.



Suicide rates cont.

- The ratio is narrowing between boys and girls across all racial/ethnic categories since 2007.
- There is a change in method of suicide for girls with hanging or suffocation showing a greater increase as the cause of death among females relative to males.
- Important to note that females are using more lethal means.

Role of Social media

- The increase in female suicide has led to questions on why.
- More likely social than biological
- Speculation on the rise of social media use as a factor in the increase in suicide.



Productivity



Productivity

- 3 out of 4 employees access social media at least once while at work.
- One third of people are on social media while at work at least one hour a day.
- It is estimated that the cost of social media use in the U.S. at work is 640 billion annually.



Communication

- Lack of ability to communicate face to face
- Affects the way individuals react to emotions, social cues, and nonverbal cues
- Low self confidence and self esteem - hinders social interaction
- Younger generation – how does it affect them?



Communication cont.

- Michelle Willard Hoffer is an author that writes and speaks about communication.
 - 60-80 year olds don't have an issue with face to face communication
 - High school age children are shocked by how much information they have been sending via body language that they are unknowingly sending.



Communication cont.

- If you have social media skills without real-life communication skills – you will struggle in jobs, romantic relationships, and with friendships.
- Online, you may look like you are living a satisfying and full life but your actual life is an empty selfie with no substance.
- This leads to increasing mental health issues.



Opportunities lost

Teachers tell your students



Opportunities lost

- A nurse that worked in an ICU posts “soooo sleepy here in the ICU. Will someone please code and give me something exciting to do? #isthat bad?”
- A prospective employee that had a successful interview was told that he needed to pass a drug test before he can start. 20 min after the interview, he posted on social media, “Shit! Anyone know how to pass a drug test in 24 hours?”



What can we do?

- <https://www.youtube.com/watch?v=6rgNz7TFsE0>



What can we do?

- Don't use phone as alarm clock.
- Avoid using phone at least one hour before bed.
- Reduce the blue light (night shift) which can be stimulating to the brain.
- Set social boundaries.
- Put all social media apps in a folder and put it to the furthest reaches of your phone.

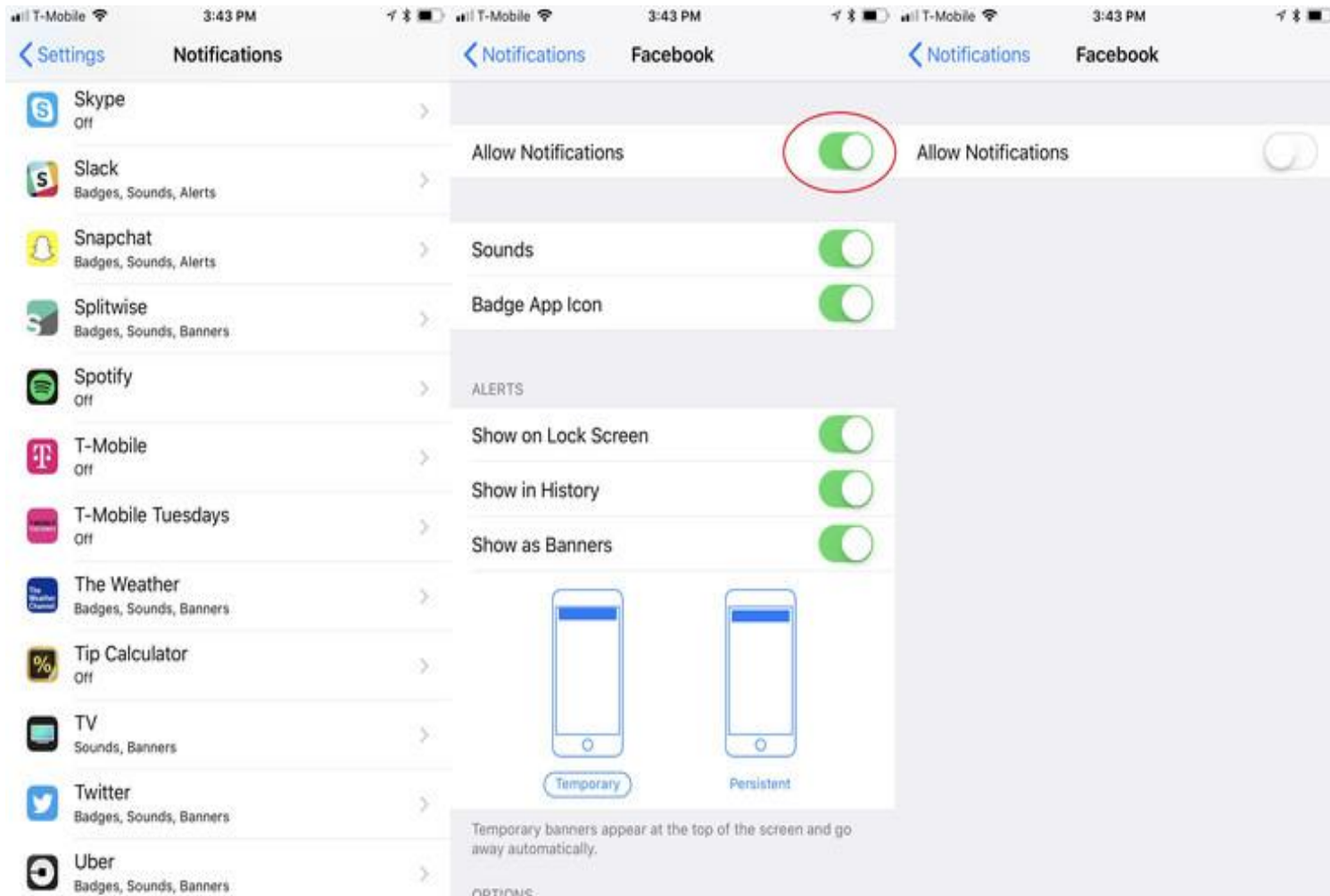


What can we do?

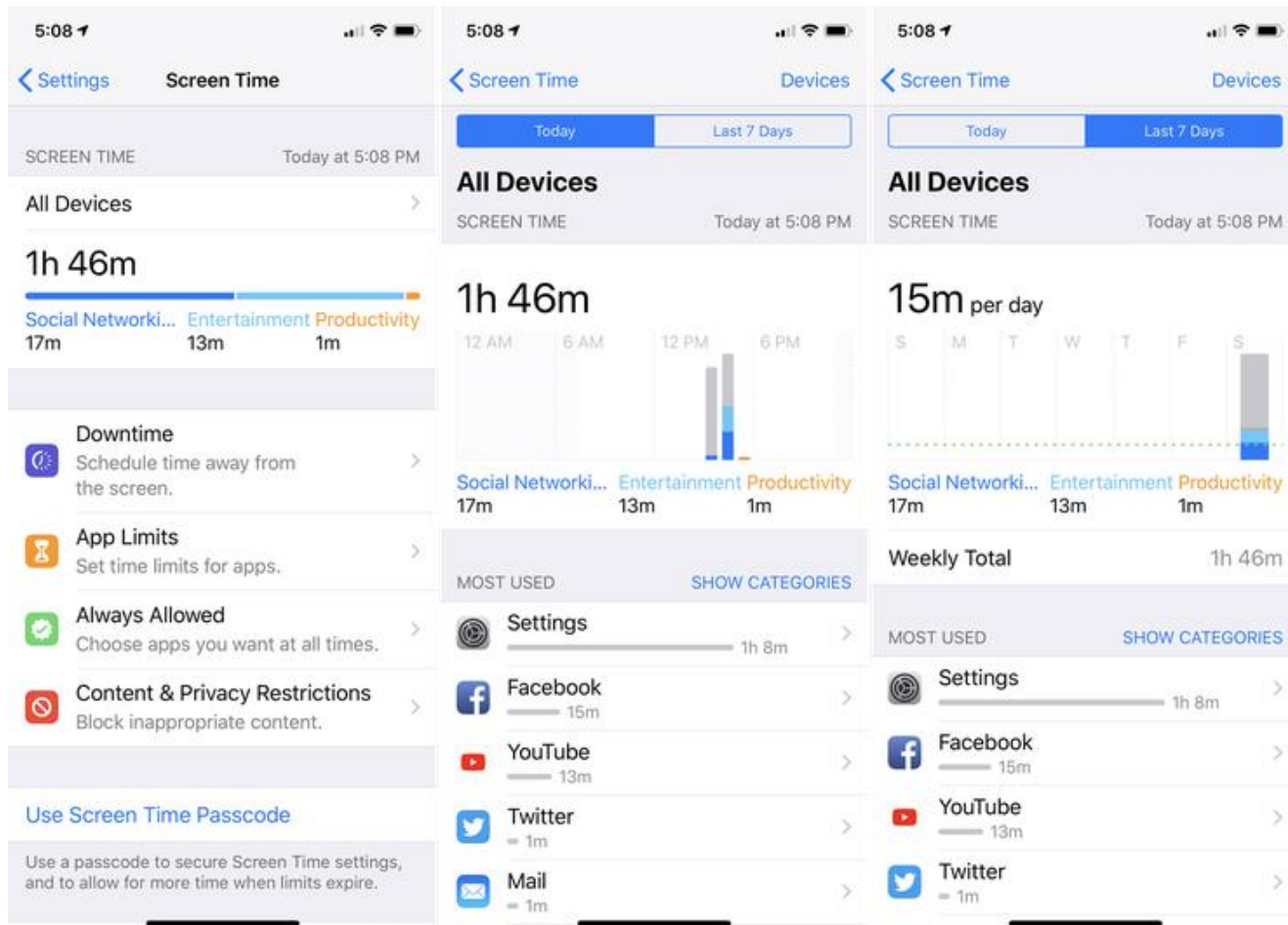
- Apps that can help you focus.... Thrive, Freedom
- Delete app from your phone – can still check from the web if you need to.
- Have “Detox” periods.
- Pay attention to what you do and how you feel.
- Be mindful and ask why you are on social media.
- Prune



Limit notifications



Monitor your screen time



Questions?

- Examples from the audience on how social media has affected someone they know.



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