

Social Status: Keeping a Safe and Healthy Relationship with Social Media

Objectives

- Define Social Media
- Explain algorithms and why you see specific content.
- Recognize how to identify reliable, verified information.
- Know when it's time to take a break from social media.

What is Social Media?

“websites and applications that enable users to create and share content or to participate in social networking” Lexico

Popular Types of Social Media

Shopping

- Facebook
- Etsy
- Instagram
- Amazon

Images

- Flickr
- Photobucket

Social

- Facebook

- Twitter
- Instagram
- LinkedIn

Discussion

- Reddit
- Cancer.net
- Clubhouse

Blogging

- Facebook
- Tumblr

- Wordpress

Video Hosting

- YouTube
- TikTok
- Instagram

Consumer Review

- Trip Advisor
- Yelp

Technology behind the keyboard

- Algorithms generate the content you see on your social media page.
- Most people don't understand how algorithms classify content.
- Algorithms-drive social media platforms can produce a mix of positive and negative emotions.



Top ranking websites

Google.com

Facebook.com

Youtube.com

WhatsApp

Messenger

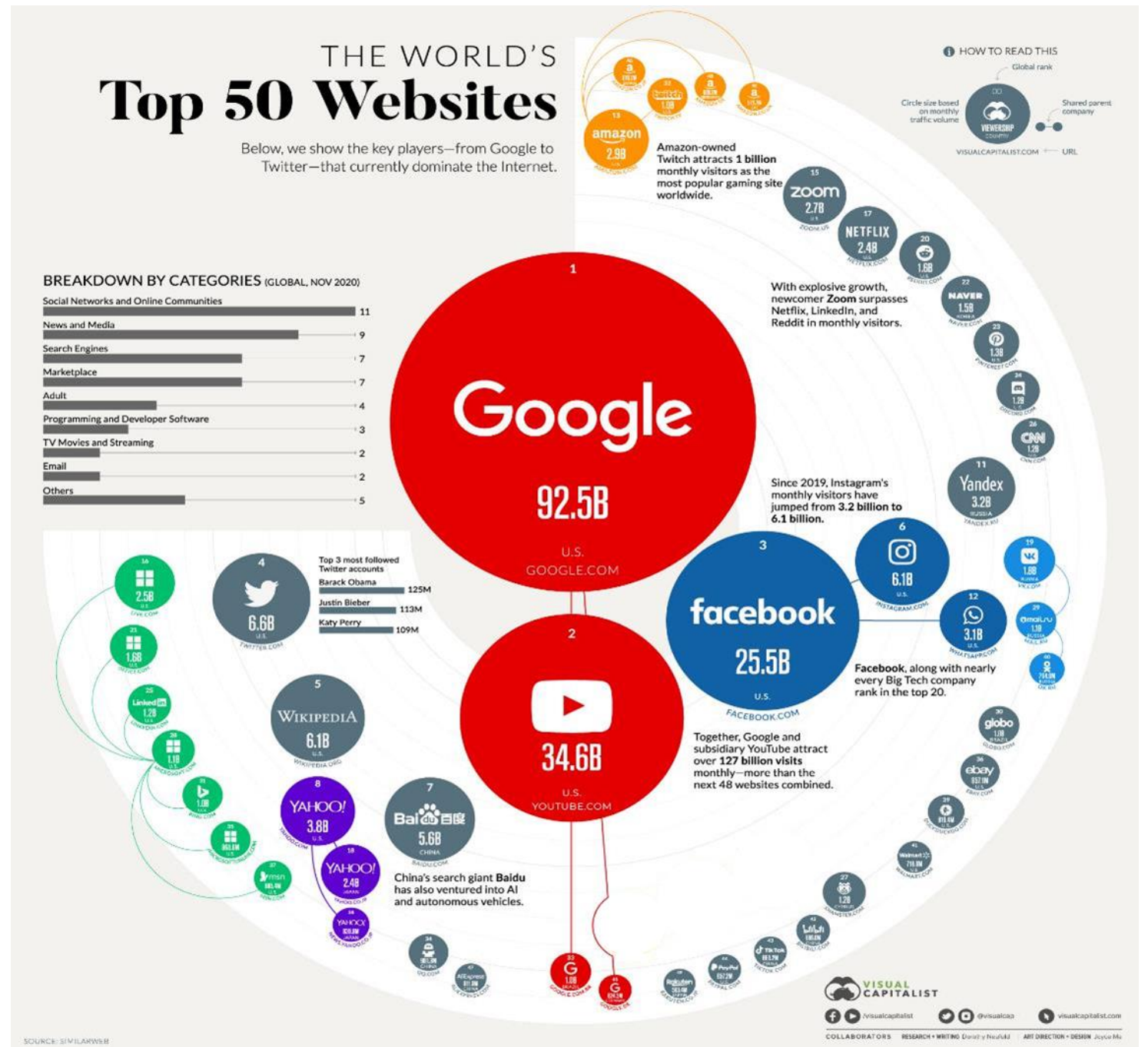
Wikipedia.org

Twitter.com

Yahoo.com

Instagram.com

TikTok



Is the Social Media Bad for Me?

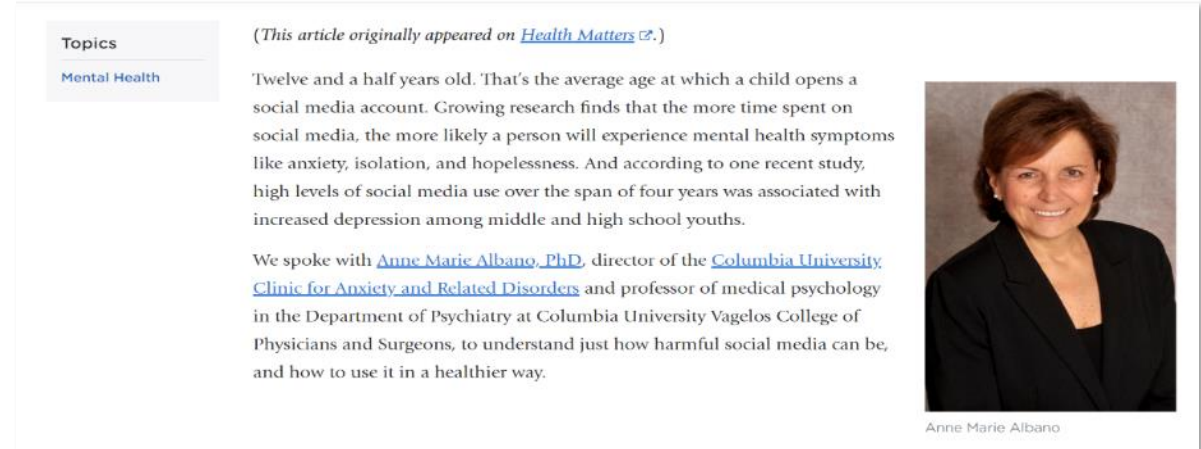


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Is Facebook Bad for You? It Is for About 360 Million Users, Company Surveys Suggest

The app hurts sleep, work, relationships or parenting for about 12.5% of users, who reported they felt Facebook was more of a problem than other social media




Topics
Mental Health

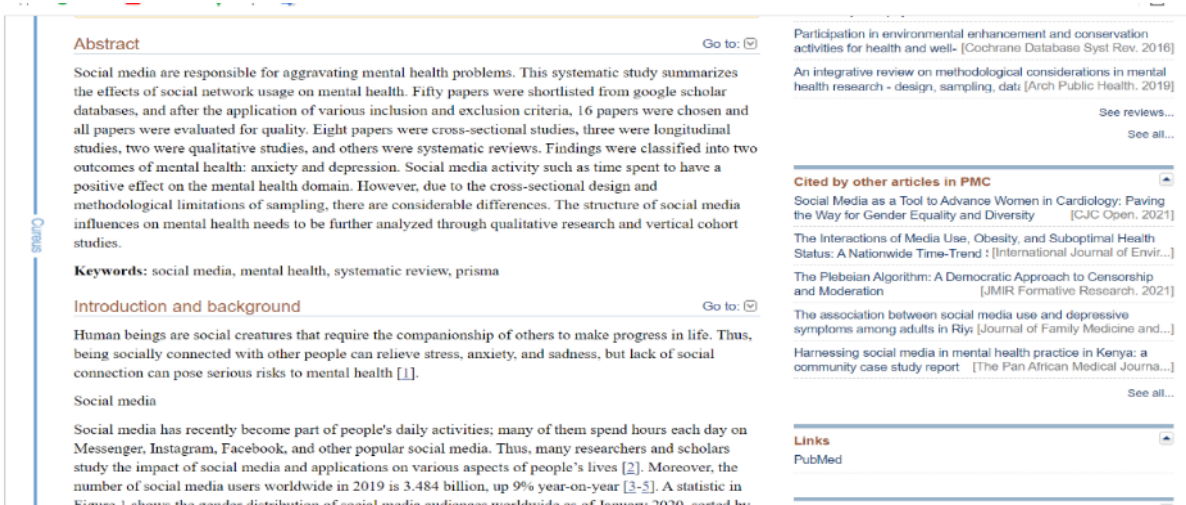
(This article originally appeared on [Health Matters](#).)

Twelve and a half years old. That's the average age at which a child opens a social media account. Growing research finds that the more time spent on social media, the more likely a person will experience mental health symptoms like anxiety, isolation, and hopelessness. And according to one recent study, high levels of social media use over the span of four years was associated with increased depression among middle and high school youths.

We spoke with [Anne Marie Albano, PhD](#), director of the [Columbia University Clinic for Anxiety and Related Disorders](#) and professor of medical psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians and Surgeons, to understand just how harmful social media can be, and how to use it in a healthier way.



Anne Marie Albano



Abstract Go to: ☺

Social media are responsible for aggravating mental health problems. This systematic study summarizes the effects of social network usage on mental health. Fifty papers were shortlisted from google scholar databases, and after the application of various inclusion and exclusion criteria, 16 papers were chosen and all papers were evaluated for quality. Eight papers were cross-sectional studies, three were longitudinal studies, two were qualitative studies, and others were systematic reviews. Findings were classified into two outcomes of mental health: anxiety and depression. Social media activity such as time spent to have a positive effect on the mental health domain. However, due to the cross-sectional design and methodological limitations of sampling, there are considerable differences. The structure of social media influences on mental health needs to be further analyzed through qualitative research and vertical cohort studies.

Keywords: social media, mental health, systematic review, prisma

Introduction and background Go to: ☺

Human beings are social creatures that require the companionship of others to make progress in life. Thus, being socially connected with other people can relieve stress, anxiety, and sadness, but lack of social connection can pose serious risks to mental health [1].

Social media

Social media has recently become part of people's daily activities; many of them spend hours each day on Messenger, Instagram, Facebook, and other popular social media. Thus, many researchers and scholars study the impact of social media and applications on various aspects of people's lives [2]. Moreover, the number of social media users worldwide in 2019 is 3.484 billion, up 9% year-on-year [3-5]. A statistic in Figure 1 shows the gender distribution of social media audience worldwide as of January 2020, posted by

Participation in environmental enhancement and conservation activities for health and well- [Cochrane Database Syst Rev. 2016]

An integrative review on methodological considerations in mental health research - design, sampling, data [Arch Public Health. 2019]

See reviews... See all...

Cited by other articles in PMC

Social Media as a Tool to Advance Women in Cardiology: Paving the Way for Gender Equality and Diversity [CJC Open. 2021]

The Interactions of Media Use, Obesity, and Suboptimal Health Status: A Nationwide Time-Trend : [International Journal of Envir...]

The Plebeian Algorithm: A Democratic Approach to Censorship and Moderation [JMIR Formative Research. 2021]

The association between social media use and depressive symptoms among adults in Riyadh [Journal of Family Medicine and...]

Harnessing social media in mental health practice in Kenya: a community case study report [The Pan African Medical Journa...]

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Facebook Delays Instagram App for Users 13 and Younger

The social media giant said it still wanted to build a child-focused Instagram product but would postpone the plans in the face of criticism.

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Symptoms of Social Media Related Mis-usage

- Social Isolation
- Depression
- Anxiety
- Aggression/Agitation
- High-Risk Behavior
- Lying/Excuses
- Weight Loss/Gain
- Sleep Loss/Gain
- Decreased Interest
- A marked deviation for a person's norms.

Fake News? Be an Informed User.

- [Snopes.com](https://www.snopes.com)
- [FactCheck.org](https://www.factcheck.org)
- [PolitiFact.com](https://www.politifact.com)
- [NewsLit.org](https://www.newslit.org)
- [Checkology.org](https://www.checkology.org)



How can I have a healthy relationship with social media?

- Set Boundaries
- Talk openly with your children, family, and friends
- Ask Questions
- Trust your instincts
- Question your motives
- Test yourself

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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