

Examining Social Media's Effects on Depression, Anxiety, and Psychological Distress among Adolescents: A Review

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Abstract: *Social media platforms, which are increasingly becoming an integral part of our daily existence, have been accused of contributing to the rise in mental health issues among young people. This systematic review compiled findings regarding the impact of social media usage on adolescent depression, anxiety, and psychological distress. Twelve of the thirteen studies recognized by PsycINFO, Medline, Embase, CINAHL, and SSCI through a search were cross-sectional. The results were categorized into four distinct domains pertaining to social media: investment, activity, time invested, and addiction. There were correlations observed across all domains and melancholy, anxiety, and psychological distress. Due to the methodological limitations of cross-sectional design, sampling, and measures, there are, nevertheless, significant caveats. Further investigation into the mechanisms underlying the speculated effects of social media on mental health is warranted via longitudinal cohort studies and qualitative inquiry*

Keywords: Social media, Adolescents, Depression