Social Media and Mental Health



What is social media and how does it work?

Social Networking

Connect with others and and interact through various ways



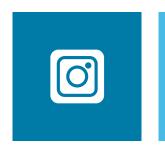


Discussion Forums

Join similar communities and share knowledge and experiences

Media Sharing

Sharing media such as photos and videos

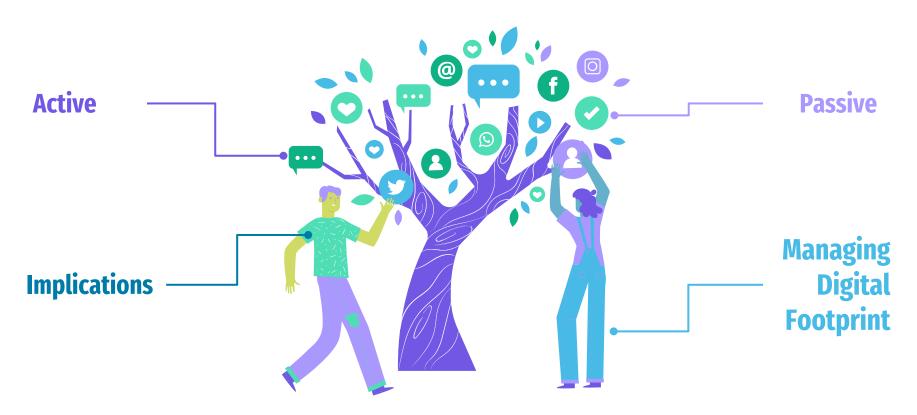




News and Entertainment

Posting news and updates and thoughts in real time

Digital Footprint; what is it?



The Secret World of Algorithms



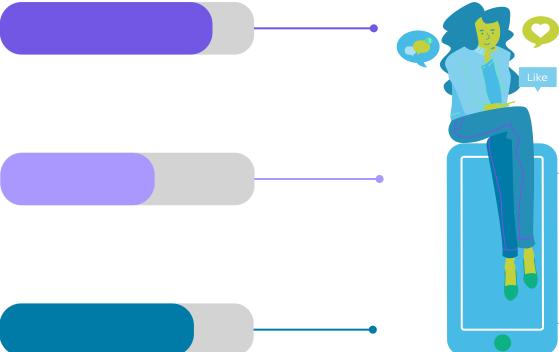
Identifying and promoting user's preferences



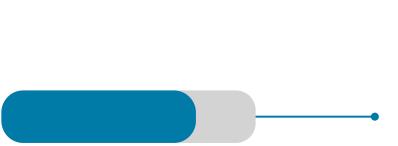
Providing relevant search queries and suggest new contents and accounts



Tailoring content to suit the individual's preferences



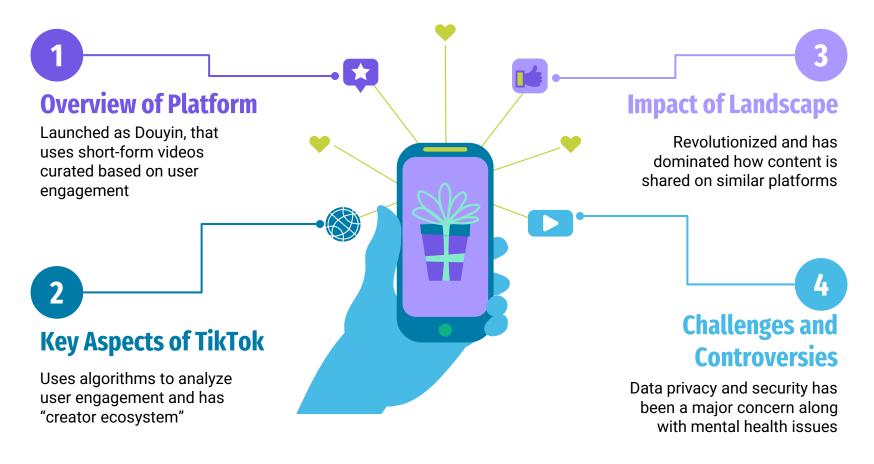




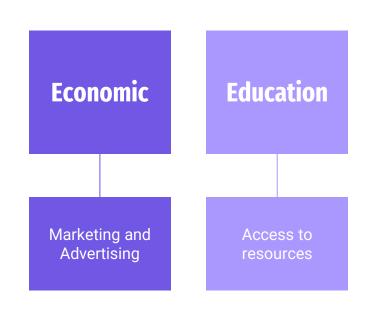
Personalizing Your Feed

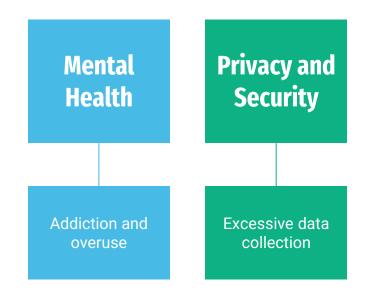


Case Study; TikTok



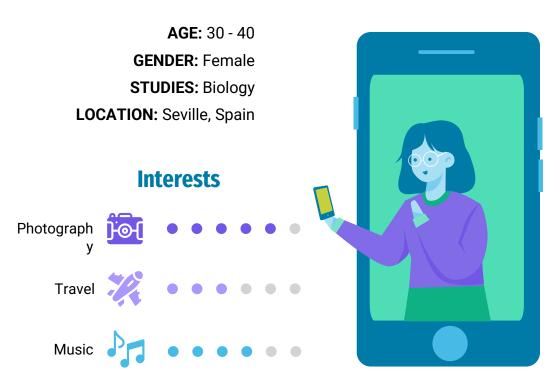
Ramifications of Social Media





The Problem with Social Media

Jane Doe's Information Online



JOB: Laboratory Assistant

INCOME RANGE: \$1600-\$2200

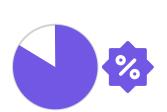
MARITAL STATUS: Single

HOBBIES: Music and Photography

Skills

- Responsibility
- Motivations
- Behavior
- Personality
- Interests

Social Media's Role in Mental Health



Positive

Social support and connection



Negative

Addiction and overuse



Positive

Access to mental health resources

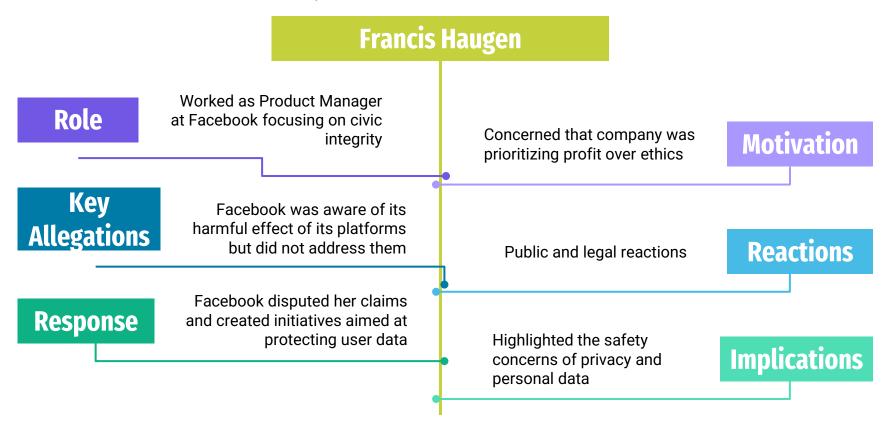


Negative

Misinformation and harmful content

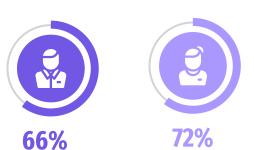


Case Study; Facebook's Whistleblower

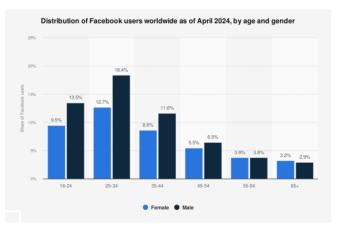


Older Generation, and Social Media

In the US



Age



Most Used Platforms









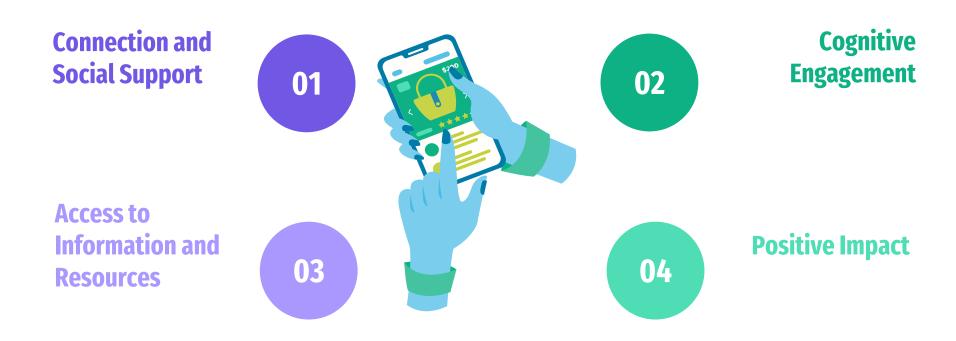








Older Generation, Social Media, and Mental Health



Thanks! Any Questions?