



Annotated Bibliography: Social Media and Mental Health

Topic: Entertainment & Media | Words: 1096 | Pages: 3

Coyne, S. M., Rogers, A. A., Zurcher, J. D., Stockdale, L., & Booth, M. (2020). Does time spent using social media impact mental health? An eight year longitudinal study. *Computers in Human Behavior*. 104, 106160, 1-17. Web.

This research aimed to find a link between time used on social media and mental health issues such as depression and anxiety. Therefore, while most people blame social media for mental health disorders, it was imperative to find the real culprit. The results show that social media is not destroying the younger generation despite previous attempts that link social media to increased mental health problems. The research analyzed the time spent on social media as a factor in the examination. The study thus shows the importance of context and content surrounding internet use when making conclusions. The research targets a knowledgeable audience through complex statistical analysis to present the data. This study shows the multi-faceted nature of understanding the relationship between social media and mental health, requiring extensive research to comprehend its effects adequately.

Glazzard, J., & Mitchell, C. (2018). *Social Media and Mental Health in Schools*. Critical Publishing.

While social media has several benefits due to its revolutionary impact on communication, it surpassed expectations, especially concerning the mental health of young people. The authors further highlight the

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