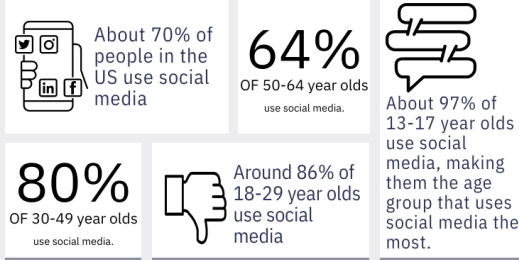


## Social Media and Mental Health

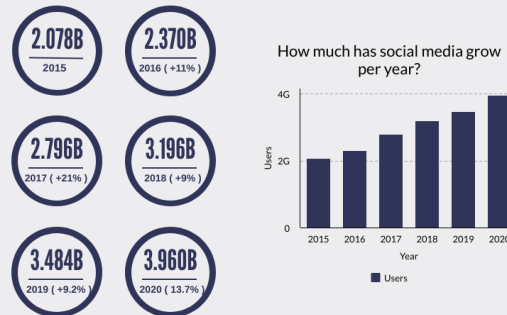
Studies have shown that the increase in mental illness is in part connected to the increase in social media usage.

### How many people use social media?



### How many people use social media?

3.960 billion people currently use social media worldwide, up almost double from 2.07 billion in 2015.



### Does social media cause mental illnesses?

Studies have shown a correlation, but not causation. According to the Child Mind Institute, one reason the correlation seems more than coincidental is that an increase in depression, anxiety, and suicide rates occurred in tandem with the rise in smartphone use.

#### Depression and social media

- The rate of adolescence reporting symptoms of major depression in a given year increase by 52% from 2005 to 2017
- The rate of adults ages 18-29 reporting symptoms of major depression in a given year increased by 63% from 2009 to 2017
- According to the Child Mind Institute, experts believe that the rise in depression is evidence that the connections social media users form electronically are less emotionally satisfying, leaving them feeling socially isolated

#### Suicide and Social Media

- The rate of suicidal thoughts in young adults grew by 47% from 2008 to 2017
- Child suicide rates have increased 150% since the creation of social media

#### Other negative affects of social media

- Since 2000 the average attention span has dropped 40%
- Social Media addicts can experience 10%-20% surface area brain shrinking ( damage similar to cocaine or alcohol addiction )
- A study found that 89% of undergraduate students experience phantom vibrations. This is the perception of vibrations from a mobile device that isn't vibrating. People crave receiving notifications so much that they start imagining them.

### Citations

- <https://etactics.com/blog/social-media-and-mental-health-statistics>
- <https://backlinko.com/social-media-users>
- <https://childmind.org/article/is-social-media-use-causing-depression/>