




Social Media and Mental Health



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Introduction: Social Media & Mental Health

- Social media plays a large role in the lives of college students
- Young adults are facing unprecedented levels of loneliness and mental health problems

How does daily social media usage (in hourly consumption) correlate with self-reported mental health markers? How these trends change with variables such as gender and relationship status?



Intro to Data

SMMH Dataset

Dataset on Kaggle

Self-reported responses to survey questions

Data processing: **cleaned titles** and implemented **time categories** for analysis.

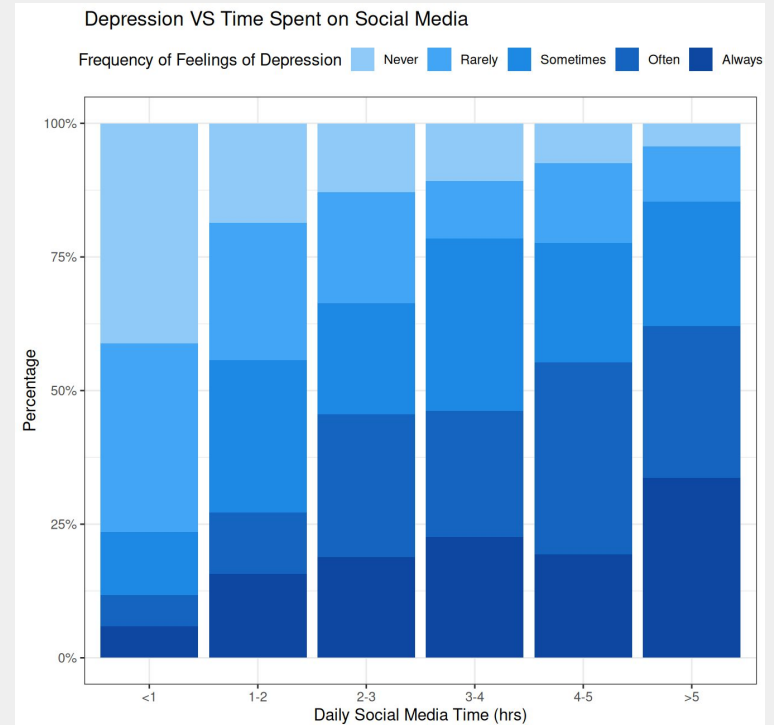


Key Variables

Social Media Usage (sm_time_daily)

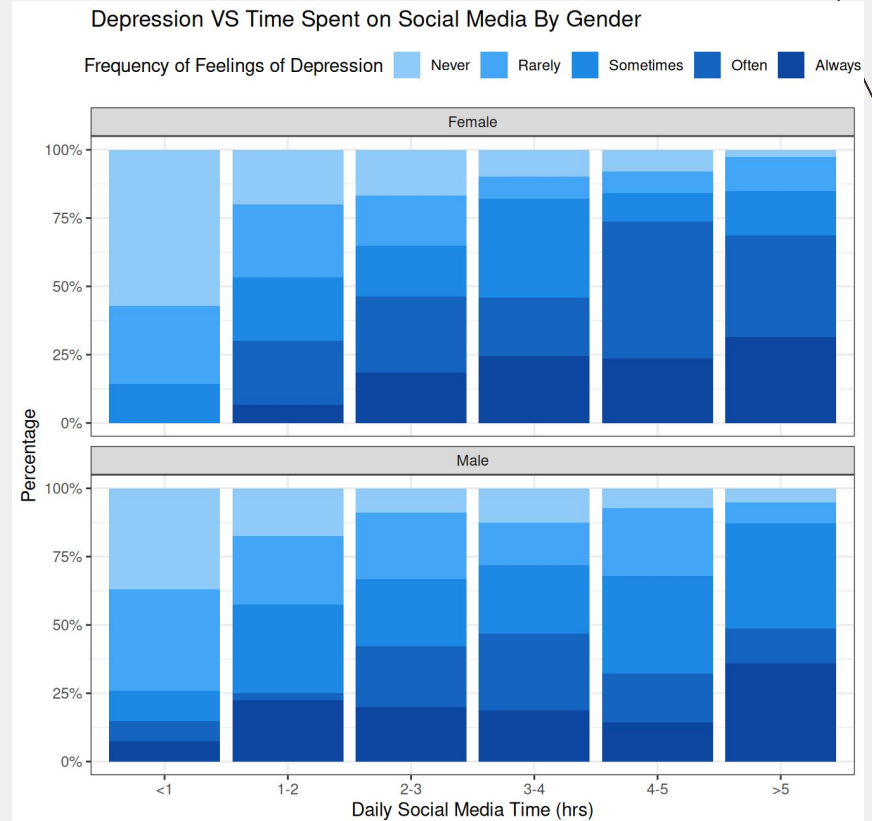
Mental Health (mental_health_score)

Demographics (gender, relationship_status)



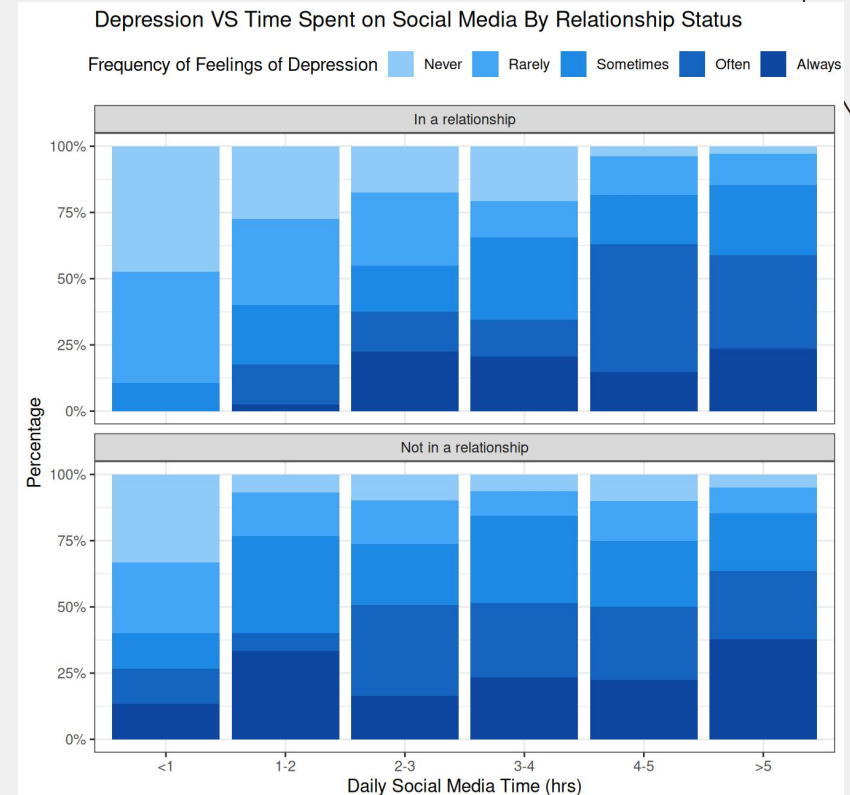
Gender, Daily Social Media Time, & Depression

- No significance ($p > 0.05$)
- Female respondents spend more time on Social Media



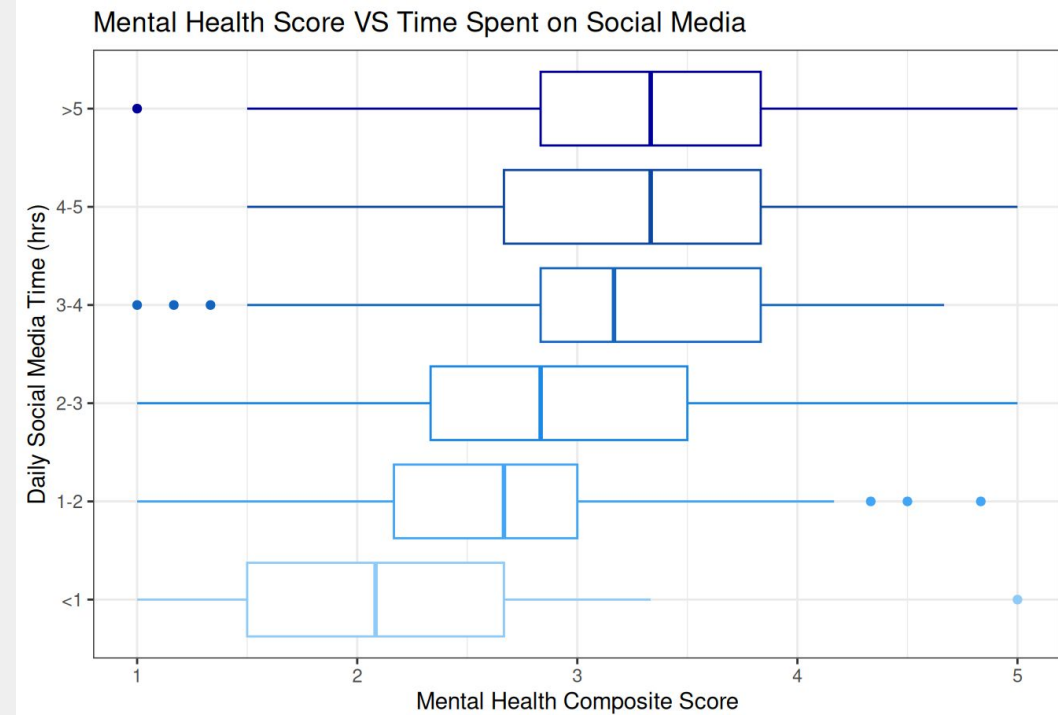
Relationship Status, Daily Social Media Time, & Depression

- Significance ($p < 0.05$)
- If in a relationship
 - intercept and slope lower
- In a relationship less SM time



Composite Mental Health Scores

- Slightly more correlated
- Same relationships with Gender and Relationship status



Conclusions, Discussion, & Critique

- Weak significant relationship SM time and Depression/MH Score
- No significant findings by Gender
- Significant finding by Relationship Status
- Questionable data
- Low generalizability
- Future studies



Thank you