Social Media Use and Mental Health Outcomes: A Literature Review

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Abstract—Social media platforms have become an integral port of people's lives, especially among adolescents and young adults. However, there is growing concern about the potential negative effects of social media use on mental health, such as depression, anxiety, and loneliness. This paper reviews the existing literature on the relationship between social media use and mental health outcomes, and identifies the main risk factors, protective factors, and intervention strategies. The paper also discusses the limitations and gaps in the current research, and suggests directions for future studies. The paper concludes that social media use can have both positive and negative impacts on mental health, depending on the type, frequency, and quality of use, as well as the individual characteristics and context of the user.

Keywords—social media, mental health, depression, intervention

I. INTRODUCTION

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