Week 15 (Bonus Lecture)
Does Social Media Support or Worsen Mental Well-Being?

CS 3001-A: Computing, Society, and Professionalism

Munmun De Choudhury | Associate Professor | School of Interactive Computing

Apr 17, 2024

Final Exam

- Friday Apr 26, 12-1pm ET
  - ◆ In-person
  - ◆ Classroom
  - ◆ Closed book, notes; on Canvas
  - ◆ Same format as midterm
- Makeup final on Apr 29, time TBD

Berners-Lee at CERN, outside Geneva, Switzerland, 1994. PHOTOGRAPH © 1994–2018 CERN

The Benefits of Facebook "Friends:" Social Capital and College Students' Use of Online Social Network Sites

Nicole B. Ellison
Charles Steinfield
Cliff Lampe

Department of Telecommunication, Information Studies, and Media
Michigan State University

Social Network Activity and Social Well-Being

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[4,15], which is based on self-reports of time online and
r of friends, along with six attitude items like
book has become part of my daily routine." One of the
of this study is to determine how well people self-report
values by comparing them with Facebook activity logs.
ew exceptions [14], these kinds of studies have focused
llege students, and so we also test whether previous
gs generalize to older users and those outside the U.S.

WILEY

ORIGINAL ARTICLE

Exploring opportunities to support mental health care using social media: A survey of social media users with mental illness

John A. Naslund[1,2,3] | Kelly A. Aschbrenner[2,4] | Gregory J. McHugo[4] | Jürgen Unützer[5] | Lisa A. Marsch[3,4] | Stephen J. Bartels[1,2,6]

[1]The Dartmouth Institute for Health Policy
and Clinical Practice, Dartmouth College

Aim: Social media h
for young people wh
who self-identified a
health and to identif
Methods: We asked
ness to participate i
pants' mental health
mental health progra

Social Media as Social Transition Machinery

OLIVER L. HAIMSON, University of Michigan School of Information, USA

Social media, and people's online self-presentations and social networks, add complexity to people's experiences managing changing identities during life transitions. I use gender transition as a case study to understand how people experience liminality on social media. I qualitatively analyzed data from transition blogs on Tumblr (n=240), a social media blogging site on which people document their gender transitions, and in-depth interviews with transgender bloggers (n=20). I apply ethnographer van Gennep's liminality framework to a social media context and contribute a new understanding of liminality by arguing that reconstructing one's online identity during life transitions is a rite of passage. During life transitions, people present multiple identities simultaneously on different social media sites that together comprise what I call *social transition machinery*. Social transition machinery describes the ways that, for people facing life transitions, multiple social media sites and networks often remain separate, yet work together to facilitate life transitions.

Social Technologies for Digital Wellbeing among Marginalized Communities

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Lawmakers confront TikTok, Snapchat and YouTube about eating disorder content

Amanda Silberling / @asilbwrites / 7:08 PM EDT • October 26, 2021

Instagram promoted pages glorifying eating disorders to teen accounts

By Donie O'Sullivan, Clare Duffy and Sarah Jorgensen, CNN Business

Updated 7:28 PM EDT, Mon October 4, 2021

The New York Times

Parents Sue TikTok, Saying Children Died After Viewing 'Blackout Challenge'

The suit, involving girls ages 8 and 9, claims TikTok knew or should have known that its product was "addictive" and was directing children to dangerous content.

CULTURAL COMMENT

NETFLIX AND SUICIDE: THE DISTURBING EXAMPLE OF "13 REASONS WHY"

By Stephen Marche

May 6, 2019

Instagram, Snapchat, TikTok Cause Mental Health Problems in Teens, Lawsuits Claim

The plaintiffs take aim at social media platforms' product features, alleging that the companies amplify dangerous content that prioritizes engagement over safety.

BY WINSTON CHO   AUGUST 18, 2022 3:18PM

Our relationships are essential to our health and well-being.

Learn more at
SurgeonGeneral.gov/Connect2Heal

Office *of the*
U.S. Surgeon General

Our Epidemic of Loneliness and Isolation 2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community

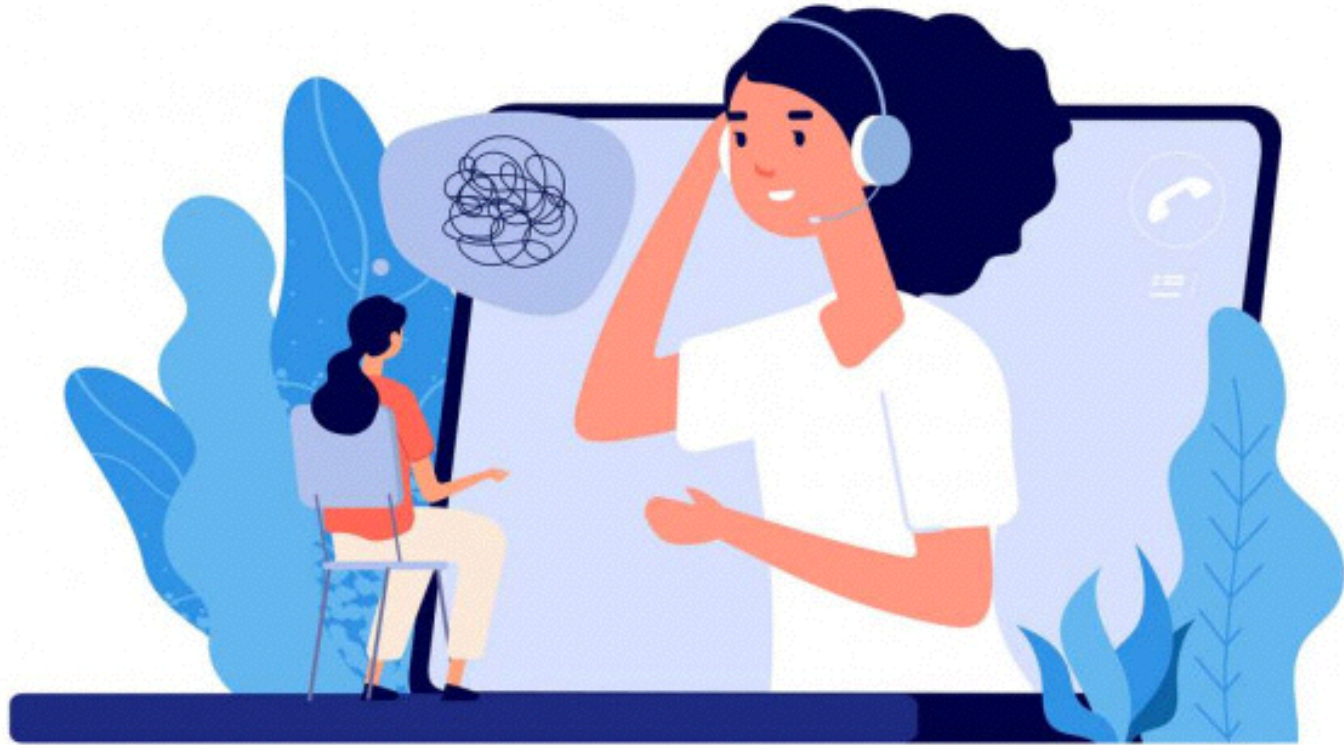# Does Social Media Support or Worsen Mental Health of young people?

Credit: Donna Grethen

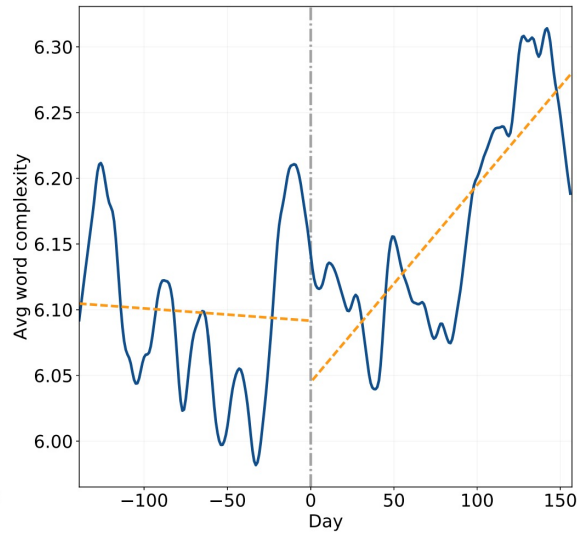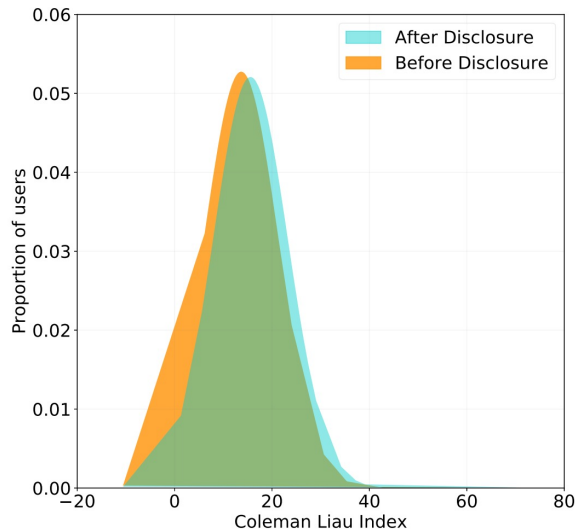# When Social Media Supports Mental Well-Being

Photo Courtesy: HelpGuide.org

Social pathways to care

Social media self-disclosures of mental illness yields therapeutic benefits
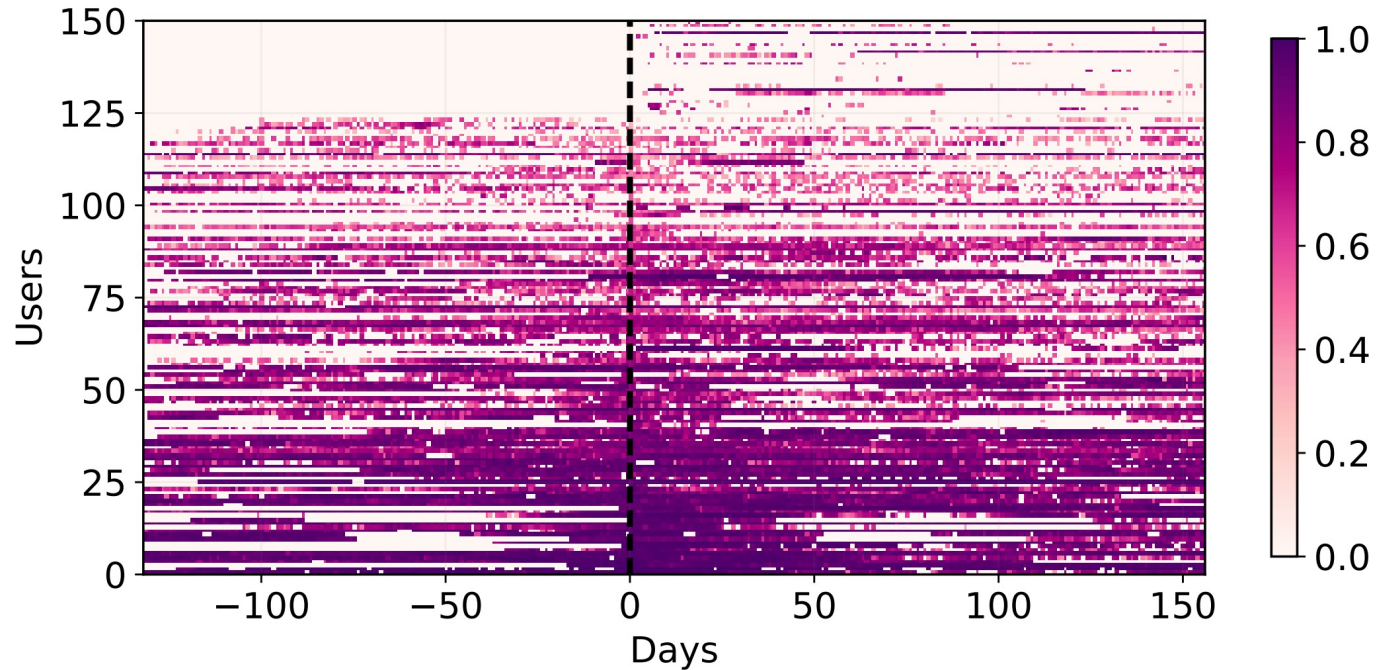
Topical coherence improves following a social media disclosure of a diagnosis of schizophrenia
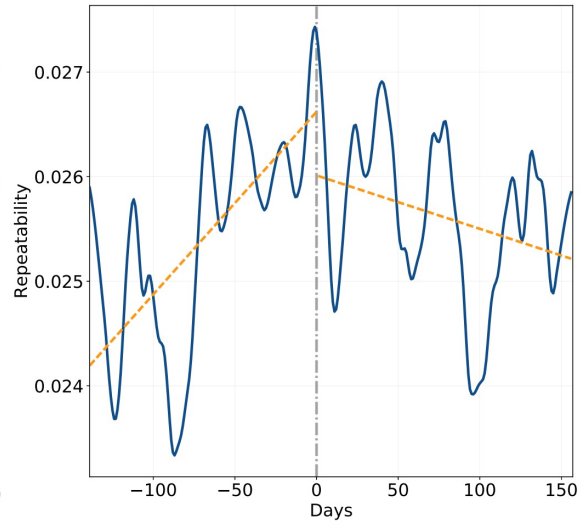
- Readability improves following a social media disclosure of a diagnosis of schizophrenia
- Linguistic complexity increase following a social media disclosure of a diagnosis of schizophrenia
- Repeatability decline following a social media disclosure of a diagnosis of schizophrenia

Media Health Support in Social Media Alleviates Risk of Suicidal Ideation

Why does no one like me? (self.depression)

9

submitted 13 hours ago by █████████

> I feel invisible so often; like an extra in a movie, always on the sidelines. I don't have any genuine friends, just acquaintances. And not even just friends, I haven't had a genuine conversation with anyone of the opposite gender in years. The worst part is that I delude myself into thinking I have a chance with people who are out of my league. I just feel so alone.

comments   share

[–] **badasset312** 3 points 12 hours ago

This post very relatable to me as well. Feel better friend, I'm rooting for you.

permalink   embed

[–] **emb13** 4 points 12 hours ago

i am in a similar situation. i have 0 friends because of pretty awful social anxiety. i have no one to do things with, so i am completely depressed and bored with life right now. i'd like to think things will get better someday, but i've been saying that to myself for years. at least we're alone together ¯_(ツ)_/¯

permalink   embed

Propensity score matching on linguistic data in comments

Comments related to esteem or network support tend to reduce one's risk to suicidal ideation in the future
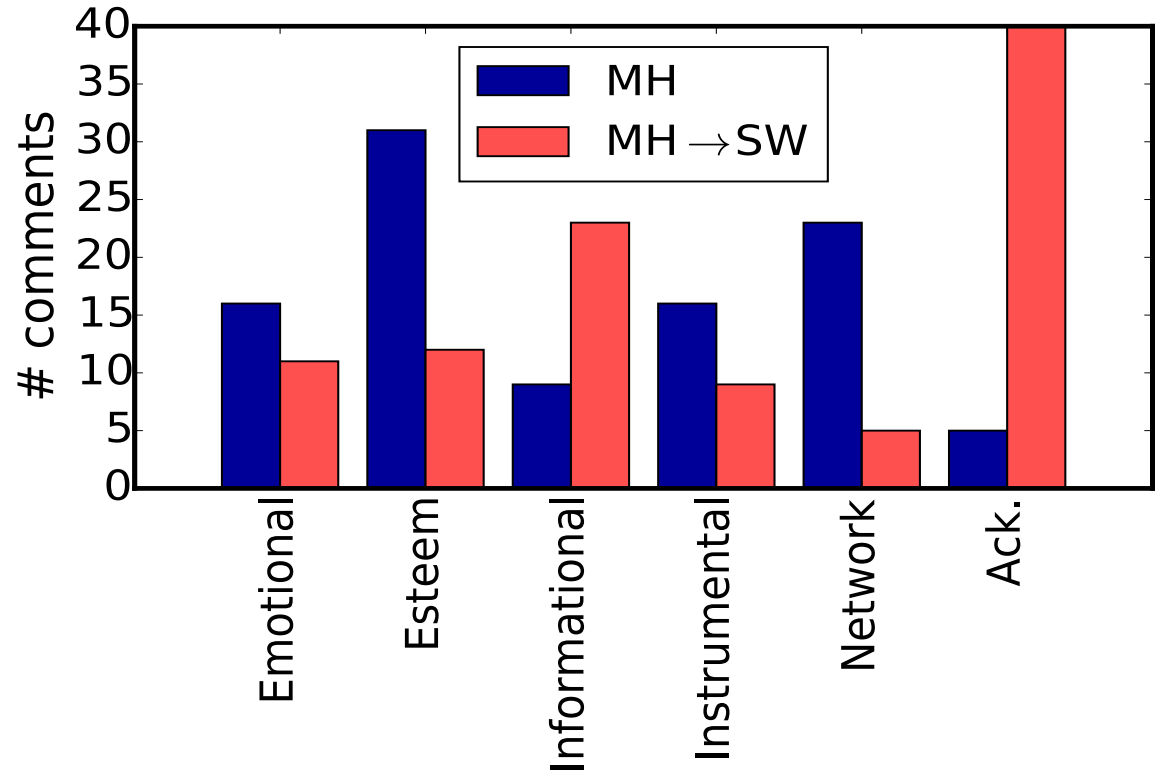
When Social Media Hurts Mental Health

Photo Courtesy: HelpGuide.org

UCF Youth and Social Media Study

Socio-Technical Interaction Research Lab

Youth Study   About Us   FAQ's   Help Resources   Contact us

Now Recruiting Teens and Young Adults.

We are conducting a study to understand the activities that teens and young adults engage in on social media. Participants will receive a $50 Amazon gift card for completing the study.

Start Study

Who can Participate?

- Participants must be teens or young adults between 13-21 years old.
- Participants must be English speakers based in the United States.
- Participants must have had an Instagram account for the time period specified below:

  - **Under age 18**: At least 3 months
  - **Age 18**: At least 2 years
  - **Age 19**: At least 3 years
  - **Age 20**: At least 4 years
  - **Age 21**: At least 5 years

- Participants must have exchanged direct messages with at least 15 people.
- Teens under 18 need parental consent to participate in this study.
- Participants must have received at least 2 direct message conversation that made them or someone else feel **uncomfortable or unsafe**.

https://stirlab.org/youth_study

Pre-survey → Online Consent & Assent → Online risks and experiences Survey

Instagram Data Upload → Instagram DMs Risk Flagging

# Instagram Data Donation System Architecture
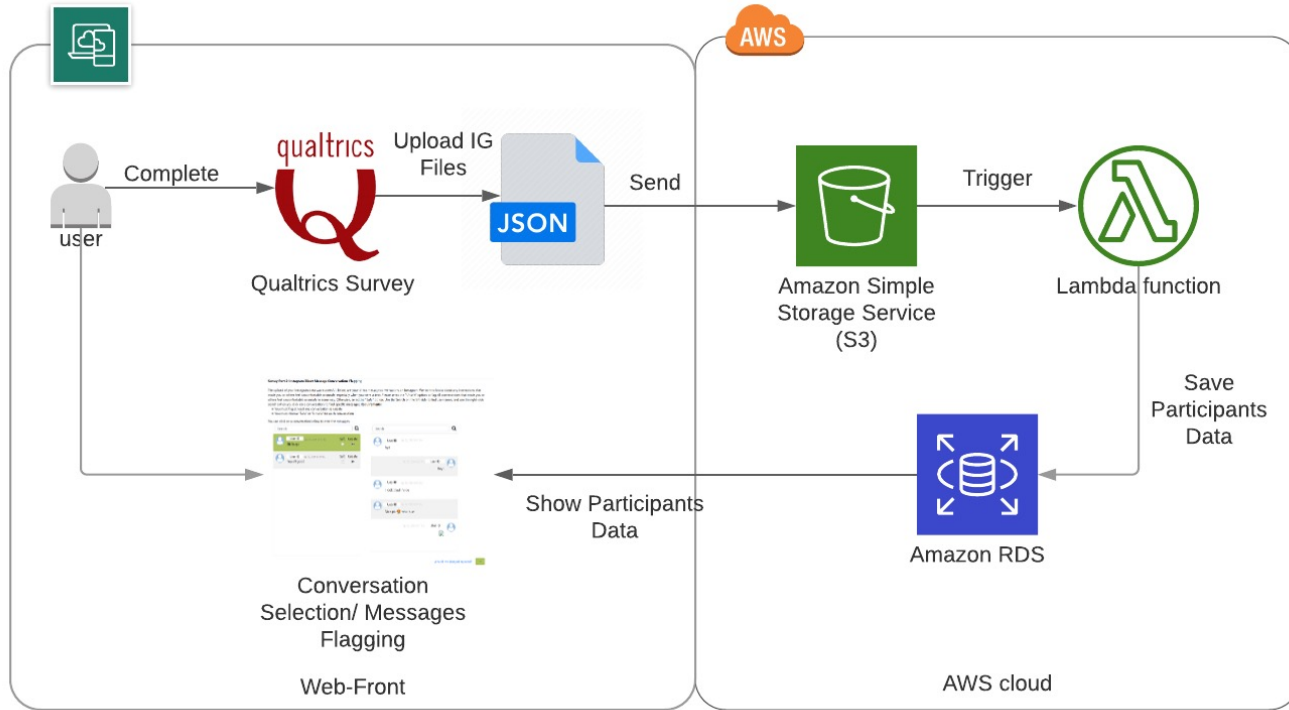
(Kim, Razi, Alsoubai, Wisniewski, De Choudhury; ICWSM 2024, forthcoming)

Image credit: Mozilla

Dataset

- Dataset of Instagram data archives downloaded and donated by youth participants
- All participants were verified
  - Aged 13-21
  - Had active Instagram account during their teenage years
  - At least 15 direct message conversation of which at least two were deemed unsafe
- Each participant self-flagged the private message conversations on a message level, identifying messages that they felt contained online risk
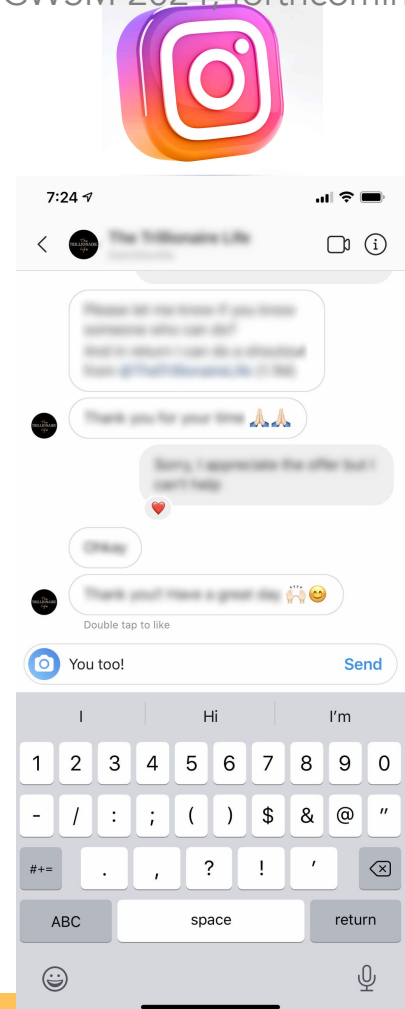
Approach
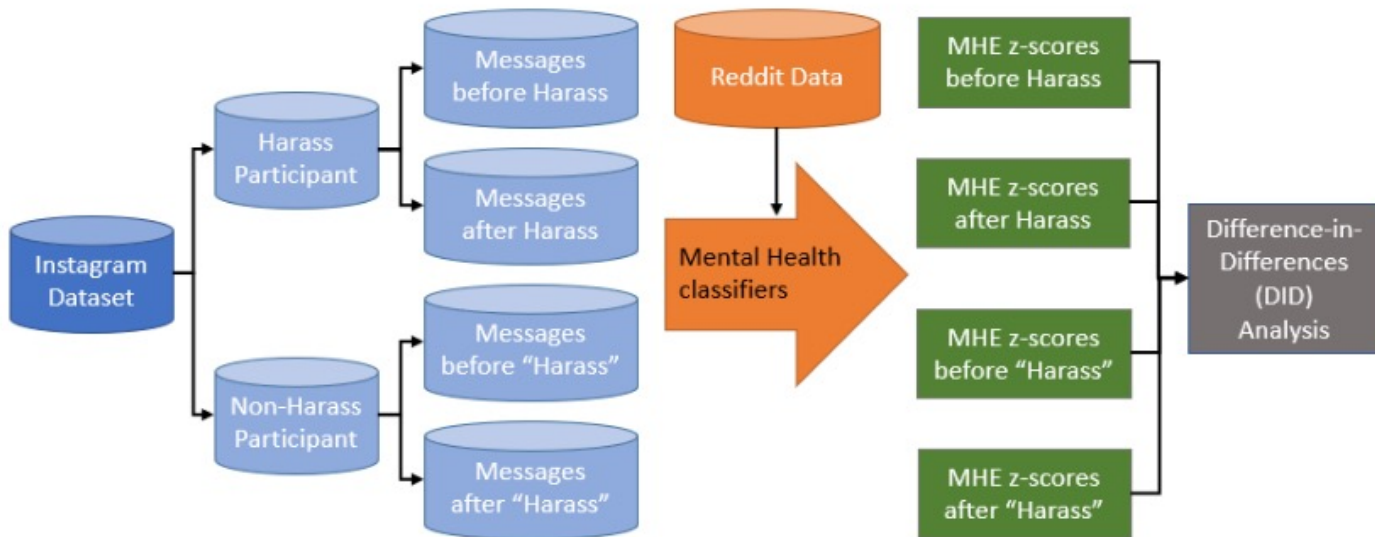
Approach

- ◆ Difference-in-Differences (DID) analysis

- ◆ Quasi-experimental approach to compare the convergence pattern of the treatment group to that of the control group

- ◆ Examine the difference between pre-OH/post-OH in the treatment and control groups
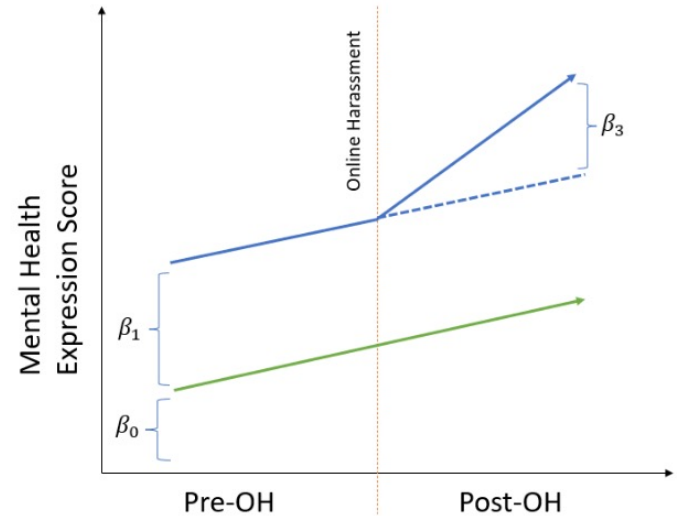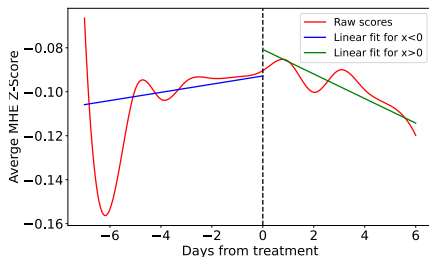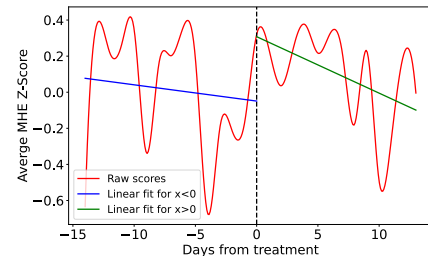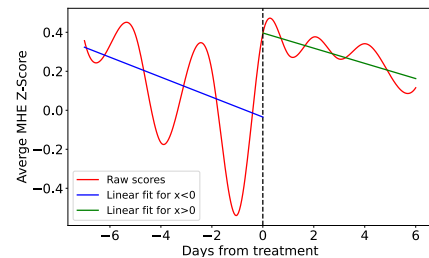
Harassment Increases Mental Health Concerns

- ◆ Absolute magnitude of change was greater in the treatment group compared to both control groups
- ◆ Larger fluctuation of mental health expression z-scores in treatment group

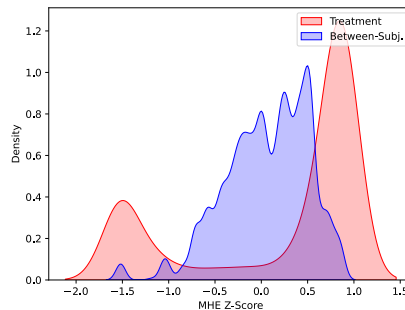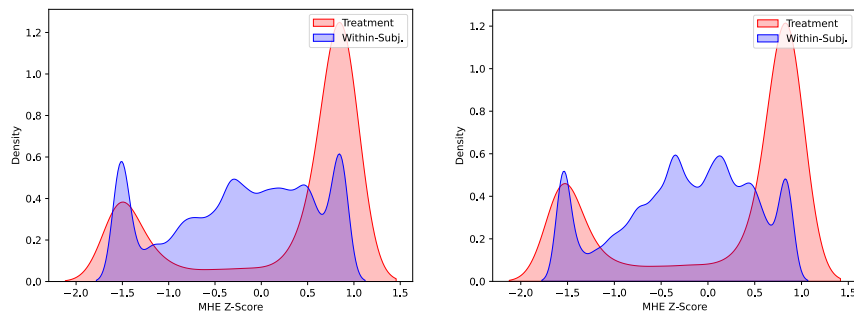| Days	D_tr	D_wc	D_bc	D_tr-D_wc	D_tr-D_bc
7	0.1542	-0.31312	-0.00096	0.46732	0.15516
14	0.11036	-0.28799	0.02534	0.39835	0.08502
21	-0.00958	-0.27335	0.01196	0.26377	-0.02154
28	0.00910	-0.18009	0.01802	0.18919	-0.00892

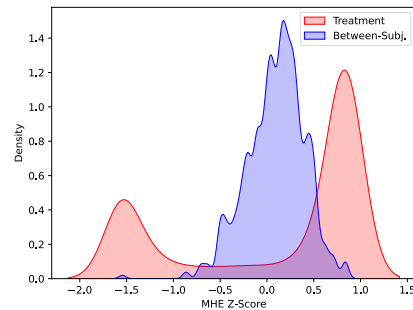# Harassment Increases Mental Health Concerns
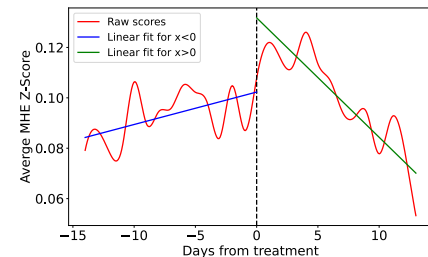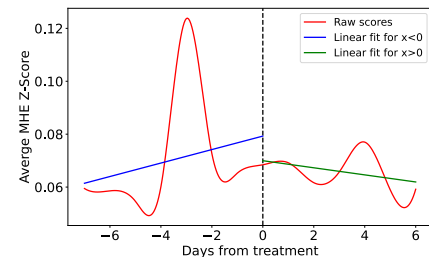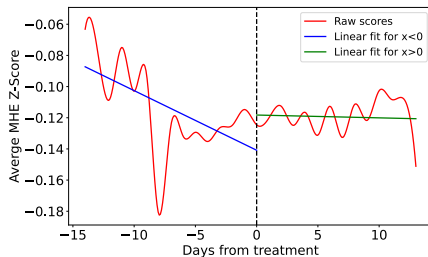
7 days   14 days

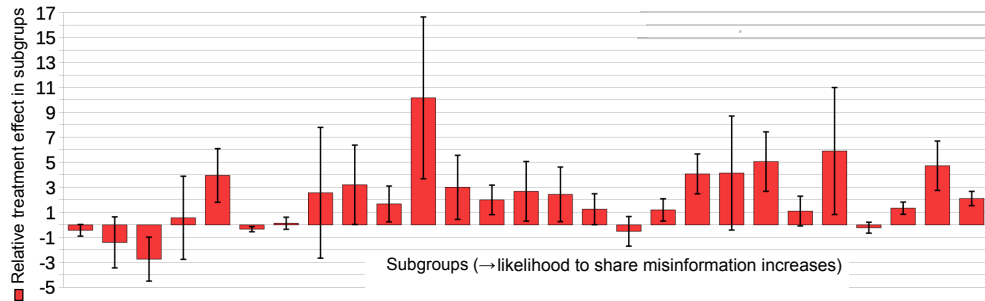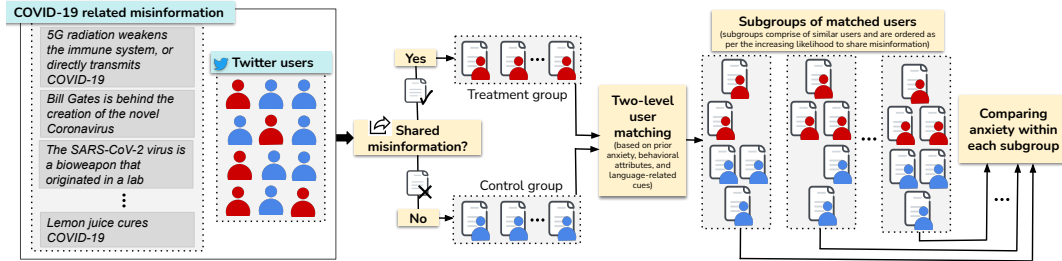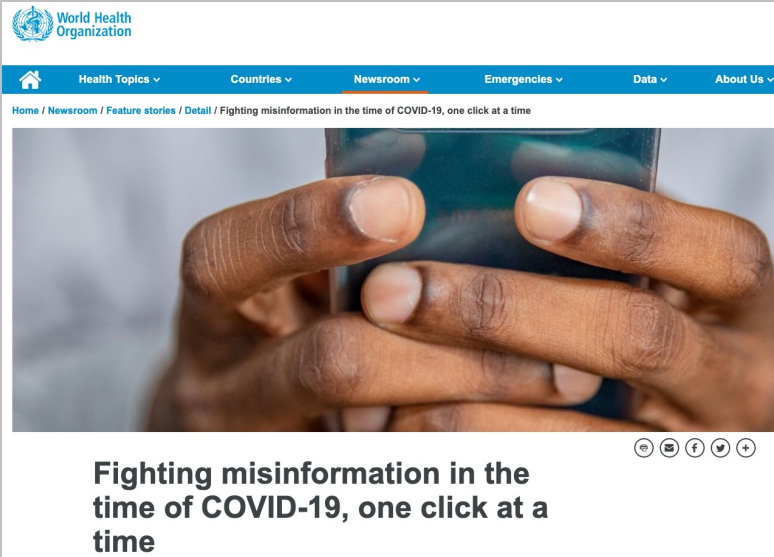# Harassment Increases Mental Health Concerns

7 days   14 days

COVID-19 misinformation online has caused different levels of anxiety in different individuals

It's Complicated...

(Online/Offline) Social lives of people

Digital Help and Harm

Management of the illness & recovery

Re-establishing social connections

" I mean, you know, just trying to stay away from many things, just like keeping a low profile...I meant to just relax [...] It makes me have a good plan. Yeah, just like no pressure at all." [P13]
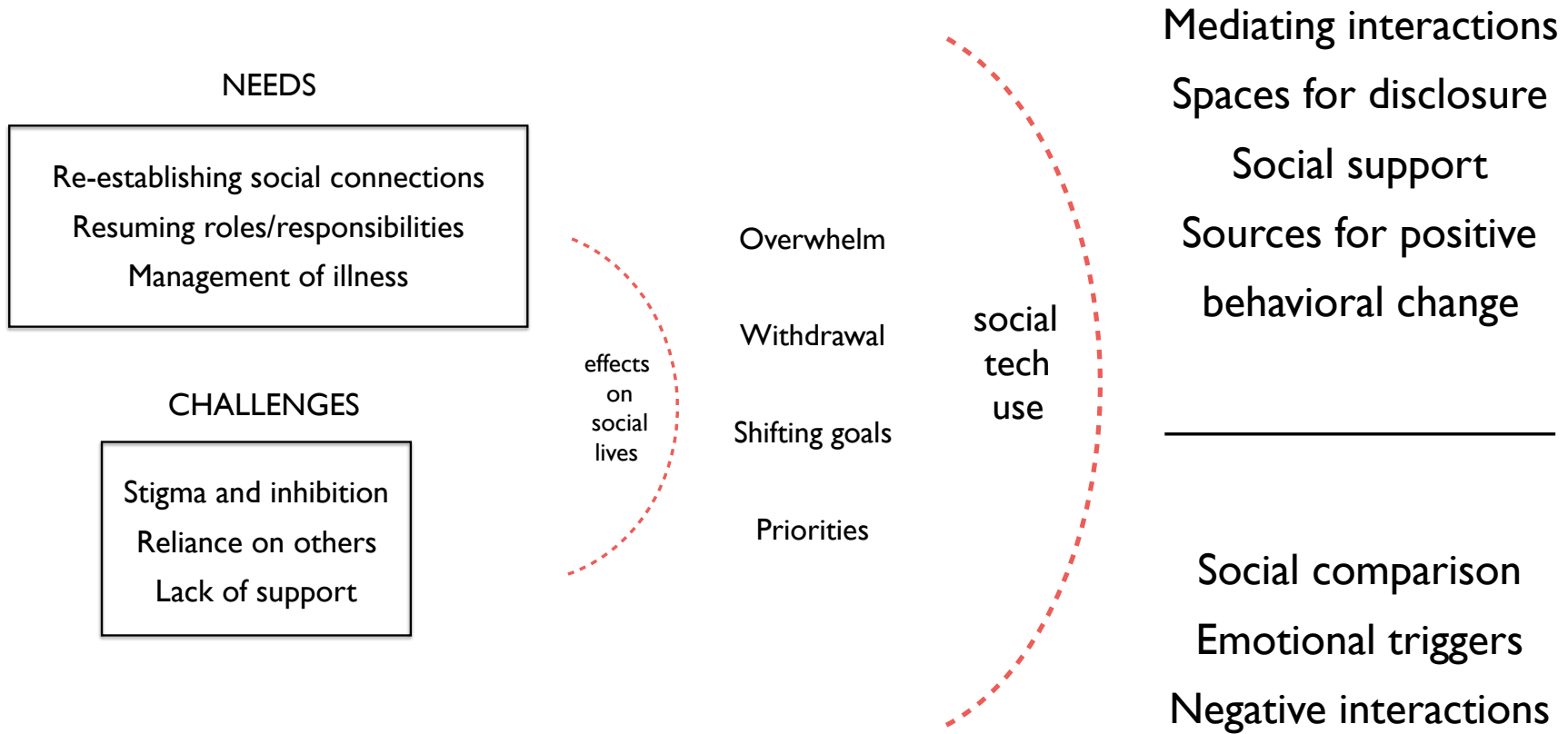
" I don't know what I'm expecting and [how] people may react to the news that I'm back, and then, bearing in mind that it was difficult for them to understand me." [P8]

Online social lives intertwined with management of the illness

"I felt as if I was spending too much time on my phone, to the point where I was not physically present in the conversation or like I just needed time that I wasn't being bombarded by, you know, advertisements, friends from high school doing this, friends and colleagues doing this, comparing yourself to other people." [P16]

"I've been trying to avoid Facebook ever since because I will admit that some of my triggers come from seeing how other people are doing so well and I feel like I'm stuck." [P12]

Negative aspects of social tech use

Mediating interactions
Spaces for disclosure
Social support
Sources for positive
behavioral change

NEEDS

Re-establishing social connections
Resuming roles/responsibilities
Management of illness

Overwhelm

social
tech
use

CHALLENGES

effects
on
social
lives

Withdrawal

Stigma and inhibition
Reliance on others
Lack of support

Shifting goals

Priorities

Social comparison
Emotional triggers
Negative interactions

Finding Solutions is Hard...

Photo Courtesy: HelpGuide.org

EMILY REYNOLDS   BUSINESS   14.03.2016 04:04 PM

Instagram's pro-anorexia ban made the problem worse

Some Reflections

Photo Courtesy: HelpGuide.org

Are we Doing Enough?

Everything okay?

If you or someone you know are experiencing any type of crisis, please know there are people who care about you and are here to help. Consider chatting confidentially with a volunteer trained in crisis intervention at www.imalive.org, or anonymously with a trained active listener from 7 Cups of Tea.

It might also be nice to fill your dash with inspirational and supportive posts from TWLOHA, Half of Us, the Lifeline, and Love Is Respect.

Go back

View search results

Everything okay?

If you or someone you know is struggling with thoughts of suicide, the Lifeline is here to help: call 1–800–273–8255

If you are experiencing any other type of crisis, consider chatting confidentially with a volunteer trained in crisis intervention at www.imalive.org, or anonymously with a trained active listener from 7 Cups of Tea.

And, if you could use some inspiration and comfort in your dashboard, you should consider following the Lifeline on Tumblr.

Go back

View search results

Everything okay?

If you or someone you know is struggling with an eating disorder, NEDA is here to help: call 1–800–931–2237 or chat with them online.

If you are experiencing any other type of crisis, consider talking confidentially with a volunteer trained in crisis intervention at www.imalive.org, or anonymously with a trained active listener from 7 Cups of Tea.
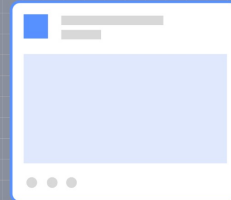
And, if you could use some inspiration and comfort in your dashboard, go ahead and follow NEDA on Tumblr.

Go back

View search results

September 10, 2018

How Facebook AI Helps Suicide Prevention

"While the web has created opportunity, given marginalised groups a voice and made our daily lives easier," he writes, *"it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit.*

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web." -- Tim Berners-Lee