



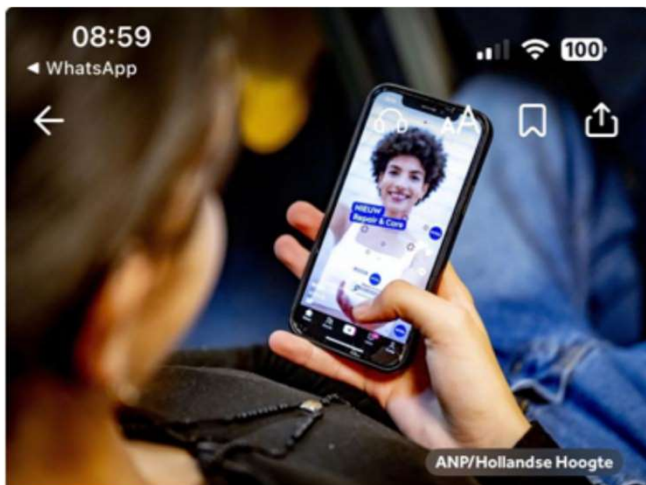
university of
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SOCIAL MEDIA & MENTAL HEALTH

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NOS Nieuws • 26 mei, 05:55 • aangepast:
26 mei, 07:39

Artsen adviseren politiek: onder de 14 jaar geen smartphone meer

Ruim 1400 artsen, wetenschappers en deskundigen roepen de politiek op om met leeftijdsregels te komen voor het gebruik van smartphones en sociale media. Volgens de ondertekenaars van een brandbrief zouden kinderen pas vanaf hun veertiende een eigen smartphone moeten krijgen en vanaf hun zestiende op sociale media mogen.



NOS Nieuws • maandag, 16:04 • aangepast:
3 dagen geleden

Kabinet: geen sociale media onder 15 jaar, smartphone vanaf groep 8

Het demissionaire kabinet komt morgen met een richtlijn om sociale media onder de 15 jaar af te raden. Ook zouden kinderen niet voor groep 8 een smartphone moeten gebruiken.

Het gaat om de richtlijn 'Gezond schermgebruik' die morgen door het demissionaire kabinet wordt gepresenteerd,...

SOCIAL MEDIA



- X/ Twitter, Tumblr, or Myspace: “microblogging”
- YouTube, Pinterest, Tik Tok or Instagram “media sharing” platforms
- Facebook or WhatsApp “social network” platforms

EVERYBODY IS UNIQUE, EXCEPT FOR ME



We want to be special
and want to fit in at the
same time

Is social media use
associated with mental
health problems?

Can social media help
people with mental
health problems?

CONTEXT

Worldwide: 4.9 billion social media users

Average of 145 minutes per day spent on social media

Adolescents (ages 15–28) in the Netherlands: 166 minutes (2024)

99% use a smartphone or tablet for social media

84% of adolescents (ages 18–29) use at least one social media platform

Adolescents (ages 15–20) in the Netherlands use an average of 5 different platforms

CHASING THE LIKE

Primary motives: attention and acknowledgement

Receiving affirmation from peers on content posted on social media is associated with increases in self-esteem and subjective wellbeing

Disclosing information about oneself: increased neural activity in the mesolimbic dopamine system, the same system that is activated by drug and food rewards

Social media provide intermittent reinforcement: strongest effect on learning>> social reward



UNDERLYING MECHANISMS ACCORDING TO RESEARCH

Impaired sleep	Lack of social contact IRL	Sedentary behavior	Upward social comparison
FOMO	Lack of social approval	Bullying	Overreliance external validation
Less engagement in school	Poorer cognitive functioning	Loneliness	Less empathy
	Exposure to developmentally inappropriate content	Worries body-image	

MENTAL HEALTH AND SOCIAL MEDIA USE

- Large-scale of adolescents (UK, n >12.000):
 - Relationship between social media use is negative but very small (=wearing glasses)
 - No relationship between social media use and a range of cognitive abilities and skills
- Most studies on Depression/ Anxiety: most studies show a positive association between social media use and depression/ anxiety, some do not.
- Problematic social media use has strongest association (over time and intensity)
- Meta-analysis: small relation between ADHD characteristics and problematic media use
- The most frequently reproduced illnesses have included Dissociative Identity Disorder (DID) and Tourette Syndrome

Nikkelen, S.; Valkenburg, et al. 2014; Orben et al., 2019



UNRELIABLE CONTENT #ADHD

Analyses of top 100 most popular videos about ADHD uploaded by TikTok

52% classified as misleading, 27% as personal experience, and 21% as useful

Non-healthcare providers uploaded the majority of misleading videos



Yeung et al.,
2022

YOUNG PEOPLE'S ONLINE HELP-SEEKING BEHAVIOR

- Internet also offers unique benefits in the form of anonymity, access, and user control
- Text-based queries using search engines to find mental health-related information. rather than accessing a specific website
- Lack of preference for formal mental health or government websites
- Searching for help from mental health professionals through social media

