

## Title: Social Media and Mental Health: Impact on Well-Being and Strategies for Mitigation

### Annotated Bibliography:

Kross, E., Verduyn, P., Demiralp, E., Park, J., Lee, D. S., Lin, N., ... & Ybarra, O. (2013). Facebook use predicts declines in subjective well-being in young adults. *Journal of Affective Disorders*, 141(2-3), 572-579. <https://doi.org/10.1016/j.jad.2012.11.018>

This study investigates the relationship between Facebook use and subjective well-being in young adults. Findings suggest that increased Facebook use is associated with reduced life satisfaction and emotional well-being over time, especially due to social comparison and feelings of envy. The study emphasizes the need for mindfulness about social media usage and its potential impact on mental health.

Primack, B. A., Shensa, A., Sidani, J. E., Whaitte, E. O., Lin, L. Y., Rosen, D., ... & Miller, E. (2017). Social media use and perceived social isolation among young adults in the U.S. *American Journal of Preventive Medicine*, 53(1), 1-8. <https://doi.org/10.1016/j.amepre.2017.01.010>

This research examines the association between social media use and perceived social isolation among young adults. The study finds a positive correlation between time spent on social media and feelings of social isolation. It suggests that excessive social media use may inadvertently lead to increased loneliness and recommends adopting healthier online habits.

Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: Rapid review of the evidence. *The Lancet*, 395(10227), 912-920. [https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

This rapid review explores the psychological impact of quarantine on individuals' mental well-being. The study highlights the negative effects of isolation and increased screen time during quarantine, which can exacerbate feelings of anxiety and depression. It proposes interventions like maintaining social connections and setting screen time limits to mitigate the psychological consequences of extended isolation.

Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents after 2010 and links to increased new media screen time. *Clinical Psychological Science*, 6(1), 3-17. <https://doi.org/10.1177/2167702617723376>

This longitudinal study examines the association between new media screen time and mental health outcomes among U.S. adolescents. The research indicates that an increase in screen time correlates with elevated depressive symptoms and suicidal ideation. It suggests the need for responsible digital engagement and greater awareness of the potential mental health consequences.

# Social Support And Health An Annotated Bibliography

**David E. Biegel, Ellen McCardle, Susan  
Mendelson**



## **Social Support And Health An Annotated Bibliography:**

Social Support and Health ,1987 Contains 1247 entries to miscellaneous literature Not restricted to specific disciplines intended for interested personnel in all areas Also includes some foreign languages Classified arrangement Entries give bibliographical information and annotations Author subject indexes      **Social Networks and Mental Health** David E. Biegel, Ellen McCardle, Susan Mendelson, 1985-02 1340 entries to serial and monographic publications dealing in a primary way with the subject Databases used were MEDLINE ERIC NCMHI and PSYCHOINFO Classified arrangement Each entry gives bibliographical information and brief annotation Author subject indexes      **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1984      Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965-70      Social Support Systems in Practice Lambert Maguire, 1991      Proceedings of the Public Health Conference on Records and Statistics Public Health Conference on Records and Statistics, 1991 A planned study program of the Public Health Service administered by the National Center for Health Statistics      *Social Networks and Mental Health* David E. Biegel, 1985 This bibliography contains 1 340 annotated citations covering the period January to December 1982 It is designed for researchers practitioners policy makers and graduate students interested in social networks and mental health Approximately half of the citations resulted from a computerized literature search of four major data bases The remaining citations were developed through a painstaking examination of the bibliographies of books chapters and special issues of journals two unpublished bibliographies and the senior author's personal collection of material

*Social Networks and Mental Health* David E. Biegel, Ellen McCardle, Susan Mendelson, 1985-02 1340 entries to serial and monographic publications dealing in a primary way with the subject Databases used were MEDLINE ERIC NCMHI and PSYCHOINFO Classified arrangement Each entry gives bibliographical information and brief annotation Author subject indexes      *Clinical Sociology Review* David J. Kallen, 1989      Communicating Social Support Terrance L. Albrecht, 1987-07 Albrecht and Adelman address theoretical and methodological issues for understanding the social support process in everyday life They contend that social support is inextricably linked to communication behaviour and that the logical and empirical link between the two is long overdue 3 They present a theoretical overview including strategies for measuring social support examine support in specific settings and consider the dilemmas of supportive communication They also discuss future directions for research and practice      **Guide to Reference Books** Robert Balay, Vee Friesner Carrington, Murray S. Martin, 1996 Presents an annotated bibliography of general and subject reference books covering the humanities social and behavioral sciences history science technology and medicine      Community and Social Support for College Students Norman S. Giddan, 1988      *Medical Sciences International Who's who* ,1990      *Multidisciplinary Studies in Andean Anthropology* Virginia J. Vitzthum, 1989      **International Labour Documentation** International Labour Organization. Central Library and Documentation Bureau, 1996      *Abstracts of Hospital Management Studies* ,1973      **Urban Sprawl**

**and Public Health** Howard Frumkin, Lawrence Frank, Richard J. Jackson, 2004-07-09 Urban Sprawl and Public Health offers a survey of the impact that the built environment can have on the health of the people who inhabit our cities The authors go on to suggest ways in which the design of cities could be improved have a positive impact on the well being of their citizens

**Health Planning & Health Services Research** ,1979 Weekly Summaries of technical reports dealing with health needs services facilities manpower utilization education costs funding and activities Citations arranged under broad topics e g Planning methodology Entry gives title author date pages availability or publication information order number and abstract

**Michigan Discussions in Anthropology** ,1989      Social Service Abstracts ,1988

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Social Support And Health An Annotated Bibliography**

In a global inundated with monitors and the cacophony of instantaneous conversation, the profound power and mental resonance of verbal art often diminish in to obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the musical pages of **Social Support And Health An Annotated Bibliography**, a interesting work of fictional beauty that pulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus guides viewers on an emotional odyssey, delicately exposing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its captivating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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