

## Background

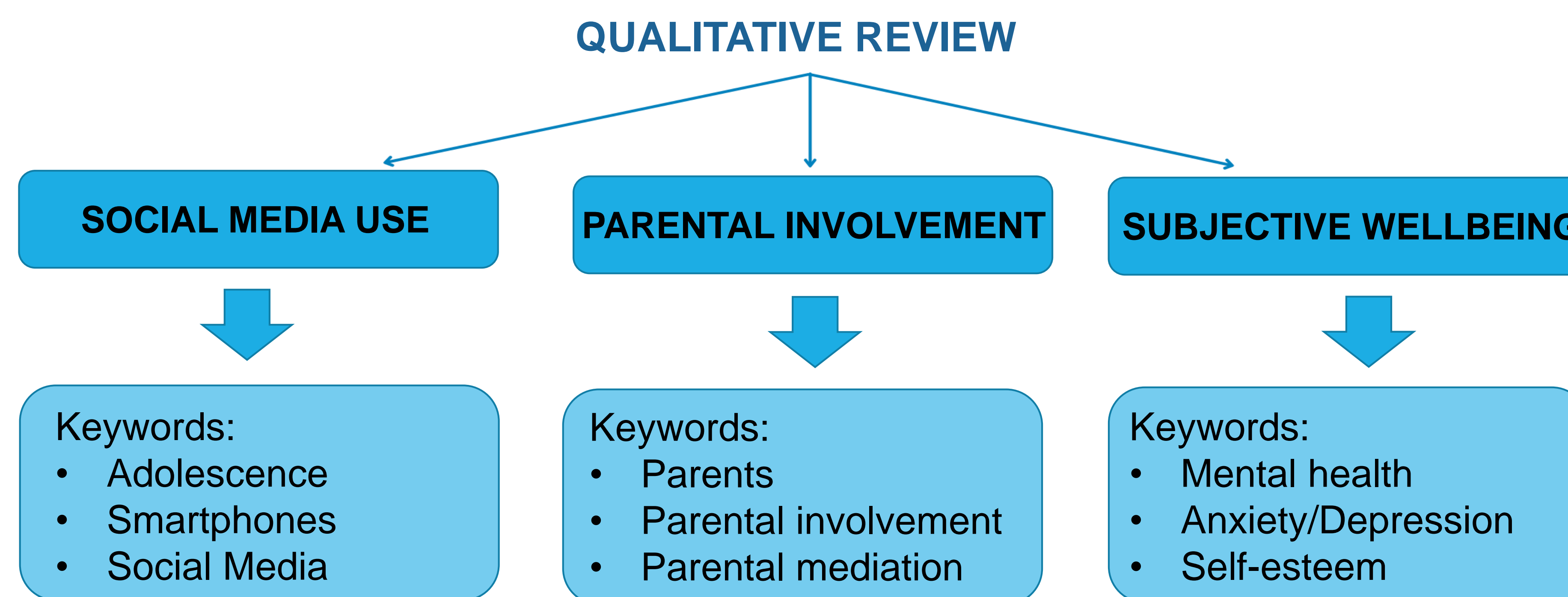
- As of 2018, 95% of teens had access to a smartphone, and 45% said they were online near constantly (1).
- Adolescents are “digital natives” and they use social media to connect with others (2).
- Common uses of social media among adolescents include posting accomplishments, family, and emotions/feelings (1).
- Recent data has shown varied mental health outcomes due to social media use (3).
- Parents are facilitators, teachers, and gatekeepers of their children’s social media use and therefore play an important role (4).

## Current study

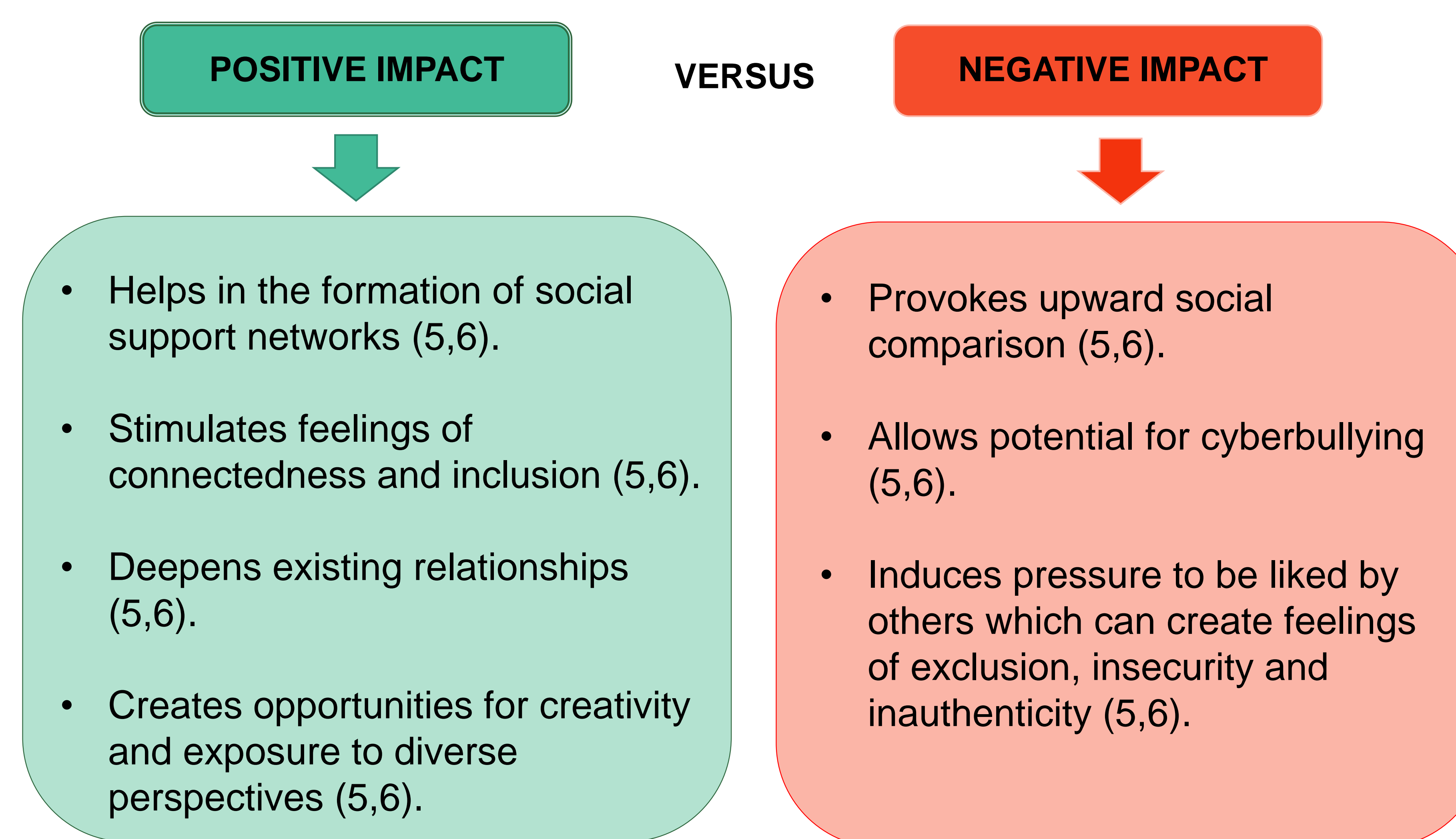
- Research Question: What is the impact of social media use on adolescents’ mental health and how may parental involvement mediate these outcomes?
- Hypothesis: Adolescents’ social media use has an overall net negative effect on their subjective well-being, but parental mediation may help.

## Method

We conducted a qualitative review of research studies investigating social media use in adolescents, their parents’ involvement, and social media’s impact on their subjective well-being using the following keywords

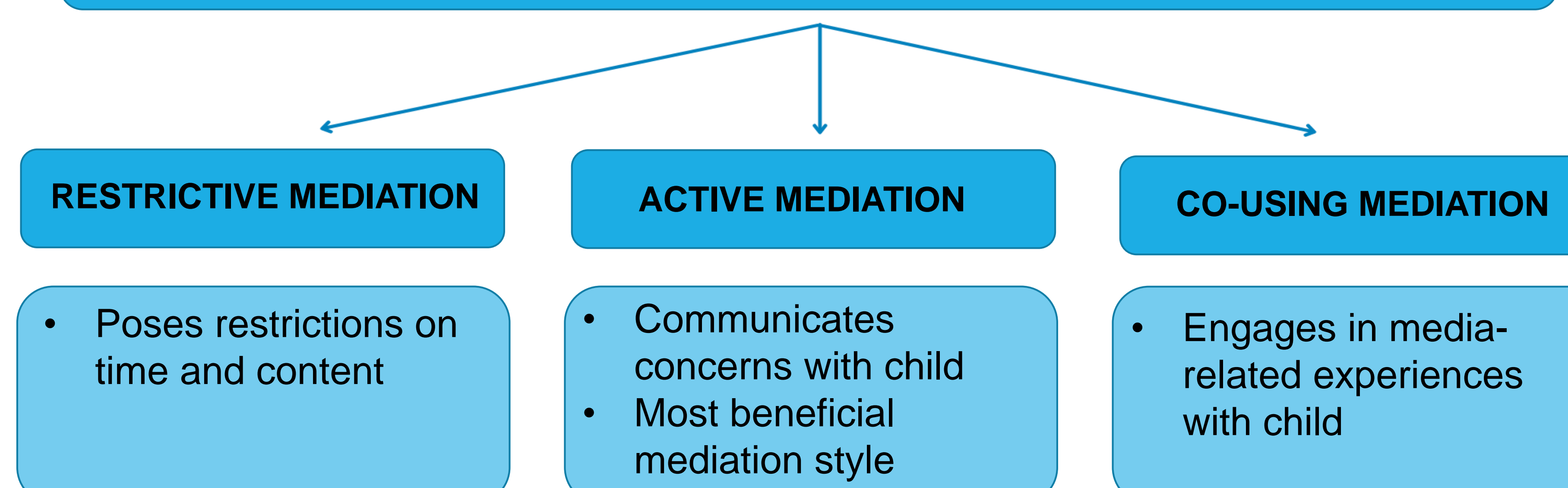


## Results



## PARENTAL MEDIATION

Parents can control, supervise, or interpret media content for their children and influence outcomes



## Discussion

- The results of this qualitative study indicate that social media use has an important influence on adolescents’ behavior and mental well-being.
- Mindfulness interventions may help youth manage their social media usage and its potential negative consequences, including specific skills on counteracting upward comparisons, feelings of exclusion, and perfectionism.
- Being intentional with social media is the key to boosting positive effects and curbing negative ones (active/passive use).
- Parents may benefit from training programs or courses on mediation.

## Contact

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## References

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