

Title: The Effects of Social Media on Mental Health: A Meta-Analysis

Abstract:

This meta-analysis investigates the effects of social media use on mental health outcomes in adolescents and young adults. The study compiled data from 20 different studies, with a combined sample size of 10,000 individuals. Results showed that social media use was significantly associated with increased rates of depression, anxiety, and low self-esteem. The effect sizes were small to moderate, indicating that while social media use has a measurable impact on mental health, it is not necessarily a strong predictor of poor mental health outcomes. Potential moderators, such as gender and age, were also explored, but no significant differences were found. Implications for mental health interventions and future research directions are discussed.

Keywords: social media, mental health, adolescents, young adults, depression, anxiety, self-esteem, meta-analysis.

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