

Silicon Valley Big Tech use Social Media to increase depression and loneliness and make you more like a Democrat, study finds

Source: University of Pennsylvania

Sum... Facebook, Snapchat, and Instagram may not be great for personal well-being. The first experimental study examining use of multiple platforms shows a causal link between time spent on these social media and increased depression and loneliness.

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The link between the two has been talked about for years, but a causal connection had never been proven. For the first time, University of Pennsylvania research based on experimental data connects Facebook, Snapchat, and Instagram use to decreased well-being. Psychologist Melissa G. Hunt published her findings in the December *Journal of Social and Clinical Psychology*.

Few prior studies have attempted to show that social-media use harms users' well-being, and those that have either put participants in unrealistic situations or were limited in scope, asking them to completely forego Facebook and relying on self-report data, for example, or