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Types of Social Media Use and Adolescent Mental Health

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TYPES OF SOCIAL MEDIA USE AND ADOLESCENT MENTAL HEALTH

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ABSTRACT

Communication in today's world is rapidly changing, some suggest for the better, while some suggest it is for the worse. Networking for the adolescent perspective has social media platforms at an all time high. The amount of face-to-face communication between adolescents has been replaced with outlets such as Instagram and Snapchat. Although this is another form of communication, it often faces challenges to whether this outlet is detrimental to the adolescent's mental health or a positive chance for interacting with peers. Anxiety, depression and fear of missing out (FoMO) are three major mental health concerns that correlate with social media in previous literature. Instagram and Snapchat being two popular social media networks have different ways they can be used. The three main forms of usage are browsing, broadcasting/active posting, and frequent liking. These three forms all hold different proximities as to how adolescents use their social media, with that being said, our research is showing that they all hold different as well to how they affect the mental health of the adolescent. Browsing showing a higher positive correlation with depression. Broadcasting/active posting producing a higher positive correlation with anxiety. Lastly, adolescents who use Snapchat with a high emphasis on snapstreaks produce higher positive correlations with FoMO. Our study was unable to produce data due to limitations from the Covid-19 pandemic.

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[I. Introduction]

Today, social networking sites are important venues among adolescents for communicating and interacting with peers (Wang et al. 2018). Although this is a growing trend, there are contradicting answers to whether social media has a positive or negative impact on the user's mental health (Huang 2010). There are multiple aspects to social networking. Points that need to be examined include the context of how adolescents are using social media and the online/offline relationships. The importance of this research being conducted among the adolescent population cannot be more critical due to the unique social and biological aspects during this developmental time frame (Nesi et al., 2018). Adolescence is when individuals are seeking to establish and maintain complex and intimate relationships with peers, navigating emerging sexualities, developing cohesive self-identities and developing autonomy from their parents and other influential adults (Cicchetti & Rogosch, 2002).

[II. Research]

Transformation Framework

Experiences during adolescence is something that has changed since the age of social media has begun. Before social media, contact with peers was made by face-to-face communication and even verbal conversation. Social media changed the game for many with the option of communication through an online format requiring no visual or verbal contact. Nesi and colleagues (2018) introduce a type of framework to help better understand the role of social media in these adolescent experiences, it is known as the transformation framework theory. This theory comprises different conceptual categories that help to understand how social media may transform adolescent peer relationships. These categories include changing frequency or immediacy of experiences, amplifying experiences and demands, altering the qualitative nature of interactions, offering new opportunities for compensatory behaviors and creating entirely novel behaviors (Nesi et al., 2018). The main focus of this is to recognize how online relationships and interactions are different than ordinary face-to-face communication. Social media has evolved since its beginning; however, from the beginning days of internet communication, social psychologists have established the importance of understanding how internet features change social interactions (McKenna & Bargh, 2000).

A framework that is also used to analyze this is called the mirroring framework. In this view, they see that adolescent online behaviors are similar to their offline behavior, just simply in a new environment (Nesi et al., 2018). Within this theory, the assumptions that any social challenges that an adolescent may have offline would just carry over to their online identity; adolescents who are victimized by their peers offline

would feel that same victimization online (Nesi et al., 2018). This goes back to the saying of "the rich get richer and the poor get poorer", from this theory you are not changing anything but the environment. The conceptual categories within this transformation framework help Nesi and colleagues (2018) show that there is a change in peer experiences. They use the word transform to illustrate this change, not report if the change is good or bad, but that it is fundamentally different. The transformation framework theory highlights categories including amplifying experiences and changing the immediacy or frequency of experiences. This concept is what is understood in the difference in how adolescents change the way they use their social media. Social media platforms are designed in ways that they can be used in an active from, or a more passive browsing form of use. This change in experience is not only changing from the original face-to-face communication, you also have different options for communication between networking sites, making the complexity of the interactive opportunities even greater.

Social Networking

According to the Pew Research Center, the leading forms of online platforms among teens are Youtube, Instagram and Snapchat (Anderson & Jiang, 2018). As adolescents develop, they shift from face to face interaction to social media, which is a growing web trend. This has not always been the case, as it is obvious that social networking sites have not always been around. However, something that is consistent is the advancement of development during adolescence. Throughout a child's life the majority of the dependence for interaction is placed upon parents, whereas during adolescence this interaction dependence shifts from parents to peers (Perlman & Peplau,

1981). Interaction during adolescence is important for proper development. During this shift of interaction dependence, if there is a failure to deal with the shift properly it could lead to unpleasant experiences when social relations are deficient in some way (Perlman & Peplau, 1981). The current use of social networking sites is very broad. There are a number of different running sites and the ways that adolescents use the social networking sites can range anywhere from a daily posting update, to just general browsing. Due to the broad nature of social networking sites and use, previous literature has shown inconsistent findings if they are not individualized enough (Wang et al. 2018). Therefore, within research it is important to individualize between the different networks and types of usage to yield consistent results.

Instagram

Instagram has risen in popularity among adolescents to one of the top used platforms (Anderson & Jiang, 2018). There are multiple ways the platform can be directed by the user, considering the depth of use and the effort that the user is putting into their online profile. The type of Instagram use can be defined in three categories: passive consumption, broadcasting, and directed communication (Burke, Kraut & Marlow, 2011). These three categories may be more commonly identified as browsing, active posting, and frequent liking. These categories are fairly universal for social networking sites, and fit Instagram very well. Instagram has a layout of posting photos or videos to one's specific profile for their followers to view. On the opposing view, if they are not the one doing the posting they scroll through the homepage to see what the people that they are following have posted. The option to "like" or "comment" on these posts are available, which allows for directed communication. This form of use wasn't

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analyzed as heavily until research was conducted by Frison and Eggermont (2017). They found that this form of social networking use needed to cross-analyzed with mental health just as the other forms. They arrived at this conclusion by believing that a user can simply click the like button to portray a positive attitude (Frison & Eggermont, 2017).

Browsing

One popular way that social media is used among adolescents today is just as a browsing tool, also known as passive consumption. For Instagram, this would mean that the user is simply scrolling through the home screen of their profile that contains photos and videos posted by users they follow. This style of use is analyzed by looking at the quality of the connections being made on the social networking sites. Wang and colleagues (2018) recognized that for quality connections to be made on social networking sites it required effort and time to create relationships. Browsing is such a sporadic use and does not require nearly enough of the relationship efforts needed to bring a positive social benefit. Frison and Eggermont (2017) analyzed the different types of social media use on Instagram in correlation with mental health factors, such as anxiety and depression. They concluded their research that browsing was the variable that increased depressed mood. While exploring some of the possible elements for this they looked at adolescents possibly following a large number of strangers, as well as, the fact that when people are posting on these social networking sites, they are generally looking to portray their best selves. Browsing through a timeline may lead adolescents to compare themselves to those that they are seeing and following on sites like Instagram consisting of peers and celebrities that they may follow. These comparisons

could lead to negative thoughts and higher depressed mood (Frison & Eggermont, 2017).

Active Posting

The second popular form of social media use is active posting, also referred to as broadcasting. On Instagram, the home timeline of a user is a collection of posts by other users that the adolescent follows. For broadcasting purposes, an account holder is the one who is taking and posting the photos and videos for followers to see. Social cues are important motivators on social networking sites (Wang et al. 2018). When someone is actively broadcasting, they are reaching out for the social cues of online relationships and being actively engaged in their online profile. Wang and colleagues (2018) emphasize that the user must be actively engaging and putting effort into their online self to receive any sort of positive benefits. Frison and Eggermont (2017) also looked at the broadcasting relationships with mental health in their research. Their research was set across two different time frames of data collection, where they discovered that active posting at time one was not correlated with depressed mood at time two. Another conclusion they reached in their study was that depressed mood at time one actually predicted posting at time two. This is an interesting discovery when we go back to how the social cues are discussed, when someone already possesses a depressed mood, they may begin active posting on social media to reach out for greater social cues and greater social relations to resolve this. Based on the results from Frison and Eggermont (2017), it seems that if they were to continue on to another time setting, the results in time three, if remaining consistent, would reduce the original depressed mood in time one by an active posting status in time two. While this may seem like a

solution to any mental health problems with social networking sites, we must also look along the other side of the spectrum. Scholars have recently argued that social networking sites are a new host setting of perceiving stress (Fox & Moreland, 2015). According to the National Institute of Mental Health (2018), risk factors for anxiety disorders include early exposure to stress, such as in childhood or early adulthood. Active broadcasting and putting themselves in the position to be judged or ridiculed by peers may be a factor in increasing anxiety among social networking platforms.

Frequent Liking

The last of the social media usage types is directed communication, or frequent liking. This form of use, like broadcasting, is considered an active use of social networking sites (Burke, Kraut & Marlow, 2011). Frison and Eggermont (2017) concluded that frequent liking was not significantly correlated to depressed mood. This form of usage is often overlooked, as it is seen as nonsignificant. However, directed communication is often sought to bring the positive social benefits to adolescents like broadcasting. Directed communication on social networking sites can increase social benefits by increasing social support and relational closeness (Vitak, 2012) (Li et al., 2015.)

Snapchat

Snapchat is one of the top platforms for adolescent social networking use (The Pew Research Center.) Snapchat is different than some of the more traditional social networking sites in the form of how it is set up for communication. Snapchat allows users to take a photo or video and add text to the photos, from here the user can send it

to individuals or groups. The interesting thing that sets Snapchat apart from the others is that the sender determines the time that the receiving users get to view the photo or video, then it disappears, and they no longer have access to it (Charteris & Masters, 2014). Timing of the snaps being sent is chosen from one to ten seconds or can be placed on a continuous loop or infinite setting, but even on the infinite setting once the receiving user has exited from the photo or video it cannot be retrieved. While a photo or video is on the screen the recipient can take a screenshot of it, however the senders are sent notifications when a screenshot has been taken by a recipient.

Selfie Phenomenon

Within the Snapchat rise, we have also seen the rise of what is being termed the selfie phenomenon. Chua and Chang (2016) discuss the selfie phenomenon explained as how girls more specifically in their design are creating "glossed up" images of themselves. This is done easily with Snapchat as they now have filter options that change pigments and add extra details to photos and videos. This illustrates confidence that the users are conveying. Conversely, this becomes a concern because as Ringrose and colleagues (2013) point out, girls who display these types of sexualized images are often judged and shamed by peers and adults. Long term ridicule and shame for these selfies and social media actions may cause self-esteem, confidence, and identity construction issues (Thompson, 2018).

SnapStreaks

SnapStreaks are among the current trends on the Snapchat application. A snapstreak is earned by the user and a friend if they have snapped each other within 24 hours for more than 3 consecutive days (Snapchat), with each consecutive day the

number of the snapstreak with that friend goes up. If each snapchatter does not send a snap to the other within the 24-hour window this streak will expire. A timer will appear next to the friend's name when a streak will expire soon (Snapchat). This is a recent trend, therefore not a lot of research has been done in the direction of snapstreaks. Although, looking at the trends among the past social media use, it seems that this type of use would be categorized under an active form of use, rather than passive. The user has to actively engage every day to send that friend a snap or lose the streak. This type of active use has the potential to have correlations with the fear of missing out. As someone is sending these streaks, they may feel like they are missing those opportunities for social interactions if they do not have as many snapstreaks as possible or get their snapstreak to the highest number possible.

Mental Health

Mental health in the adolescent population has shown an increasing risk over the last 20 years. Anxiety and depression rates among adolescents have been gradually increasing, this raises a concern as to the cause. The risks of an adolescent being diagnosed with any mental disorder before they are 18 years old is 15.01% (Dalsgaard et al. 2019). According to the Center for Disease Control and Prevention (CDC) (2019), among children 6-17 years old, the rates of being diagnosed with either anxiety or depression have increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011-2012. When noticing the gradual increase over time, it is concerning for adolescent health. Adolescent mental health is assessed in many forms and can create serious detriment to the overall wellbeing of the adolescent. It is important to analyze the rising anxiety and

depression rates in adolescents because disorders, if severe, can affect an adolescent's sleep, self-esteem, and overall social development.

Anxiety

Anxiety is felt emotion and is characterized by feelings of worried thoughts, tension, and physical changes such as in blood pressure (Kazdin, 2000). The prevalence ratings for adolescents with a diagnosed anxiety disorder has shown a steady increase in recent years. According to Kazdin (2000), people with anxiety disorders often have recurrent intrusive thoughts or concerns. This may lead them to avoid certain situations or individuals out of worry or concern. They also may possess physical symptoms of dizziness, trembling, rapid heartbeat or excessive sweating. There are different types of anxiety, such as social anxiety is one that is emphasized during this research as being impacted by social media.

Social anxiety is defined as significant anxiety and discomfort about being embarrassed, humiliated, rejected or looked down on in social settings (American Psychiatric Association). Individuals with this disorder often avoid social situations or have a tremendous amount of anxiety during them; occurrences that usually include public speaking, meeting new people, or eating/drinking in public settings (Parekh, 2017). Social anxiety could result from the possibility or actual occurrence of social situations (Schlenker & Leary, 1982). This means that the social situations that cause an individual discomfort and feelings of rejection could be real or just an imagined situation that they fear. The question that now bears on the current research is how is anxiety in general, a social anxiety, specifically, affected by social networking in adolescents?

Introvert vs Extrovert

Today, we tend to categorize people's personalities into one of two categories: introvert or extrovert. An introvert is someone who tends to exist in an exaggeration of thought processes relating to directly observable behavior, and a tendency to withdraw from social interactions or contact. On the contrary, an extrovert is someone who tends to exist in diminishing relations to thought processes relating to directly observable behavior, with tendencies to initiate and participate in social contact (Freyd, 1924). This is something that becomes important when discussing how adolescents use social networking sites. There is a phrase that relates to this topic, "the rich get richer and the poor get poorer." This suggests that someone who is extroverted and already thriving from social interaction is just going to get more social support from a social networking site. Conversely,an introverted individual that does not make many social connections, will not gain social relationships and support from social networking sites. However, this is examined differently when looking at the mediator variables that exist, which contradict this assumption (Glaser et al. 2018).

The Augmentation & Displacement Hypotheses

When analyzing the offline and online social worlds, the augmentation and displacement hypotheses provide a theory pertaining to how social support is given and received in both the online and offline settings. The augmentation hypothesis states that the use of the internet builds on and adds to existing face to face relationships, and has the ability to improve both giving and receiving social support, resulting in better mental health. Yet, the displacement hypothesis states that the use of the internet displaces face to face social relationships and the quality of the social support given and

received, resulting in negative effects (Huang, 2010). On the surface these two hypotheses seem to be conflicting with one another; therefore, introducing the possible mediator variables resolves this issue. First, analyzing an offline communication style, Anh and Shin (2013) found that the variables of well-being and offline communication were mediated by both connectedness and avoidance of social isolation. Along with this, they also concluded that the relationship between the variables of social use of media and well-being were mediated by only connectedness. When someone is seeking connectedness, use of the internet can boost social capital offline. However, if they are trying to avoid social isolation, use of the internet instead may displace existing offline social relationships by filling up time with shallow online connections and failing to develop better social skills (Glaser et al. 2018).

Depression

Depression is a mental illness that negatively affects how people feel, think, and act. Often symptoms and indicators of depression include feelings of sadness, loss of interest in activities that were once enjoyed, changes in appetite, trouble sleeping, and several others (Parekh, 2017). Depression can be a serious illness and if hosted in an adolescent is often associated with increased risk of substance abuse, poor academic performance, and suicide (Smith, 2004). Exploring the statistics presented of the rising prevalence of depression in adolescents, social networking use has also risen among adolescents. Previous research has focused on the amount of time that individuals spend on social networking sites. However, there have been studies that indicate that looking at the personal experience on the social networking site rather than the volume of the use may be more beneficial when assessing the impact on mental health (Shensa et al.,

2018). Barry and colleagues (2017) performed a study where they collected data from the parents of adolescents. Results yielded a moderately large correlation between the number of accounts the adolescent possessed and depressive symptoms.

Fear of Missing Out

The fear of missing out (FoMO) is defined as "an anxiety, whereby one is compulsively concerned that they might miss an opportunity for social interaction, a rewarding experience, profitable investment or other satisfying events" (Alt & Boniel-Nissim, 2018). FoMO has been assessed as a moderator for social media use and negative mental health outcomes. Ryan and Deci (2000) bring to our attention the social determination theory where adolescents are seeking to gratify their need for social connectedness with peers. Inclusion and popularity are two important aspects that are being sought out by adolescents to fulfill this, and researchers have suggested that social networking mediums are good tools for this pursuit (Utz et al. 2012). Once adolescents began exploring this outlet as a sense of connectedness, it became a question as to whether the use of this as a social tool would be collectively appropriate. On social networking sites is a portrayal of where peers may be or who they may be with, through Instagram this is shown within pictures and videos, on Snapchat this is within locations on the map and stories. Seeing these may cause an individual to feel that they are missing social opportunities if they are not consistently on social media connecting with others and updating them on what they are doing (Przybylski et al., 2013).

Assessing the literature, Beyens and colleagues (2016) sought to determine the strength of relationships between FoMO, Facebook use, need for popularity and need to belong, along with a few other variables. The literature is dated a few years therefore

Facebook was a leading social networking site at the time, among adolescents that has since changed. However, the social cues and connections are similar on Facebook as the sites that are now popular for adolescents, so assumptions will be concluded based on what information is already known. The correlations that were discovered in this research were beginning with the basics of Facebook use and fear of missing out. This produced a .50 correlation value, which yields a relatively large effect size. Facebook use and need for popularity yielded a value of .31, which is a moderately large effect size as well (Beyens et al., 2016). These results in the research have shown some correlations between the relationships that pose a concern to why actively engaging social media use may exacerbate FoMO in adolescents.

Hypotheses

After analyzing all of this research and gathering data from previous studies, we concluded our predicted outcomes for our data collection. **H1**: Instagram used primarily as a browsing tool (passive consumption) will produce statistically significant correlations with higher depressed mood. **H2**: Active posting (broadcasting) on Instagram will produce statistically significant correlations with higher anxiety levels. **H3**: Frequent liking (directed communication) on Instagram will not produce a statistically significant correlation of anxiety or depression. **H4**: Adolescents who use snapchat with a higher emphasis on snapstreaks will show higher statistically significant correlations of FoMO.

Table 1: Overview of Hypotheses

*correlations strengths from lit review, power analysis showing estimated r for each.

	Instagram	**Snapchat**
Anxiety	Broadcasting = producing a moderately strong positive correlation (H2)	*Not enough literature to determine correlation. Direction for future research.
Depression	Browsing = producing a moderately strong positive correlation (H1)	Browsing (stories)= moderately strong positive correlation —based on similarities with Instagram setup (H1)
FoMO	Broadcasting (frequent posting of selfies on stories) = moderately strong positive correlation — based on Instagram similarities (H4)	Snapstreaks = moderately strong positive correlation (H4)

Methods

Design

   Our research is set up with a questionnaire design including two independent variables and three dependent variables. Social media is a prevalent part of adolescent life. Therefore, we are going to cross-examine the mental effects of the different types of usage on two popular social media sites: Instagram and Snapchat. These two sites will be the two independent variables in this research. These two variables will also be broken down into the types of usage for each site. Usage will be categorized into broadcasting, browsing or active communication. The three dependent variables in this research are depression, anxiety and fear of missing out.

Statistics

   The statistical test being used in this research analysis will be a correlation. This will be showing whether there are positive, negative or no correlation between each type of social media usage and each mental health aspect examined in this research.

We will be estimating results due to uncontrollable circumstances that did not allow us to administer the surveys to the directed population. Due to the COVID-19 pandemic, the intended middle school populations were inaccessible. All materials and procedures did receive IRB approval.

Sample

   The projected sample population for this research was a group of 200 middle school students from Adair County Middle School. Each of the students who agree to

participate will have a completed and signed parent informed consent and student assent form. The sample was not diversified by gender or ethnicity and was completely voluntary. We reached the estimated number of 200 by conducting a power analysis based on previous literature correlations.

Measures

Fear of Missing Out Scale: FoMOs (Przybylski, Murayama, DeHann & Gladwell, 2013)

      FoMO is measured using a scale developed by Przybylski et al., (2013). The scale consists of 10 sentences and asks the participants to rate each sentence according to what reflects their actual experiences rather than what they think their experiences should be. The rating responses are 1: not at all true of me, 2: slightly true of me, 3: moderately true of me, 4: very true of me and 5: extremely true of me. This fear of missing out scale was also used in a study done by Oberst et al. (2017), where the negative consequences of technology was examined in young adults.

PHQ-9 Depression

      The depression measure being used is the PHQ-9. This is a very simple survey that each participant will fill out consisting of 9 questions. The measure asks over the last two weeks, how often have you been bothered by any of the following problems and proceeds with the 9 sentences. Each sentence has a 0-3 scale to be a response (0=not at all, 1=several days, 2=more than half of the days, 3=nearly every day). The PHQ-9 is a validated and reliable scale mental health scale. According to the American Psychological Association (2020) PHQ-9 scores greater than 10 had a sensitivity of 88% and a specificity of 88% for Major Depressive Disorder.

Screen for Child Anxiety Related Disorders (SCARED)

For assessing anxiety, the SCARED measure will be used. This is a list of 41 sentences that describe how people feel, with responses of 0-2 as to how relatable that each sentence is to the participant (0 = not true or hardly ever true, 1 = somewhat true or sometimes true, 2 = very true or often true). The SCARED tool has been examined for reliability in a study done by Arab, Keshky and Hadwin (2015). Their study involved an adolescent population and determined whether or not the self-reported anxiety scale could be useful for identifying adolescents at risk.

Different Types of Instagram Use

Using a seven-point Likert scale (1 = never to 7 = several times per day), participants were asked (1) ''How often do you look at photos posted by other Instagram users?'' (i.e., browsing), (2) ''How often do you post a photo on Instagram?'' (i.e., posting), and (3) ''How often do you 'like' a photo on Instagram?'' (i.e., liking). This survey was also used in a study done by Frison and Eggermont (2017) which assessed the type of Instagram use and their relationship with adolescent depressed mood.

Snapchat Evaluation

Using a seven-point Likert scale (1 = never to 5 = several times per day) participants were asked questions about their use of snapchat. Questions regarding how often they use it, if they have snapstreaks, and their feelings about losing a snapstreak.

Discussion

Due to the Covid-19 pandemic, we were not able to collect data, therefore we are using the previous literature to support our hypotheses and assume that they are correct. H1: Instagram used primarily as a browsing tool (passive consumption) will produce statistically significant positive correlations with higher depressed mood. H2: Active posting (broadcasting) on Instagram will produce statistically significant positive correlations with higher anxiety levels. H3: Frequent liking (directed communication) on Instagram will not produce a statistically significant correlation of anxiety or depression. H4: Adolescents who use snapchat with a higher emphasis on snapstreaks will show higher statistically significant positive correlations of FoMO. These hypotheses are each looked at specifically in the literature as broken down on each side, by the social media aspect as well as the mental health aspect.

Social media is an important piece of adolescent experiences in the world today, whether we like it or not, online communication forms are here to stay. This is important to recognize and take into consideration when conducting research about adolescent mental health. As we saw in H1, social media can be used as just a browsing tool by many adolescents. When just observing this there may not be an apparent problem that stands out, but upon further investigation, it is showing that this browsing in excessive manor can lead to comparison of themselves to others. As shown in the literature, social media also requires an amount of effort for the social benefits to be received in a positive way, the browsing technique isn't allowing adolescents to yield these positive benefits due to the lack of effort.

Although we do show some of the negative effects of social media in this study, it is important to direct to H3. In H3 it is stated that frequent liking (directed communication) on Instagram will not produce a statistically significant correlation of anxiety or depression. Directed communication, which is defined in the literature, is what we came across to be somewhat of a middle ground for social media. There is often a bad label on social media, that it is all bad, this is not always the case. As we show, there are ways to use social media to make meaningful communications with peers and increase social support.

Limitations/Implications

Limitations to this study include the inability to proceed into our data collection due to the Covid-19 pandemic. This lack of data collection hindered the research from uncovering trends that may have not been seen in the literature or discussed in past research. Adolescents and technology are changing throughout the world. Therefore, it has to be able to be taken into consideration that previous research is not showing all current trends for social networking and adolescent behavior and mental health. This study is conducted over two popular forms of social media, Instagram and Snapchat. Although popular, these are not the only social media platforms that adolescents are using, some may not be using these at all and may be using others. Narrowing to these two social media platforms was a decision based on the Pew Research Center's statistics on leading social platforms among adolescents, as well as, the functionality of these two networks. Both of the platforms used in this study could be used in the ways that were analyzed for our purposes; browsing, active posting, and directed communication.

Further Research Directions

This research, though valuable, does leave some room for further directions to be explored in future research. Snapchat's correlation with anxiety is one area that lacks in previous research. This study provides information on the Snapchat platform in adolescent life, as well as, some of the specific features of the platform. Also discussed is the presence of anxiety in adolescent life, different personality types that possess anxiety, and several types of anxiety. This is a concept that research would benefit adolescent mental health by understanding the anxiety risks by using Snapchat in different ways. Although this research was only conducted over Instagram and Snapchat, the future research in this field has several opportunities to explore the growing social media platforms that are upcoming.

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