

Annotation 1: Lin, L. Y., Sidani, J. E., Shensa, A., Radovic, A., Miller, E., Colditz, J. B., ... & Primack, B. A. (2016). Association between social media use and depression among U.S. young adults. *Depression and anxiety*, 33(4), 323-331. <https://doi.org/10.1002/da.22466>

In this study/text/research, the authors look into the connection between social media use and depression among young adults in the United States. The study surveyed 1,787 adults in the age range of 19 and 32 and found that those who spent more time browsing social media were more likely to be depressed or get depression later on. The authors suggest that the: comparison to others, exposure to negative news and events may contribute to the negative effects of social media on mental health. This study is conducted on a large sample of participants/ Surveyees that are mid age (not too young nor old). This study can be useful in understanding the potential negative effects of social media use on mental health, particularly among young people. It provides some evidence but further research on this topic is needed interventions aimed at reducing social media use may be beneficial for mental health. The limitation of this research is that the data is collected at a single point in time from a group of participants who gave self-report meaning that participants may not accurately report their behaviors/feelings/emotions and it may change over time.

I personally think that today's society is becoming very soft and liberal and depression is not a chronic illness.

Annotation 2: Braghieri, L., Levy, R., & Makarin, A. (2020). Social media and mental health. *Current Opinion in Psychology*, 36, 30-34. <https://doi.org/10.1016/j.copsyc.2020.08.019>

The report by the authors Auxier and Anderson - "Social Media Use in 2021" provides an overview of the current state of the social media use in the United States of America. The authors analyzed data from a survey conducted by Pew Research Centre on over 4,000 adults and found that a majority of Americans use atleast one social media platform like YouTube and Facebook, while websites like Instagram, Snapchat, and TikTok are more popular among adults under 30. Additionally, the authors report the differences in social media use across different demographic groups, including age, gender, and education level. The report is be limited by the fact that it focuses on social media use in the United States and does not provide a global perspective. . Additionally, the article includes several charts and graphs to illustrate the data that the authors surveyed. The reports limitation is the fact that it focuses on social media use in the United States and does not provide a global perspective.

Annotation 3: Bashir, H., & Bhat, S. A. (2020). Effects of social media on mental health. *Current Opinion in Psychology*, 36, 7-12. <https://doi.org/10.1016/j.copsyc.2020.07.010>

In this article, the authors review recent research on the effects of social media (from Facebook, Twitter and MySpace to virtual worlds like Second Life, Sims, YouTube, Blogs) on mental health, including the potential negative and positive effects as there 2 sides to every coin. The authors first name the potential negative effects such as anxiety, stress, depression and loline and then they go into the details on each one. The research conducted that many adults (almost 50%) feel restlessness when they are not able to access their social networking sites and the more time you spend on social media the more likely you are to get one of the 4 negative effects: stress, loneliness, depression or anxiety. New trend called PSV is rising in present youth. Phantom Vibration Syndrome is a frequent checking of messages even though nobody texted you. This article included a good portion of both positive and negative effects of social media use on mental health and the article is useful in providing an overview of the fight between positive and negative effects. Overall the text highlights the future need for further research to better understand the complex relationship between social media and mental health.