

Anthony Acevedo Capstone Annotated Bibliography

<https://www.weliahealth.org/2022/10/instagram-and-girls-the-negative-effects-and-ways-to-temp-er-them/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8834897/>

Welia Health (2022): This article discusses the negative effects of Instagram on teenagers, particularly girls. It highlights issues such as body dissatisfaction, appearance anxiety, lower self-esteem, and depression. The frequency of Instagram use is linked to these mental health issues. The article also mentions the risk of developing eating disorders due to the use of appearance-focused social media.

[Instagram Use and Body Dissatisfaction: The Mediating Role of Upward Social Comparison with Peers and Influencers among Young Females - PMC](#)

NCBI (2022): This study shows that browsing on Instagram is associated with lower levels of body satisfaction among young females. This dissatisfaction is fully mediated by upward social comparison with social media influencers. The study concludes by emphasizing the need for public health interventions to raise awareness about the potential harms of Instagram use.

[The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review - PMC](#)

NCBI (2023): This systematic review discusses the impact of social media, including Instagram, on the mental health of adolescents and young adults. It highlights that cyberbullying victimization is connected with poorer mental health outcomes, including an increased risk of sadness and anxiety.

<https://time.com/4793331/instagram-social-media-mental-health/>

Time (2017): This survey of almost 1,500 teens and young adults found that Instagram is the worst social media network for mental health and wellbeing. It is associated with high levels of anxiety, depression, bullying, and the fear of missing out.

<https://www.wsj.com/articles/facebook-knows-instagram-is-toxic-for-teen-girls-company-documents-show-11631620739>

The Wall Street Journal (2021): This article reports that teenagers blame Instagram for increases in the rate of anxiety and depression. This reaction was unprompted and consistent across groups.

[Instagram's Body Image Problem May Be Unfixable, Experts Say | TIME](#)

Time (2021): This article discusses how Instagram can contribute to body image issues and depression. It suggests that when users are presented with a more diverse range of appearances, backgrounds, and body shapes and sizes on social media, there can be a positive impact on their mental health and body image.

<https://socialmediavictims.org/mental-health/fomo/>

Social Media Victims Law Center: This article discusses the phenomenon of FOMO (Fear of Missing Out) and its impact on teenagers' mental health. It suggests that FOMO can lead to extreme behaviors such as developing eating disorders, working out to excess, and taking high risks to obtain a photo for social media

<https://www.jec.senate.gov/public/index.cfm/republicans/2021/12/is-instagram-causing-poorer-mental-health-among-teen-girls>

U.S. Senate Committee on Joint Economic Committee (2021): This article discusses the potential link between Instagram use and poorer mental health among teen girls. It highlights that digital media was consistently associated with a higher likelihood of suicidal and non-suicidal self-harm and depression among girls

<https://www.theguardian.com/technology/2021/sep/18/teenage-girls-body-image-and-instagrams-perfect-storm> Millions of teenagers worry about body image and identify social media as a key cause – new survey by the Mental Health Foundation

The Guardian (2021): This article discusses how Instagram can exacerbate body image issues among teenage girls. It cites internal research leaked to the Wall Street Journal, which found that the app has made body image issues worse for one in three girls

## [Social Media and Teen Mental Health - The Annie E. Casey Foundation](#)

Annie E. Casey Foundation (2023): This blog post discusses the concerning effects of social media on teen mental health. It highlights that studies have found a connection between social media cyberbullying and depression among young people. Teen girls and minority youth are more likely to experience cyberbullying and online harassment, which can lead to negative emotions and actions.