

Social media may actually boost mental health for millennials

Article



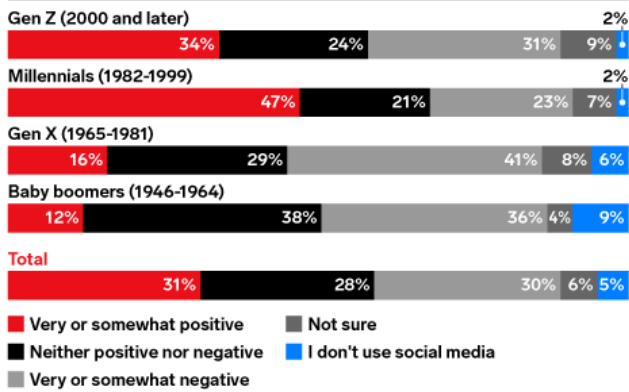
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Thirty-one percent of US adults said social media has a positive effect on their mental health, per YouGov. However, almost as many (30%) feel it has a negative influence. Across

generations, millennials are most likely to report a positive effect, while Gen Xers are more likely to cite a negative impact.

Do US Adults Think That Social Media Has More of a Positive or Negative Effect on Their Own Mental Health?

% of respondents, by generation, Feb 2023



Source: YouGov as cited in company blog, March 11, 2023

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Beyond the chart: When it comes to the mental health of teens, nearly a fifth of US adults believe social media is completely responsible for the increase in depression among these younger users, per the [YouGov](#) study.

To help make social media a safer place for teens, companies like TikTok and Meta have incorporated [age verification technology](#) and [screen time limits](#).

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Methodology: Data is from a March 2023 YouGov study as cited in company blog. 6,809 US adults ages 18+ were surveyed online during February 22-23, 2023. The sample was weighted according to gender, age, race, education, US census region, and political party.