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LGBT+ Teens, Social Media Use & Depressive Symptoms

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LGBT+ TEENS, SOCIAL MEDIA USE & MENTAL HEALTH

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RESULTS

• The majority of respondents identified as 16 year old white, bisexual females
• There were a total of six moderate, significant correlations between the following variables:
  • “How frequently do you use SNSs?” & “In the past seven days, it was hard for me to have fun” (r = .361, p = .039)
  • “How frequently do you update your profile image?” & “In the past seven days, I felt alone” (r = .535, p = .001)
  • “How frequently do you visit your friends’ homepage?” & “In the past seven days, I felt unhappy” (r = .452, p = .009)
  • “How frequently do you update your friends’ homepage?” & “In the past seven days, I felt like I couldn’t do anything right” (r = .386, p = .029)
  • “How frequently do you update your status?” & “In the past seven days, I felt unhappy” (r = .371, p = .033)
  • “How frequently do you update your status?” & “In the past seven days, I felt alone” (r = .368, p = .035)

DISCUSSION

• The research study findings, although tentative due to small sample size, support current literature stating that there is a significant link between social networking site use and the prevalence of depressive symptoms in LGBT+ youth.
• Replication with a larger sample is needed to confirm these findings
• The researchers recommend the use of a mixed-method approach to gain access to qualitative data on the subject

METHODS

• The researchers utilized a snowball sampling method
• The measurement tool was an anonymous, 27-question online SNAP survey consisting of two existing quantitative measures:
  • The Social Network Sites (SNSs) Usage Questionnaire
  • The Pediatric Depressive Symptoms Survey
• Surveys were distributed via the researchers’ personal social media accounts & emails to local support agencies
• The researchers received a total of 56 completed questionnaires
• Based on an initial assessment of the data & exclusion criteria, n = 34
• The researchers utilized SPSS 24 to conduct Pearson’s Correlation Analyses

REFERENCES