



Selected Findings: Social media use, network characteristics, and mental health

- Participants who have ever written a blog were significantly more likely to be sad or unhappy. Asian Americans are more likely to blog than white, African American, and Hispanic participants.
- The fewer people they knew well on Facebook within their friendship network, the more likely they were to be unhappy or sad. African American and Multiracial participants are generally more likely to know their Facebook friend networks well.
- Lower status, male, and adolescent participants reported significantly more rude or mean comments posted online about them.
- Female and emerging adults aged 18-25 were more likely to not be able to stop checking their Facebook or emails.
- Adolescents aged 12-17 and Asian Americans were significantly more likely to post to Facebook networks about their bad day.
- African Americans had the highest number of friends on Facebook and were the most likely to use Twitter to tell friends about a bad day.

Methodology

This fact sheet is based on a purposively sampled online survey of adolescents and emerging adults aged 12-25, including a subsample of 34 women of color respondents who also volunteered to complete a one hour phone interview. Online survey participants were recruited from January – September 2013. Interviews were conducted June 2013-January 2014. The online survey sample was obtained using multiple recruitment strategies including teacher, professor, parent, and friend recruitment through email, Facebook, Twitter, and Tumblr; and Facebook advertisements (which reached over 1.7 million Facebook pages). Survey respondents completed confidential, 30-minute, self-administered online questionnaires. The 2307 participants recruited to the online survey came from 47 different states and were 79% female, 19% male, and 2% transgender/ other. The sample was over half minority: 49% white, 33% Asian American, 7% African American, 6% Hispanic, 5% Multiracial, and less than 1% Native American. 2% of the sample came from 25 countries other than the U.S. 2% were not U.S. citizens but were currently attending a U.S. school. Mean age was 19.32 (SD=2.164). Average level of mother's education for the sample was between some college and finished college.