6th International Conference on

# Depression, Anxiety and Stress Management

April 25-26, 2019 | London, UK

## Instagram: Friend or foe? The application's impact on Psychological wellbeing

**Samantha Mackson**
Nova Southeastern University, USA

The purpose of this study was to examine the impact of the popular and relatively new social media application, Instagram, on its users' psychological wellbeing. Whereas some research has identified a negative association between social media platforms and psychological wellbeing, other research suggests that social media may benefit users' sense of social support and social connection. Participants (N= 204) were recruited through social media platforms (e.g., Facebook, Reddit, Instagram, Twitter) and were invited to complete an online survey. Participants were invited to participate regardless of whether they use or have an Instagram account. They were assessed on their time spent on Instagram, Instagram anxiety, trait anxiety, social comparison, loneliness, depression, body image, and self-esteem. Results revealed that participants who had an Instagram account (n= 157) reported lower levels of anxiety, depression, and loneliness, and higher levels of self-esteem, than participants who did not have an Instagram account. Further, loneliness and self-esteem mediated the association between having an Instagram account and depression and anxiety. Among participants who had an Instagram account, Instagram anxiety was a significant predictor of anxiety, while social comparison was a significant predictor of depression. These results imply that Instagram promotes psychological wellbeing, broadly defined, perhaps by fostering a sense of community and belonging. However, when Instagram users experience Instagram anxiety or engage in social comparison, it is associated with poor psychological indicators, including anxiety and depression. This research provides valuable insight into the psychological impact that Instagram can have on its users. Future research should examine the mechanisms underlying Instagram anxiety and social comparison and how they can be targeted with therapeutic interventions.

sm2913@mynsu.nova.edu

Journal of Depression and Anxiety
ISSN: 2167-1044

Stress 2019
April 25-26, 2019

Volume 8

Page 51