

Increased social media use leads to increased feelings of depression

The Sainte-Justine Hospital in Montreal, Canada recently conducted a study on the link between screen time and depression in teenagers. The study, which was conducted from 2012 until 2018, found that increased screen time, especially on social media, led to an increase in depressive symptoms.

Consequently, the study also found that time spent playing video games did not contribute to depression in these high school students. The study examined the behaviour of over 3,800 subjects from grade seven to grade 11 who spent six to seven hours in front of a screen each day.

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