

APA Citation:

Alruwayshid, M., Alduraywish, S., Allafi, A., Alshuniefi, A., Alaraik, E., Alreshidi, F., Almughais, E., & Alruwayshid, N. (2021). The influence of social media on body dissatisfaction among college students. *Journal of Family Medicine & Primary Care*, 10(4), 1741–1746. [https://doi-org.srv-proxy1.library.tamu.edu/10.4103/jfmpc.jfmpc\\_1529\\_20](https://doi-org.srv-proxy1.library.tamu.edu/10.4103/jfmpc.jfmpc_1529_20)

Overview:	<ul style="list-style-type: none"><li>• This study focuses on the correlation between use of social media and levels of body dissatisfaction in college students.</li></ul>
Research Approach/Methods	<ul style="list-style-type: none"><li>• Gave a simple random sample of college students a questionnaire that helped evaluate their attitudes about their bodies.</li></ul>
Results/Findings	<ul style="list-style-type: none"><li>• The study showed a low level of students not being satisfied with their bodies due to social media.</li><li>• The low correlation was similar between males and females.</li></ul>
Relevance to Project	<ul style="list-style-type: none"><li>• The use of social media can differ for people, while some can be more perceptible to what they see online, others use the content purely as a source of entertainment.</li></ul>

APA Citation:

Balouch, M. A., Kausar, R., Abbassi, M. A., Soomro, S., Khan, S., & Ansari, M. I. (2022). Online social networking usage and frequency of Depression in Undergraduate University students. *Journal of University Medical & Dental College*, 13(2), 382–386. <https://doi-org.srv-proxy1.library.tamu.edu/10.37723/jumdc.v13i2.551>

Overview:	<ul style="list-style-type: none"><li>• Researchers investigate whether there is a correlation between usage of social media and severity of depression in undergraduate students.</li></ul>
Research Approach/Methods	<ul style="list-style-type: none"><li>• Researchers used a questionnaire given to a random sample of people of ranging ages beyond college students with different usages of social media.</li><li>• Questionnaire provided questions</li></ul>

	about social media use and mental wellness.
Results/Findings	<ul style="list-style-type: none"> <li>• Social media was more frequently used by people of college age, more specifically college males, and most of them displayed some level of depression.</li> </ul>
Relevance to Project	<ul style="list-style-type: none"> <li>• Social media is a largely used network by college students and the use of it amongst college students can lead to a negative impact in their wellbeing</li> <li>• This shows the importance of how the use and gratification of social media is important to college students even if it is negatively impacting them.</li> </ul>

APA Citation:

Budenz, A., Klassen, A., Purtle, J., Yom-Tov, E., Yudell, M., & Massey, P. (2022). "If I was to post something, it would be too vulnerable:" University students and mental health disclosures on instagram. *Journal of American College Health*, 70(2), 615–624.  
<https://doi-org.srv-proxy1.library.tamu.edu/10.1080/07448481.2020.1759608>

Overview:	<ul style="list-style-type: none"> <li>• This article studies the comfortability level of college students with mental health disorders to post mental health disclosure on instagram.</li> </ul>
Research Approach/Methods	<ul style="list-style-type: none"> <li>• Researchers used interviews and instagram data to determine features of these students' uses of instagram.</li> </ul>
Results/Findings	<ul style="list-style-type: none"> <li>• Many participants did not post things to instagram that would disclose mental health largely due the stigma around mental health and not wanting the public in on their lives.</li> <li>• Many participants owned second accounts where they would feel more comfortable disclosing more information about their mental health.</li> </ul>
Relevance to Project	<ul style="list-style-type: none"> <li>• College students not feeling comfortable disclosing mental health problems on social media exemplifies</li> </ul>

	the use of social media being seen as a source for uplifting entertaining content to many college students, rather than a support-seeking platform.
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APA Citation:

Ozer, N., Tanriverdi, D., & Ozguc, S. (2024). The relationship between social media addiction and emotion regulation skills and sleep quality of university students. *Annals of Medical of Research*, 31(7), 540–545.

<https://doi-org.srv-proxy1.library.tamu.edu/10.5455/annalsmedres.2024.05.099>

Overview:	<ul style="list-style-type: none"> <li>This article conducted a study on university students' emotional regulation skills and sleep quality in relation to their level of social media addiction.</li> </ul>
Research Approach/Methods	<ul style="list-style-type: none"> <li>They researched this by providing a scale for social media addiction and have the students fill out a form on personal information.</li> <li>To study their emotional regulation skills they used a questionnaire, and to study their sleep quality they used a sleep quality index.</li> </ul>
Results/Findings	<ul style="list-style-type: none"> <li>Researchers found that out of the students who had an addiction to social media, they also had poor sleep quality.</li> <li>The more a student was addicted to social media, the worse their sleep quality was.</li> </ul>
Relevance to Project	<ul style="list-style-type: none"> <li>Displays the relationship between students and their active use of social media frequently.</li> <li>This is important because it shows the level of importance social media has to college students despite the repercussions of being addicted.</li> </ul>

APA Citation:

Steers, M. N., Strowger, M., Tanygin, A. B., & Ward, R. M. (2024). Do you “like” problems? The linkage between college students’ interactions with alcohol-related content on social media and their alcohol-related problems. *Drug & Alcohol Review*, 43(1), 75–85.  
<https://doi-org.srv-proxy1.library.tamu.edu/10.1111/dar.13729>

Overview:	<ul style="list-style-type: none"><li>• The research in this article tests alternative influences to drinking in college outside of influence by peers, and the consequences as a result of these influences.</li></ul>
Research Approach/Methods	<ul style="list-style-type: none"><li>• Studied students at two US universities</li><li>• Used a survey to get information from these students about where they see alcohol related content, whom the influence comes from, amount of drinks they have, and consequences from those drinks.</li></ul>
Results/Findings	<ul style="list-style-type: none"><li>• People whose motives came from seeing celebrity alcohol related content tended to have higher peak drinks and worse consequences.</li></ul>
Relevance to Project	<ul style="list-style-type: none"><li>• College students' use of social media can influence their lives and the decisions they make at home for entertainment as well.</li></ul>