# Article information:

#Sleepyteens: Social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self‐esteem - Woods - 2016 - Journal of Adolescence - Wiley Online Library  
<https://onlinelibrary.wiley.com/doi/10.1016/j.adolescence.2016.05.008>

# Article summary:

1. Social media use in adolescence is associated with poor sleep quality, anxiety, depression, and low self-esteem.

2. Adolescents who use social media at night or have emotional investment in it are more likely to have poorer sleep quality.

3. Poor sleep quality can contribute to anxiety, depression, and low self-esteem during adolescence.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "#Sleepyteens: Social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self‐esteem" discusses the potential negative effects of social media use on adolescent wellbeing. The article cites several studies that have found a link between social media use and poor sleep quality, anxiety, depression, and low self-esteem.

One potential bias in the article is that it only presents evidence supporting the negative effects of social media use on adolescent wellbeing. While there is certainly evidence to support this claim, there are also studies that have found no significant relationship between social media use and mental health outcomes (e.g., Kross et al., 2013). By not acknowledging these studies, the article may be presenting a one-sided view of the issue.

Another potential bias in the article is that it does not consider other factors that may contribute to poor sleep quality or mental health issues in adolescents. For example, family conflict, academic stress, and peer pressure are all known risk factors for poor mental health outcomes in adolescents (Compas et al., 2017). By not considering these factors, the article may be oversimplifying the issue and attributing too much importance to social media use.

The article also makes some unsupported claims. For example, it suggests that constant incoming alerts from social media create considerable pressure to be available 24/7 and contribute to a fear of missing out. While this may be true for some individuals, there is no evidence presented to support this claim.

Additionally, the article does not explore counterarguments or alternative explanations for its findings. For example, it is possible that individuals who already have poor mental health outcomes are more likely to spend more time on social media as a way of coping with their symptoms (Kross et al., 2013). By not considering alternative explanations for its findings, the article may be presenting an incomplete picture of the issue.

Overall, while the article presents some important findings about the potential negative effects of social media use on adolescent wellbeing, it may be biased in its presentation of the evidence and oversimplifies the issue by not considering other factors that may contribute to poor mental health outcomes in adolescents.

# Topics for further research:

* Factors contributing to poor mental health outcomes in adolescents
* Social media use and mental health outcomes: conflicting evidence
* Coping mechanisms for individuals with poor mental health outcomes
* Family conflict and adolescent mental health
* Academic stress and adolescent mental health
* Peer pressure and adolescent mental health

# Report location:

<https://www.fullpicture.app/item/708b8edaa9b25978e37266f68c04bf03>