

Introduction

- There are about 2.77 billion social media users worldwide (Statistica, 2019).
- Social media usage has been correlated with loneliness, decreased emotional adjustment, and decreased self-esteem (Kalpidou, Costin, & Morris, 2011; Kim, LaRose, & Peng, 2009).
- Adolescents who used social media more experience higher levels of anxiety (Woods & Scott, 2016).

Hypotheses

1. Participants who viewed social media versus the control condition would report more negative affect and anxiety.
2. Participants who report engaging in more maladaptive behavior on social media prior to exposure would report more negative affect and anxiety after social media exposure than those who do not engage in maladaptive social media behaviors.

Method

Participants

- Participants recruited through Sona
- $N = 247$

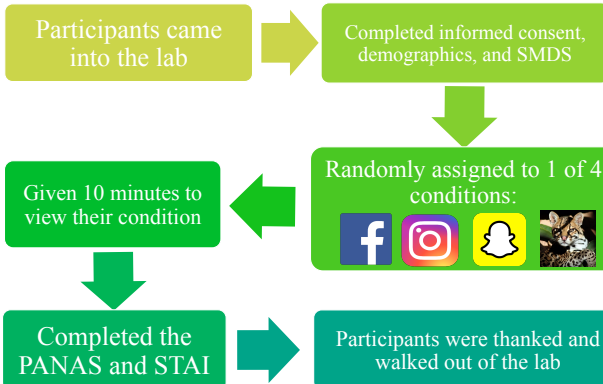
Measures

- Social Media Disorder Scale (SMDS; Van den Eijnden, Lemmens, and Valkenburg, 2015; $\alpha = .93$)
- Positive and Negative Affect Scale (PANAS; Watson, Clark & Tellegan, 1988)
- Positive affect ($\alpha = .89$)
- Negative affect ($\alpha = .90$)
- State-Trait Anxiety Scale (STAI; Spielberg, Gorsuch, Lushene, Vagg, & Jacobs, 1977; $\alpha = .73$)

Acknowledgements

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Procedure



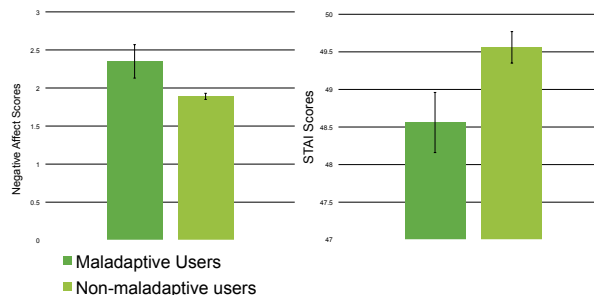
Results

Social Media Exposure vs Control Exposure

- An Analysis of the Variance (ANOVA) found no significant differences between exposure to personal social media platforms and the control ($p_{Anxiety} = .67$; $p_{PositiveAffect} = .29$; $p_{NegativeAffect} = .78$).

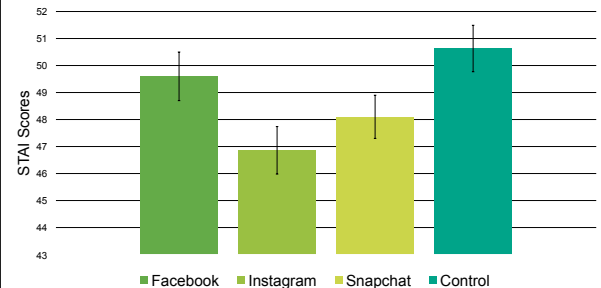
Maladaptive Social Media vs Non-Maladaptive Social Media

- Independent samples t -test revealed no significant difference between maladaptive and non maladaptive users on positive affect, $t(245) = 1.84, p = .067$.
- There was a significant difference between maladaptive users and non maladaptive users for negative affect, $t(245) = 4.13, p < .001$, and anxiety, $t(245) = -2.08, p = .038$.



Social Media Exposure vs Control Exposure with Only Maladaptive Users

- An ANOVA revealed a significant difference between conditions (Facebook, Instagram, Snapchat, and control) for anxiety, $F(3,40) = 3.36, p = .028$, but not for affect.



Discussion

Implications:

- Considers how individuals use social media instead of utilization overall.
- Examined exposure to social media alongside the maladaptive social media approach.

Limitations:

- Convenience sampling affects generalizability.
- Limited amount of social media platforms included.

Future Research:

- Potential directions toward adding social media maladaptive disorder to the clinical diagnostic manual.
- Long-term consequences for maladaptive social media usage.
- Maladaptive usage and types of accounts being used.

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