



#SleepyTeens

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Visual Thinking & Composition

Reference for the original paper:

Woods, H.C. and Scott, H. (2016). #Sleepyteens: social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self-esteem. *Journal of Adolescence*, 51, pp. 41-49.

DOI: 10.1016/j.adolescence.2016.05.008

Link to the original paper:

<https://reader.elsevier.com/reader/sd/pii/S0140197116300343?token=63E168E67F5682B417FF6899F21BE9A8F2C99EF2404D4C73097F04207BE141497BB94D13B9FED50234FDDC8348D1ED33>

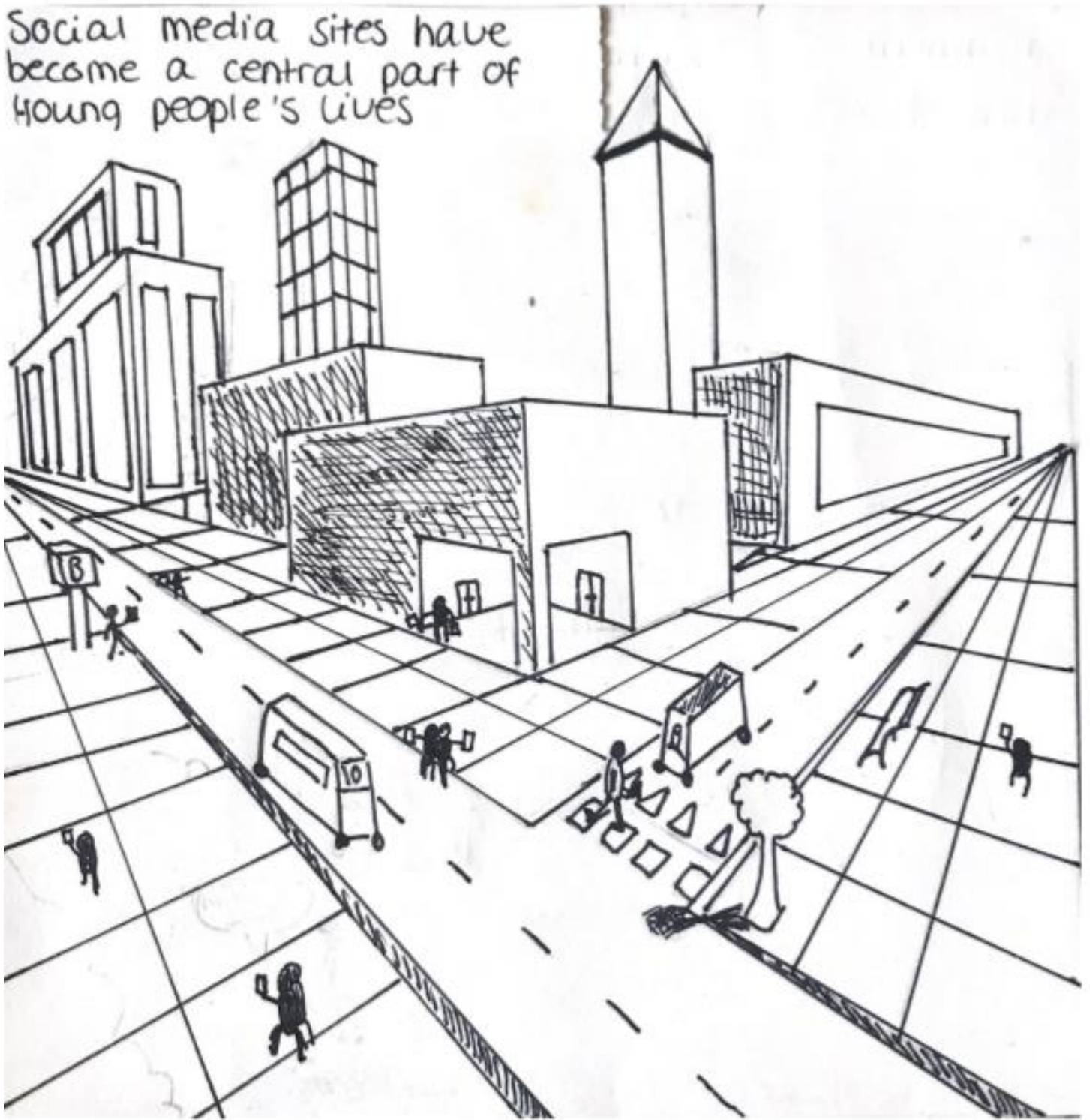
Project created for the class:

Visual Thinking and Composition, Winter 2020

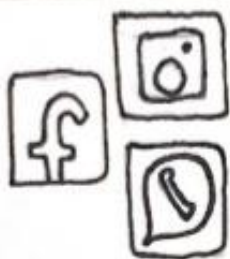
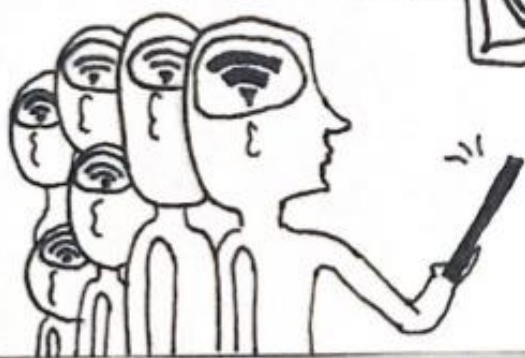
Tilburg University, Department of Communication and Cognition

Instructor: Neil Cohn, neilcohn@visuallanguagelab.com, www.visuallanguagelab.com

Social media sites have become a central part of young people's lives

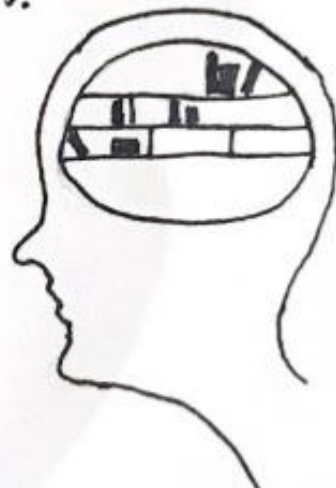


>90%

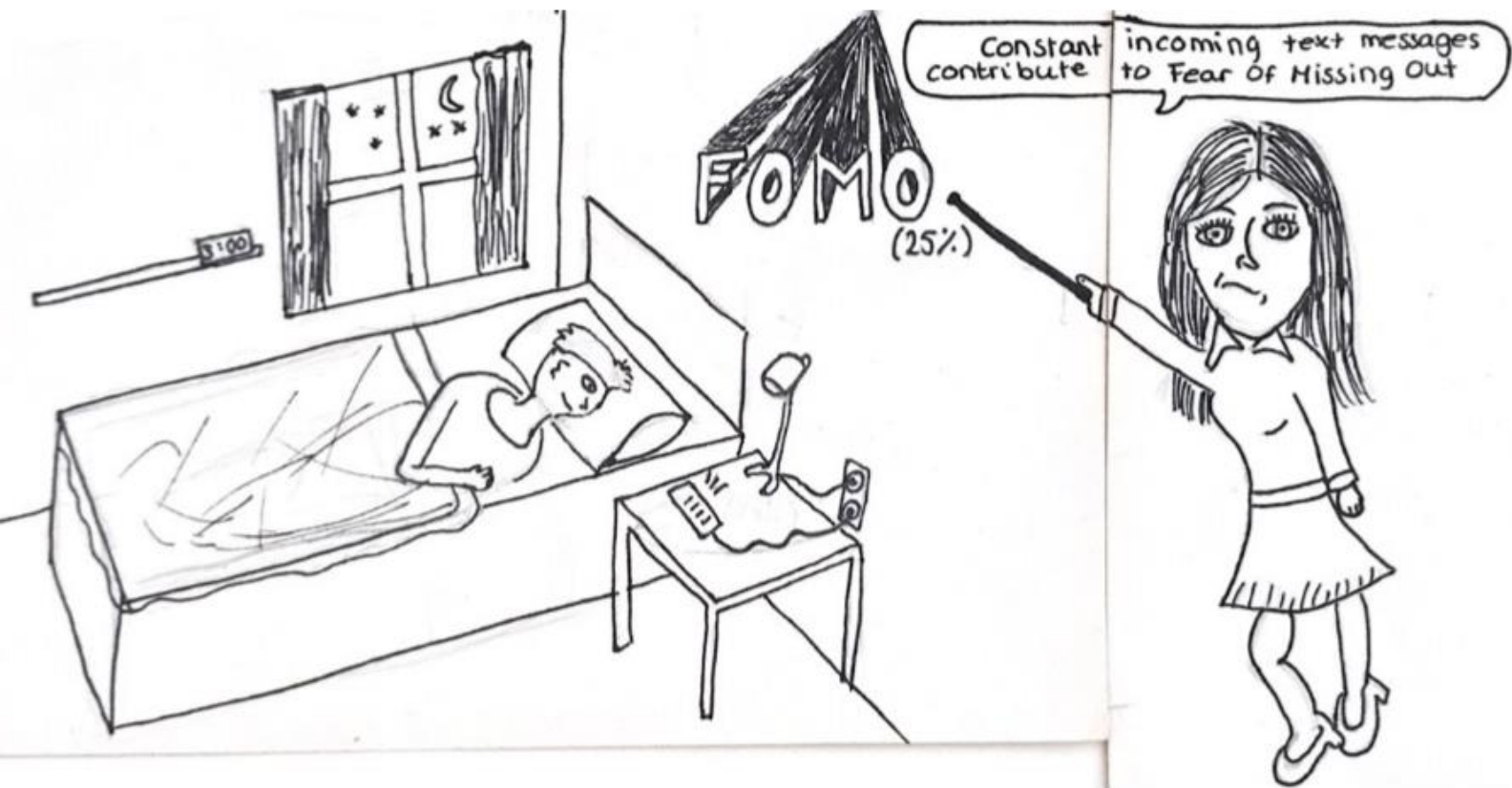


over 90% is using social media day and night

<10%



(Duggan & Smith, 2013)



It is expected that greater use of social media - day and night - will relate to poorer sleep quality



Young adults report anxiety when they cannot access social media.

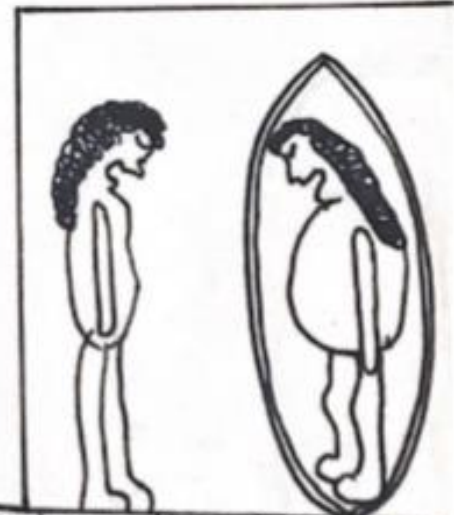
Receiving positive or negative feedback has an influence on self-esteem (Valkenburg, Peter & Schouten, 2006).

(emotional investment)



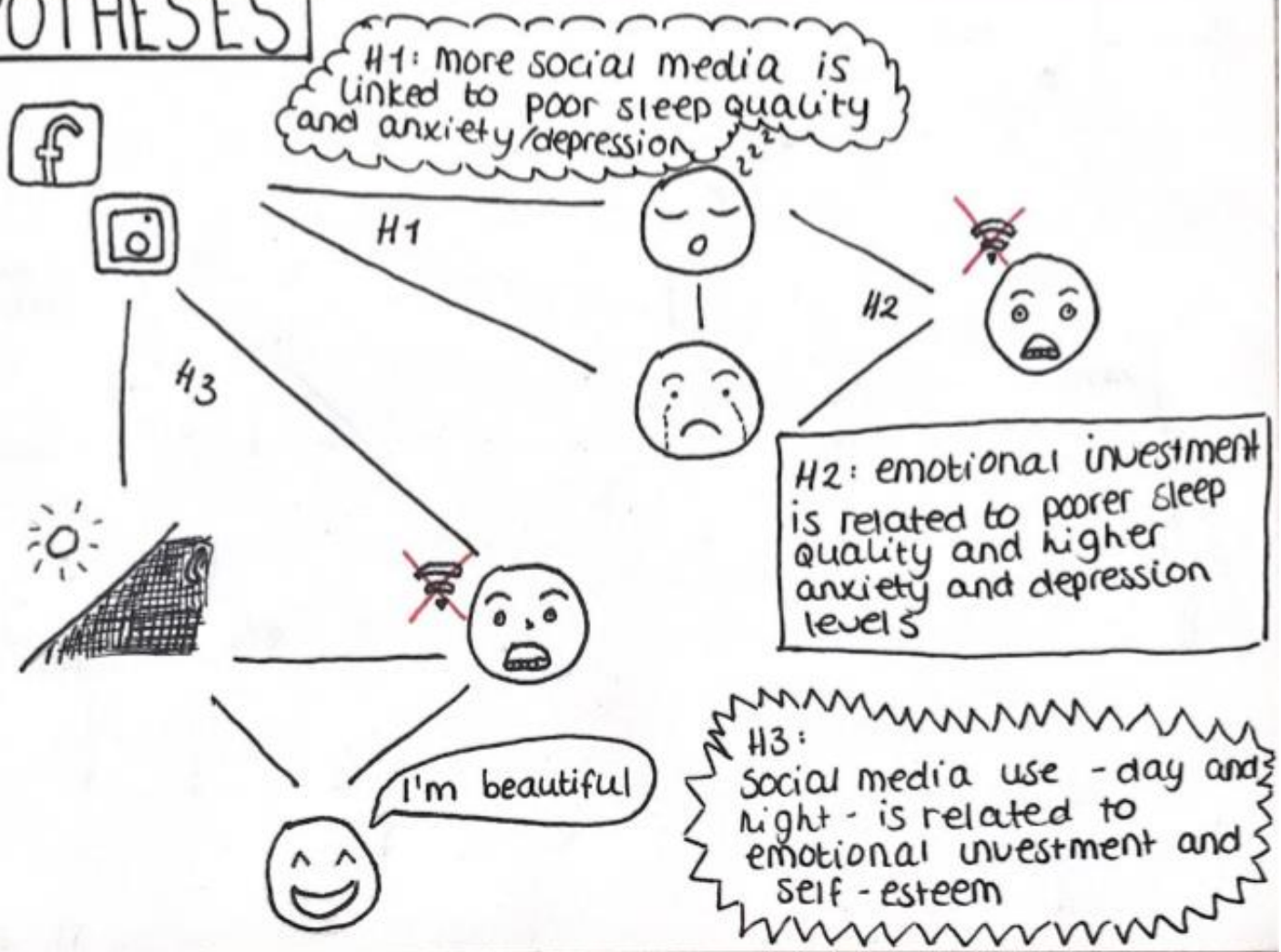


don't like
u look terrible
hate this pic



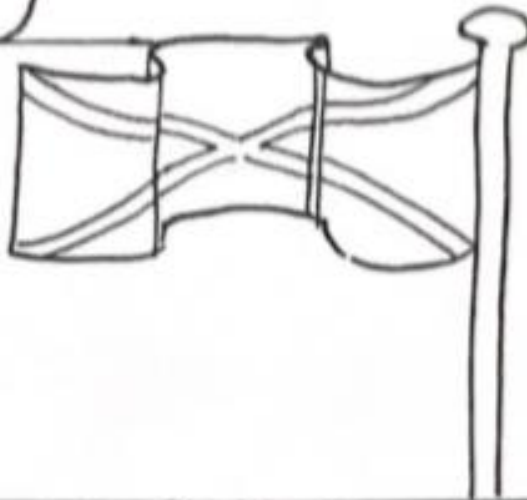
Self-esteem is vulnerable in adolescence.

HYPOTHESES



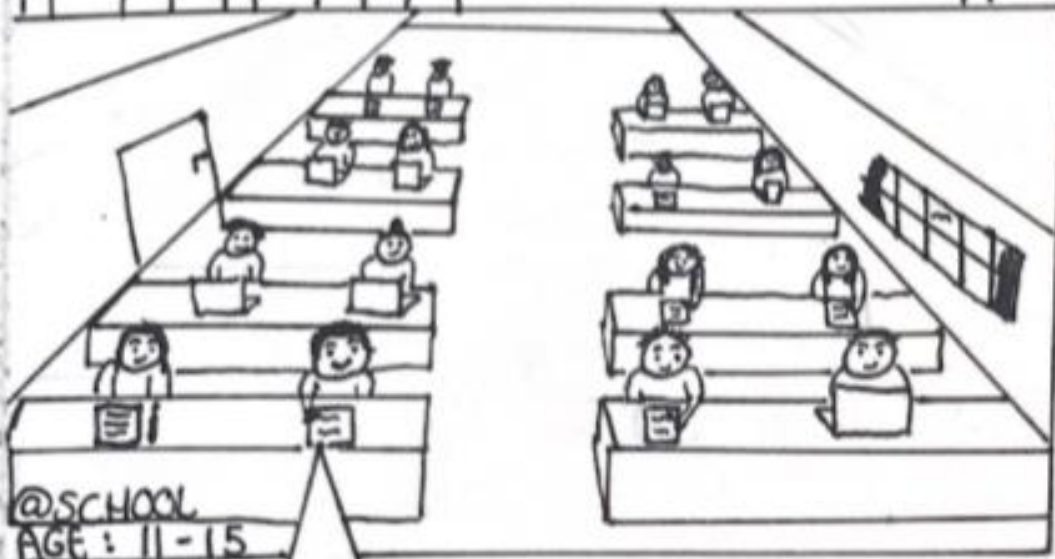
METHOD

x 467



Measures:

- Sleep Quality Index
- Anxiety & Depression Scale
- Rosenberg Self-Esteem Scale
- Social Media Use Integration Scale



@SCHOOL
AGE: 11-15

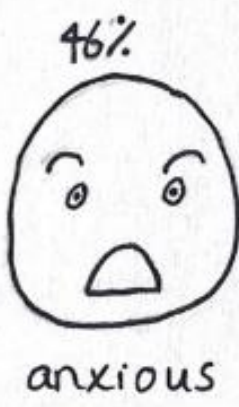


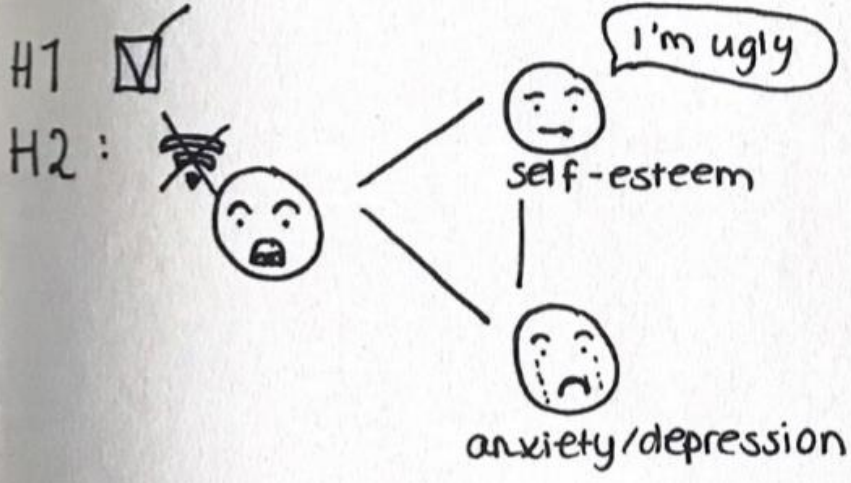
@HOME
AGE: 15-17

How often do social media alerts wake you up when you are asleep?



RESULTS





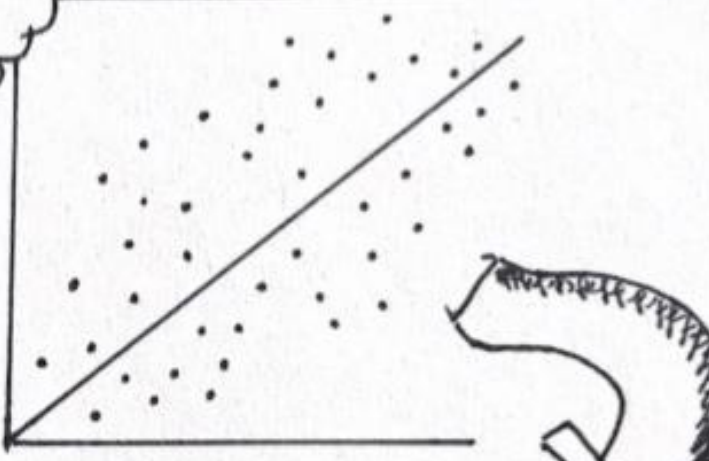
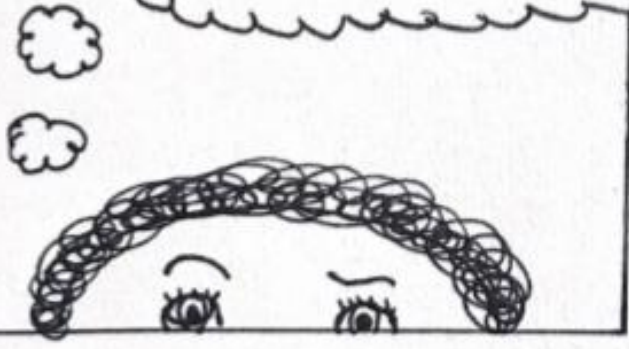
• Emotional investment is most strongly associated with self-esteem and anxiety and depression

• Poor sleep was most strongly related to nighttime social media use

H3: Self-esteem was lower when they use more social media

? Does social media use predict poor sleep after accounting for self-esteem and anxiety/depression levels? ? ? ? ? ? ? ?

A regression was carried out to examine



High anxiety group

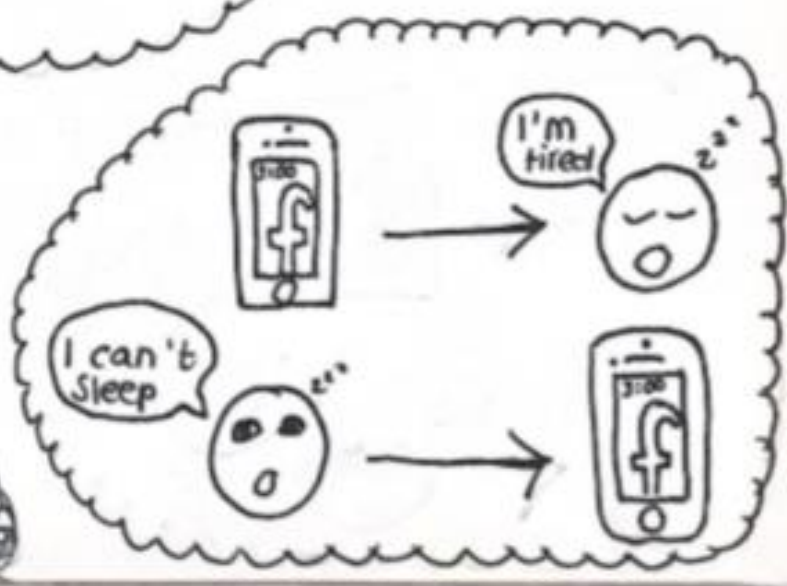
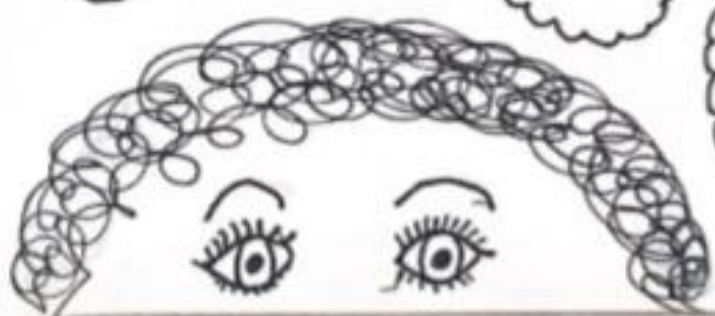
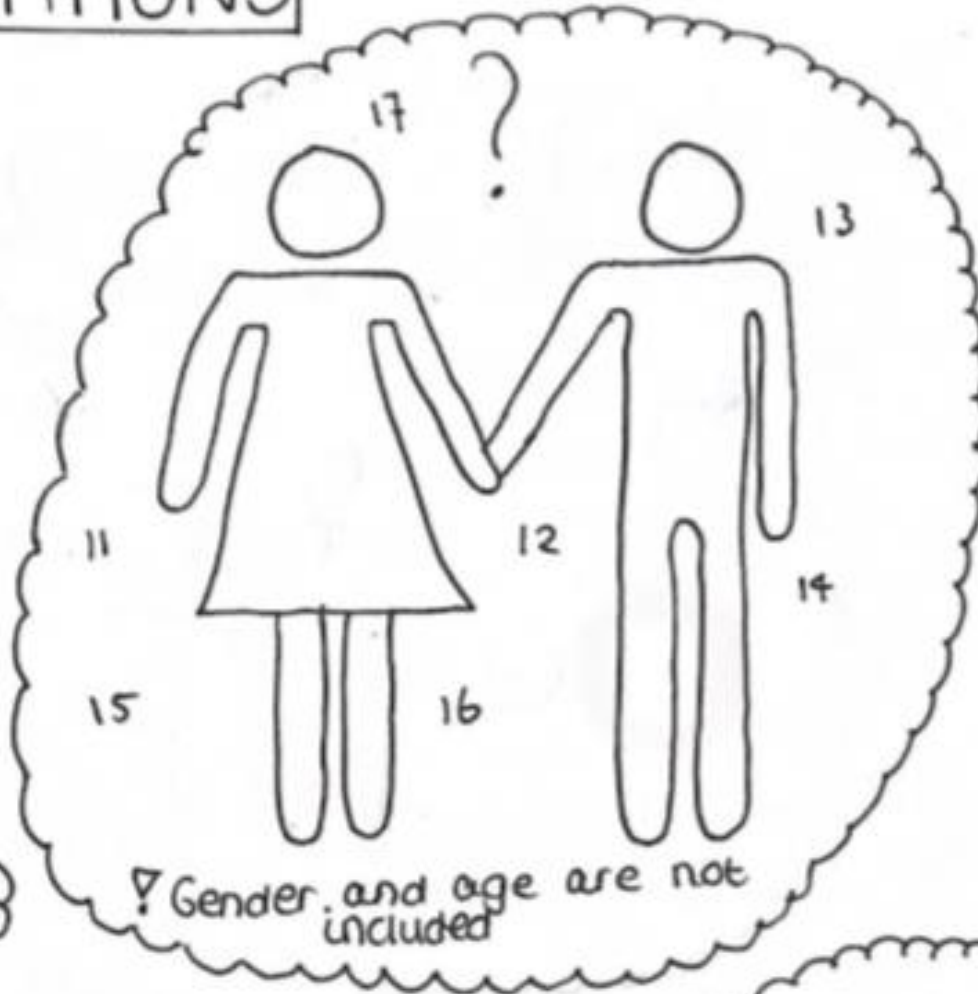
* night social media use significantly predicted poor sleep

But... only marginally significant after anxiety, depression and self-esteem were included

Full model

Only anxiety and depression significantly predicted poorer sleep quality

LIMITATIONS



So... emotional investment strongly relates to anxiety, depression and low self-esteem, more than night/day social media use

But... further research should look into the directions of the associations

