

Teens share a variety of mental health information through their personal social media accounts and that content offers important opportunities for engagement with this community

Teen Mental Health Social Media Information Behavior: A Grounded Theory Study of Teen Twitter Content

INTRO

- Teen mental health struggles and social media use are both at an all time high
- The ways teens use social media to share mental health information and the specific content they’re sharing can help us better engage with their needs

METHODS

1. 77 Publicly Available, Self-Identified Teen Twitter Accounts
2. Grounded Theory Content Analysis

 **Ragen Sevoy**

RESULTS

- 100% of accounts posted about personal struggles in general and interpersonal relationship struggles in specific, generally without any social engagement on the platform
- Other common posts included commiserating with others, sharing advice and information (notably from celebrity sources), and stress and overwhelm
- 19 accounts were excluded from the dataset for having no mental health related posts; each of these accounts had a significant focus such as political activism or competitive athletics

DISCUSSION

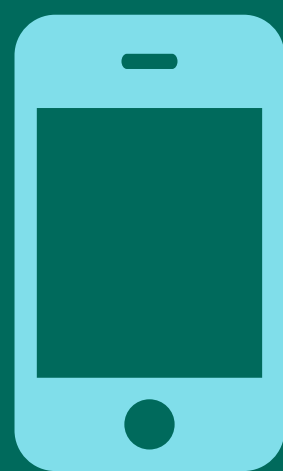
- These teens were highly stressed and struggling with their interpersonal relationships
- These teens were sharing and commiserating with each other and requesting support from each other
- These teens were often sharing mental health information and advice from celebrity sources and it was largely accurate
- Teens who did not have mental health related posts in their accounts had an active focus on activism, athletics, or accomplishments

Tweet Type Categories

Type	Number of Accounts	Number of Posts (% Total)
Sharing Personal Struggles	77 (100%)	747 (51.4%)
Commiserating	57 (74%)	253 (17.4%)
Sharing Personal Coping	55 (71.4%)	190 (13.8%)
Sharing Mental Health Information and/or Advice - Accurate	43 (55.9%)	100 (6.9%)
Sharing Mental Health Information and/or Advice - shaming	28 (36.4%)	30 (2.1%)
Asking for Support	26 (33.8%)	109 (7.5%)
Providing Support	5 (6.5%)	16 (1.1%)
Self-Deprecating Humor	3 (3.9%)	8 (0.6%)
		Total: 1,453
		Mean per person = 16.55
		SD = 6.22

Tweet Thematic Content

Theme	Number of Accounts	Number of Posts (% Total)
Interpersonal Relationships (romantic)	77 (100%)	450 (31%)
(platonic)	(54 – 70.1%)	(234 – 16.1%)
	(53 – 68.8%)	(214 – 14.7%)
Overwhelm/Burnout/Stress	54 (70.1%)	176 (12.1%)
School	49 (63.6%)	196 (13.5%)
Feeling Like a Failure	42 (54.5%)	80 (5.5%)
Sleep	40 (51.9%)	120 (8.3%)
Depression	36 (46.8%)	70 (4.8%)
Anxiety	29 (37.7%)	69 (4.7%)
Lonely	28 (36.3%)	94 (6.5%)
Unsupportive Family/Friends	22 (28.6%)	34 (2.3%)
Hopeless	8 (10.4%)	33 (2.3%)
Experiencing Personal Progress	3 (3.9%)	20 (1.4%)



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