

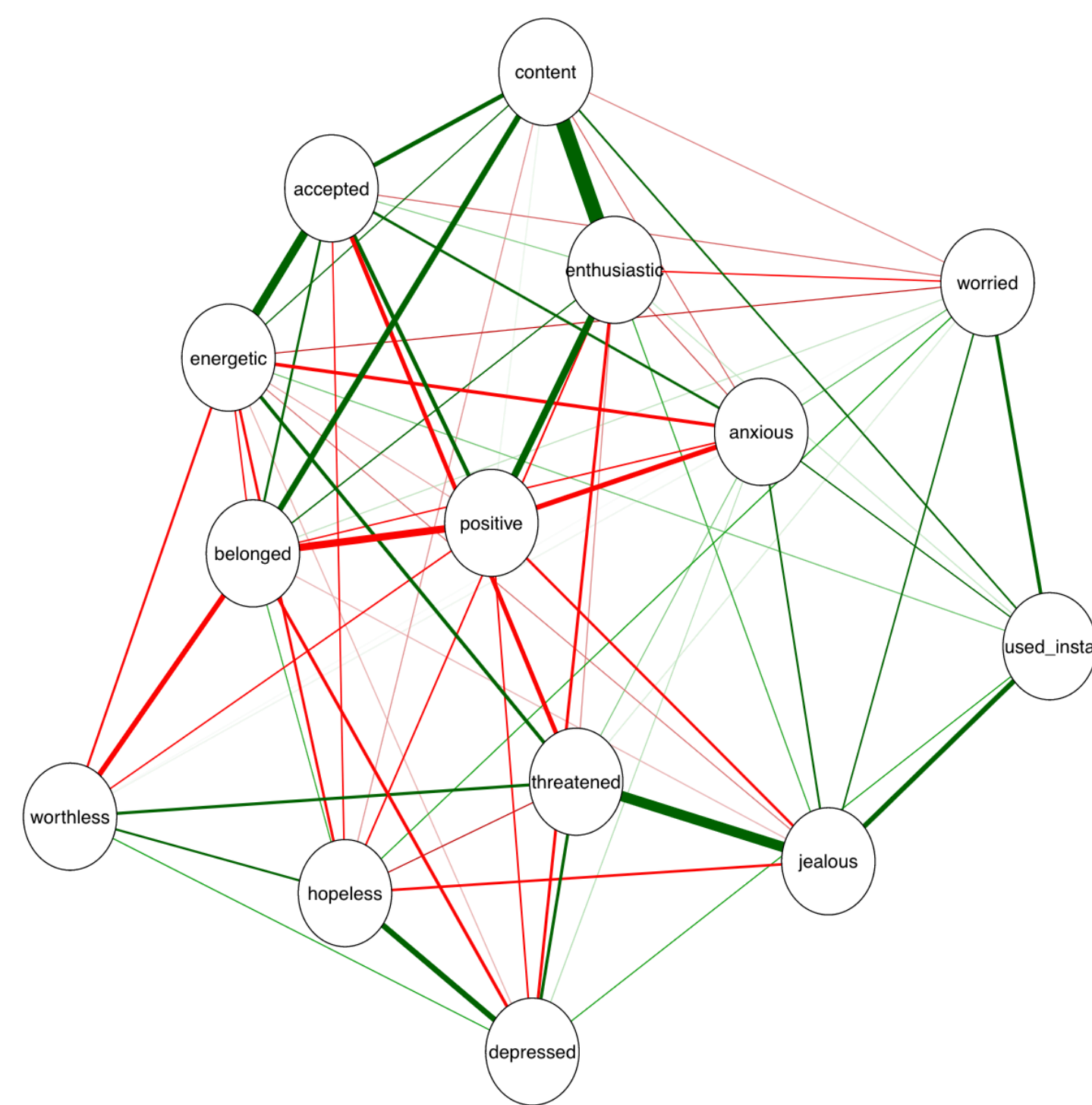
# Is scrolling bad for everyone? Exploring individual networks of Instagram use and mood

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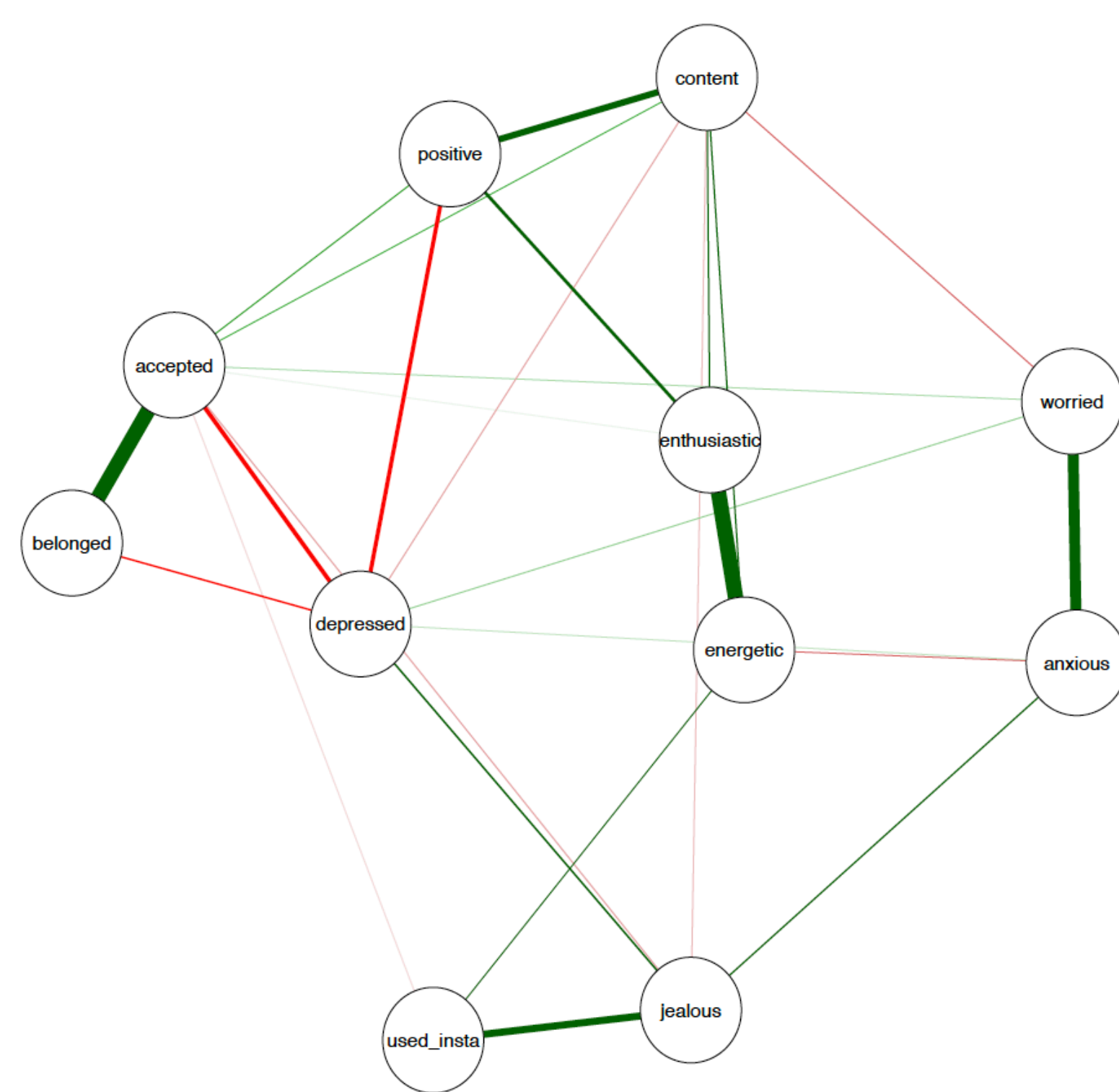
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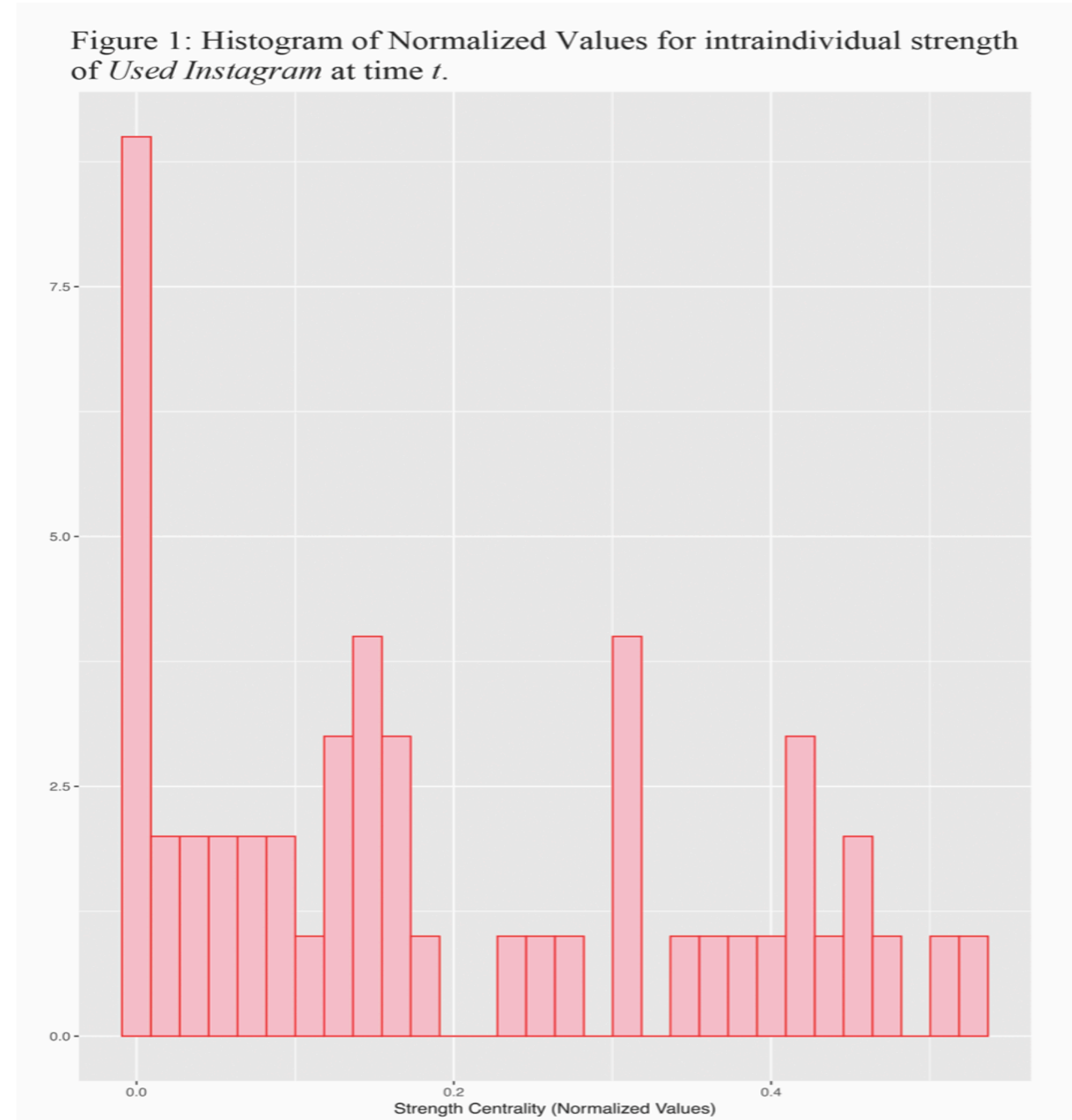
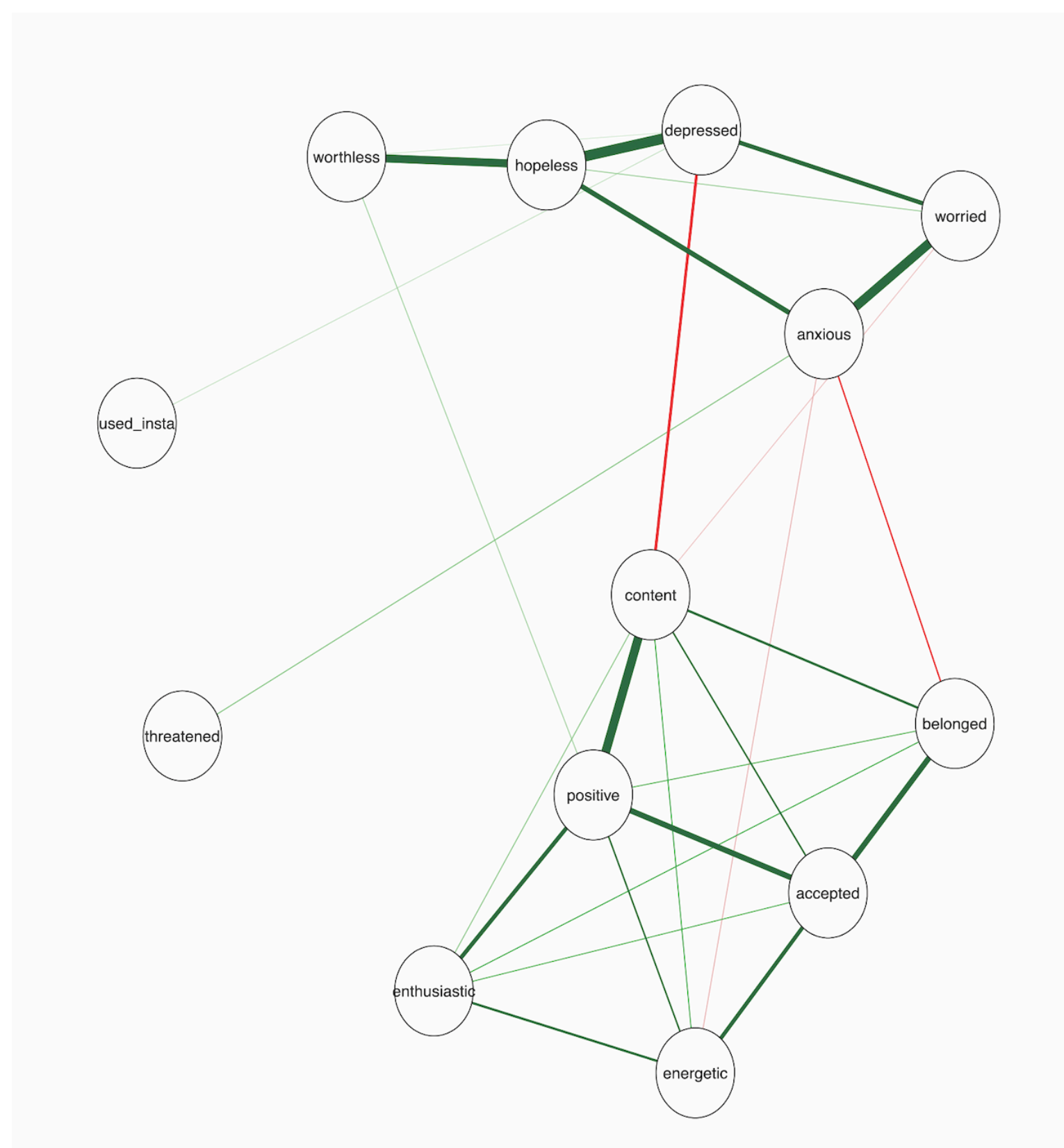
## P007 Network Model



## P024 Network Model



## P057 Network Model



## Background

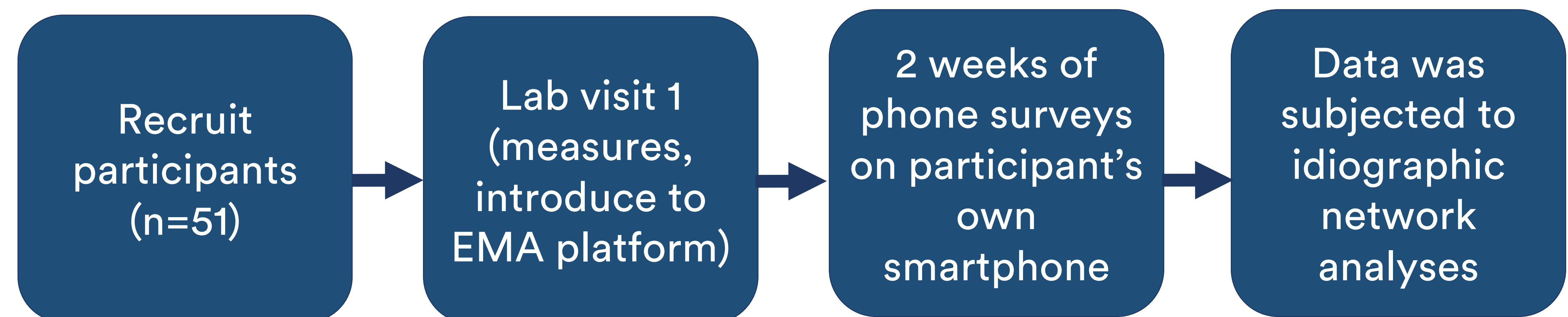
There have been contradictory findings as to the effect of social media use on mood, due to two main factors: (1) heterogeneity of types of social media use, and (2) using group-level, or nomothetic methods, and expecting that to generalize to the individuals that comprise those groups

Our aim was to investigate the effect of social media use on mood within an individual, on a person-specific basis

## Study Aims

1. Examine the heterogeneity of individual networks
2. Calculate the strength centrality of the Instagram node for each participant
3. Combine data into nomothetic, between-subjects dataset to analyze heterogeneity of networks

## Methods



## Conclusions & Future Directions

- While many participants (18%) exhibited no relationship between Instagram use and mood contemporaneously, the remaining 42 did have some degree of relationship with various mood variables
- Approaching social media research in a nomothetic manner would fail to capture this variability and may be one reason extant work has produced discrepant findings
- Example participants (to the left) illustrate this variability in the relationships
- Our results lead us to argue that nomothetic investigations of social media use are limited and will fail to capture the independent nature of the effects
- Future work should investigate them on a temporally, predictive nature using lagged association networks & assess the moderators for these relationships, truly answering the question of “*for whom is social media use detrimental?*”
- Once the field understands these answers, we can move forward with important interventions aimed at reducing the harmful effects for specified individuals