



# Instagram use and depressive symptoms among university students

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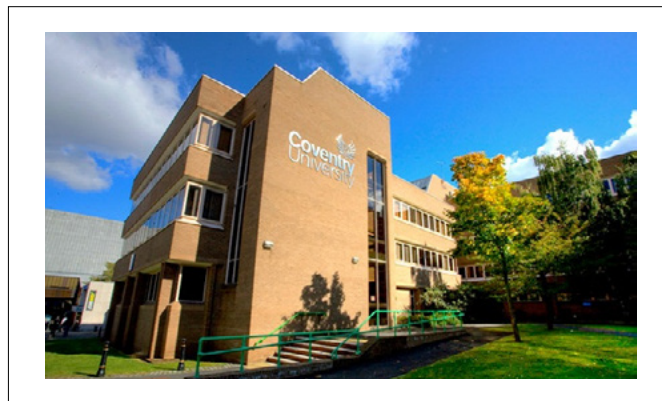
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## Abstract

Individuals who use Instagram have led to the association of various mental health disorders. Instagram was found to have the highest negative correlation associated with depression than when compared to other social media platforms. The purpose of this study is to gain insight into the relationship between Instagram and the display of depressive symptoms. Social media use will be defined as checking frequency and time spent. A mix method design consisting of questions gathering how much time participants generally use Instagram for and what purpose they use it for. This study includes the Beck Depression Inventory which measures the severity of depression which has been widely used in previous research. When adolescents use Instagram as a way to relieve stress or habituated of going onto the app, they have been found to feel more psychological distress the more time and frequency spent. Instagram is a platform that helps businesses flourish and help others connect however, without caution and care it could negatively affect an individual's well-being. Instagram helps views set unrealistic expectations of a perfect life where adolescents should occasionally learn to take time off from social media and limit themselves to prevent adding more distress to their personal lives. Nowadays phone and social media settings allow individuals to set a daily time limit on the app. Further research should investigate minimizing the usage of time and frequency spent on Instagram.

## Biography

Sophia Mie Iimura is a conscientious final year BSc (HONS) Psychology undergraduate at Coventry University. She took on a hospital placement as a Student Assistant Psychologist and involved herself in countless work experiences to ultimately reach her goal of helping people through Clinical Psychology. As a student, she used her interests in sports acting as a project leader in the 24-hour race showing both her passion for sports and her love for running but similarly her leadership in advocating for social issues. She took part in various leadership roles over the years ranging from working with kids at YMCA to volunteering at a mental health placement in Bali, Indonesia. Upcoming year, she will be participating as a delegate for the United Nations at a conference.



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