Mental Health Outcomes

Depression and Anxiety

Self-Esteem and Body Image

Types of Social Media Activities

Passive vs. Active Consumption

Online Interactions

Demographics and Individual Differences

Cultural and Socioeconomic Factors

Age and Gender

Frequency and Duration of Social Media Usage

Time Spent on Social Media

Patterns

of Usage

The Relationship Between Social Media Usage and Mental Health in Adolescents

**BUBBLE**

**MAP**

Brainstorming in a nutshell

is a process of generating ideas. The term has come to imply any ree-association method of generating ideas and includes idea generation techniques that involve giving everyone in a group, or at least the leader, time to think of as many ideas as possible within the time allotted.

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