



The Clock is TikToking: The Urgent Need to Understand Social Media and Teen Suicide Risk

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Agenda/Overview for Today



The Big Picture:
What's the Problem?



What We Know:
Social Media &
Suicide Risk



What We Need
to Know
& What We Can Do
Right Now!

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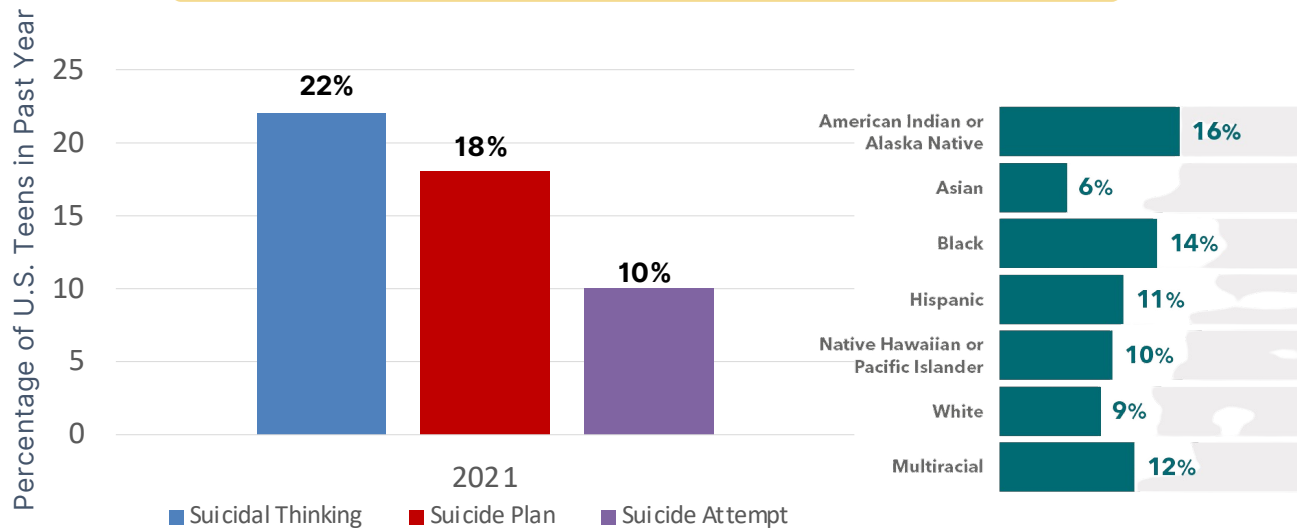
Public Health Problem

SUICIDE IS A LEADING CAUSE OF DEATH AMONG adolescents and young adults, with rates continuing to increase in recent years.



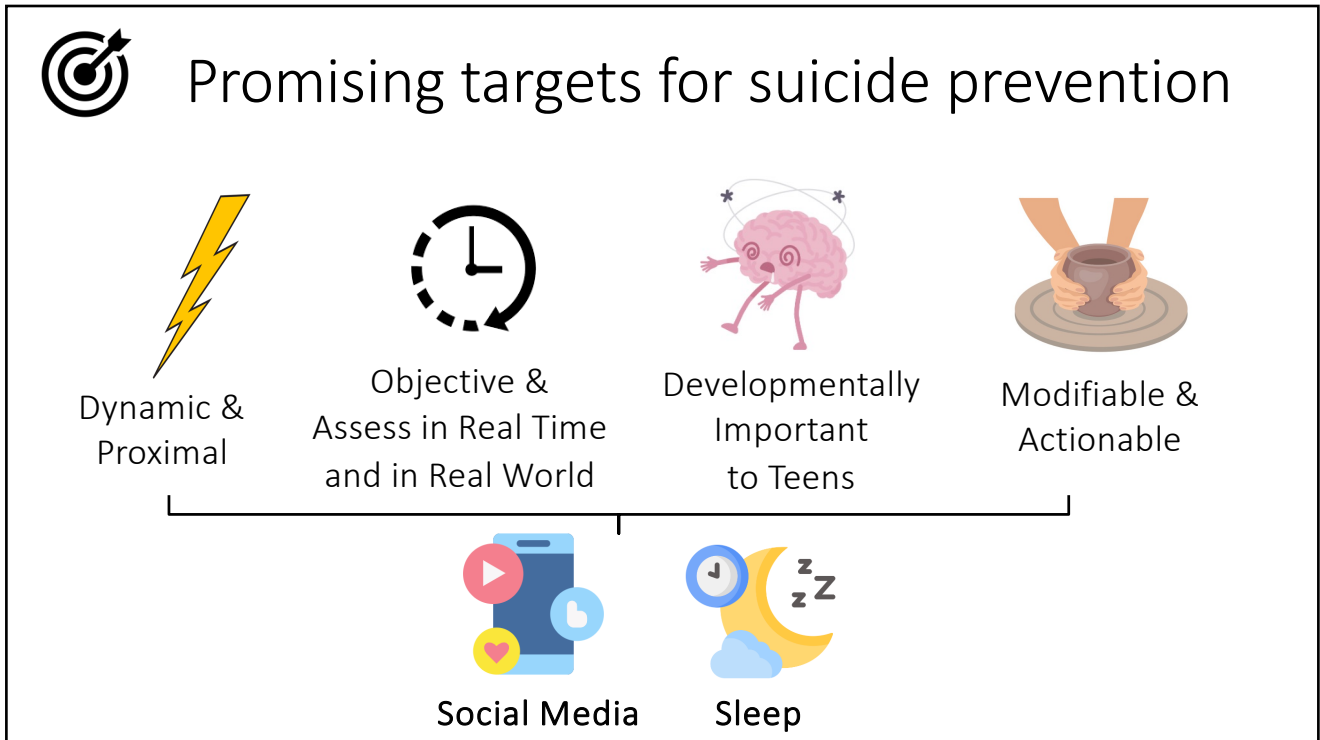
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Suicidal Thoughts and Behaviors in Teens

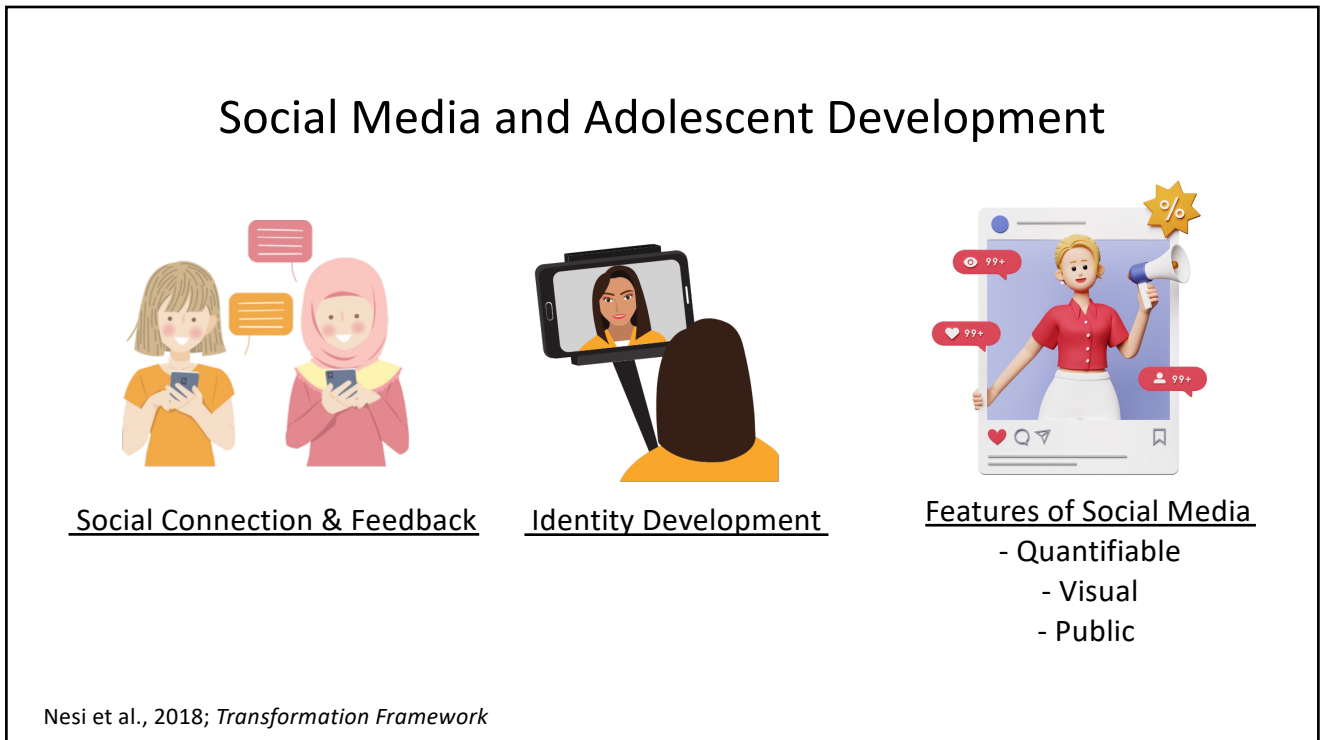


CDC, 2023

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Nesi et al., 2018; Transformation Framework

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We have it all figured out... Social Media

New Study Suggests Excessive Social Media Use Is Comparable To Drug Addiction

N.J. teen's suicide highlights dangers of social media bullying

 U.S. News & World Report

As Social Media Time Rises, So Does Teen Girls' Suicide Risk

"We found that girls who started using social media at two to three hours a day or more at age 13, and then increased [that use] over time, had the ...

Meta Accused by States of Using Features to Lure Children to Instagram and Facebook

By Cecilia Kang and Natasha Singer
 Cecilia Kang covers technology policy from Washington.
 Natasha Singer covers children's online privacy and tech regulation.
 Oct. 24, 2023

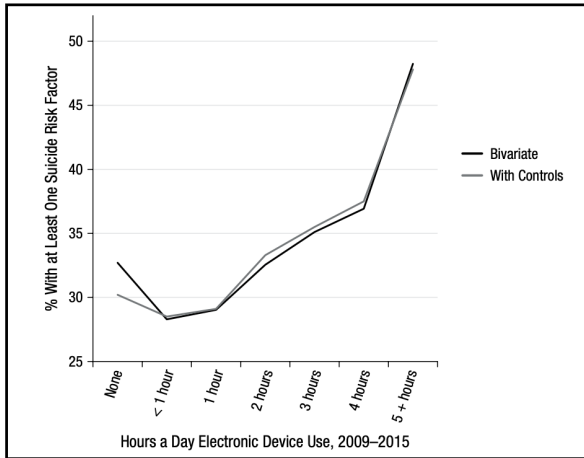
Utah bans under-18s from using social media unless parents consent

Governor signs law putting restrictions on TikTok, Instagram, Facebook and other platforms, including requiring them not to get minors addicted

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Does Social Media Use Increase the Risk for Suicide?

“Screentime use and Suicide Risk”



Twenge et al., 2018; Nesi et al., 2021

Clinical Psychology Review
Volume 87, July 2021, 102038

ELSEVIER

Review

Social media use and self-injurious thoughts and behaviors: A systematic review and meta-analysis

Jacqueline Nesi^{a, b}, Taylor A. Burke^{a, b}, Alexandra H. Bettis^c, Anastacia Y. Kudinova^{a, d}, Elizabeth C. Thompson^{a, b}, Heather A. MacPherson^{a, d}, Kara A. Fox^e, Hannah R. Lawrence^{f, g}, Sarah A. Thomas^{a, d}, Jennifer C. Wolff^{a, b}, Melanie K. Altemus^b, Sheiry Soriano^a, Richard T. Liu^{g, h}

Key takeaways:

Not enough studies on social media use quantity or screentime.

Cyberbullying *and* suicide-related content is a major risk factor for suicidal thoughts and behaviors.

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Social media use and suicidal ideation among high-risk adolescents

ORIGINAL ARTICLE

Microstreaming BEHAVIOR

Social media use and prospective suicidal thoughts and behaviors among adolescents at high risk for suicide

Jessica L. Hamilton PhD¹ | Candice Biernesser PhD² | Megan A. Moreno MD, MS, Ed, MPH³ | Giovanna Porta MS² | Edward Hamilton² | Kelsey Johnson LPC² | Kimberly D. Poling LCSW² | Dara Sakolsky MD, PhD² | David A. Brent MD² | Tina G. Goldstein PhD²

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Correspondence

Abstract

Objective: To examine the relationship between social media use and suicidal thoughts and behaviors among adolescents in the first 30 days of an intensive outpatient program (IOP) for depression and suicidality.

Method: Participants included 100 adolescents who enrolled in an IOP for depression and suicidality and completed baseline measures of social media and weekly measures of depression and suicidal thoughts and behaviors at clinical visits over the next month.

N = 105 STAR adolescents
(intensive outpatient program for depression and suicide risk)

Study measures:

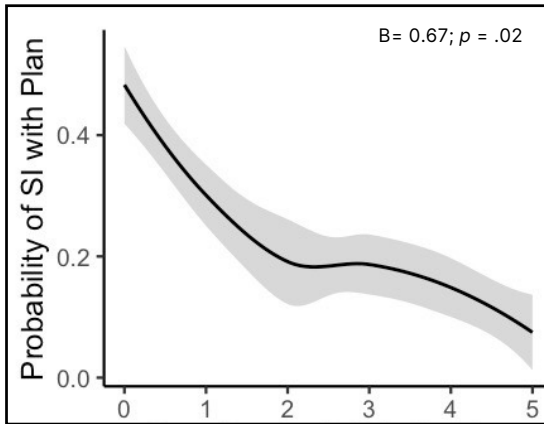
- Baseline social media use “Hours on a typical day”
- Weekly suicidal ideation (active with/without plan)

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Social media use and suicidal ideation among high-risk (clinical) adolescents

N = 105 adolescents in STAR IOP (intensive outpatient program)



Key Takeaways

- Social media is complex and nuanced.
- It has both risks and benefits.
- Experiences and content may matter more.

Hamilton et al., 2021, *Suicide and Life Threatening Behaviors*

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Negative and Positive Social Media Experiences

In-depth interviews were conducted with adolescents (n = 30) who were hospitalized in a psychiatric unit for suicide risk.



Weinstein et al. (2021)

Negative Impacts

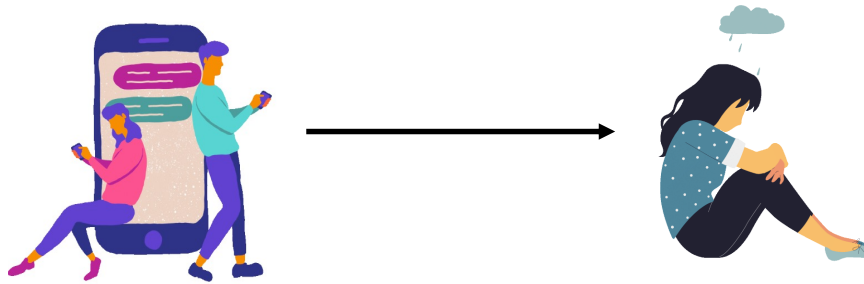
- Engagement with triggering content
- Cyberbullying, hostility, and direct exclusion
- Self - denigrating social comparison
- Burdens related to friendship expectations

Positive Impacts

- Social connection
- Positive connection
- Accessing social support
- Resources for mental health and coping
- Shared interests

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What is the relationship between social media experiences and daily suicidal thoughts?



Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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Pathways Linking Use of Social Media to Teen Outcomes (PLUS-2 Study)

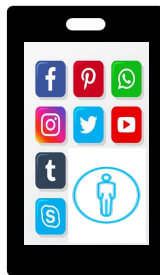


PLUS-2 Study

Duration: 8 weeks (~56 days)



Surveys- 3x/day + weekly survey



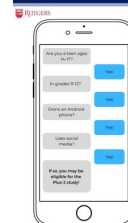
Smartphone sensing



**Actigraphy
Centreport Insight
Timers**

Target N = 115 teens (14-17 years)
50% minoritized racial/ethnic identity
*intended to be enriched for high-risk youth (with SI/SB)

Pathways Linking Use of Social Media to Teen Outcomes
Participate in the PLUS-2 Research Study



What is the PLUS-2 Study?

Researchers at Rutgers University are interested in learning how social media use impacts teens' well-being.

What is involved?

The research study involves two study visits and two months of wearing a watch-like activity tracker, completing questions every day, and installing an app on your phone that measures your phone activity. Compensation will be provided.

INTERESTED IN LEARNING MORE?
Contact the PLUS-2 Study Team at hamiltonlab@psych.rutgers.edu

K01MH121584 (Hamilton); K01 Mentor: David Brent, MD

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Our PLUS-2 Participants



Current N = 60 adolescents

Mean age = 16.04 years

49% Girls; 15% boys

62% LGBTQ+

59% Black, Latine, Asian, & Biracial

SES (MacArthur): 5.25 (SD = 1.78)

1 = lowest; 10 = highest

Suicide Risk

60% lifetime SI

25% 6-month SI

33% suicide attempt

47% active SI in EMA period

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Daily prompts (3x/day) for Social Media Experiences and Suicidal Thoughts

← Evening

Thinking about the last time you used social media, how much did you feel: **that you aren't as good (e.g., attractive/accomplished/etc.) or popular as other people?**

0 (Not at all)

1

2

Ex) Negative SM experiences

← Evening

Thinking about the last time you used social media, how much did you feel: **supported or encouraged by others?**

0 (Not at all)

1

2

Ex) Positive SM experiences

← Evening

Today, I thought about killing myself.

No

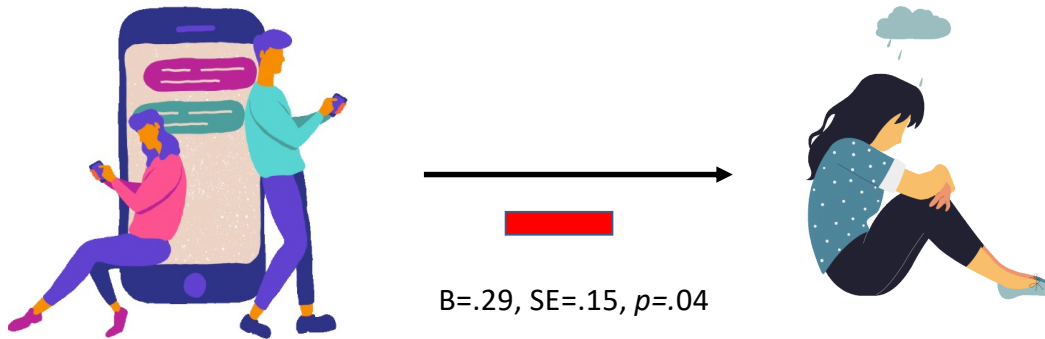
Yes, but I didn't work out th details

Yes, and I thought about th details

Suicidal Thoughts (0/1)

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Negative Social Media Experiences and Suicidal Thoughts

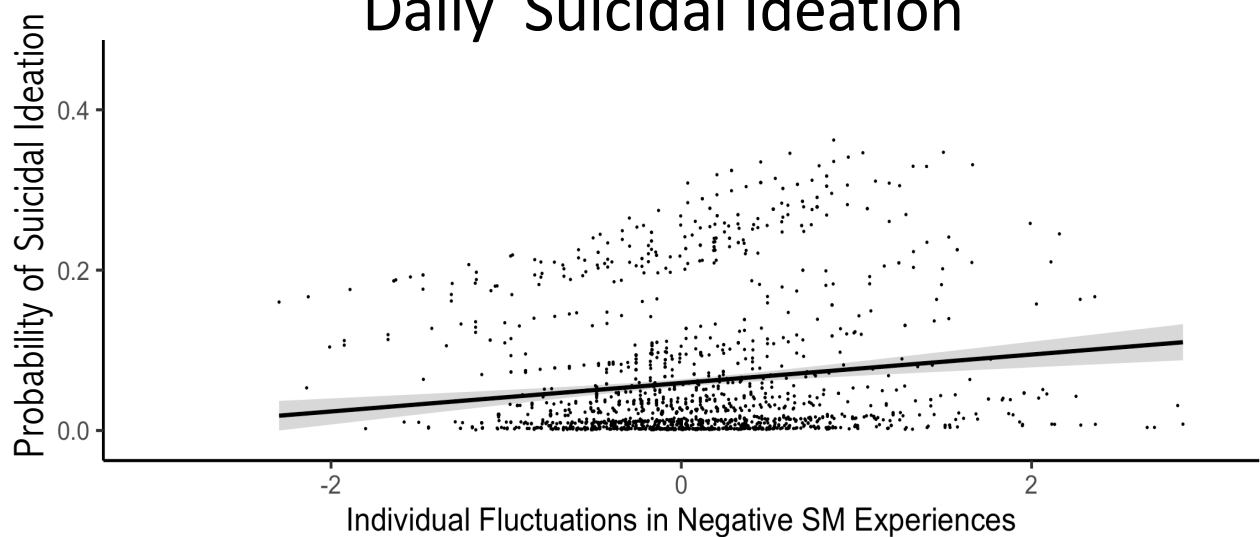


Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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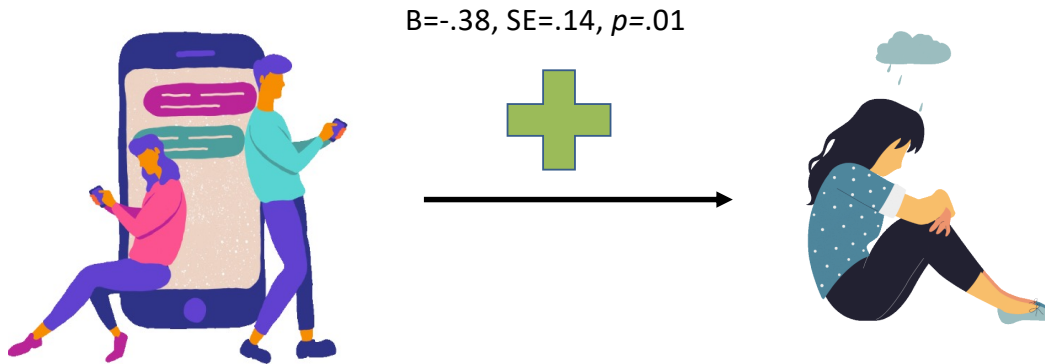
Negative Social Media Experiences and Daily Suicidal Ideation



Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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Positive Social Media Experiences and Suicidal Thoughts

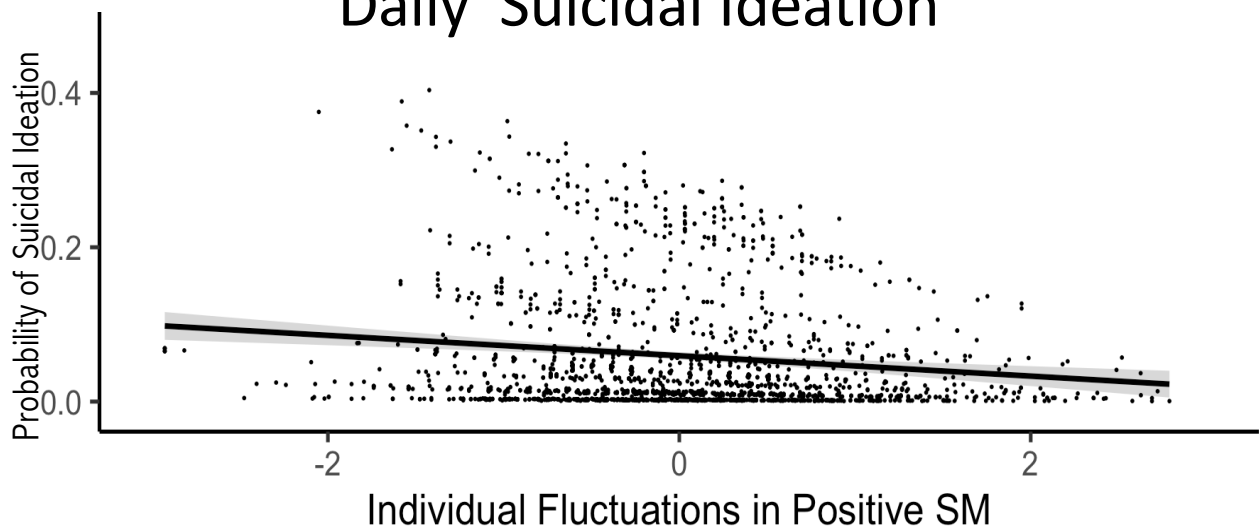


Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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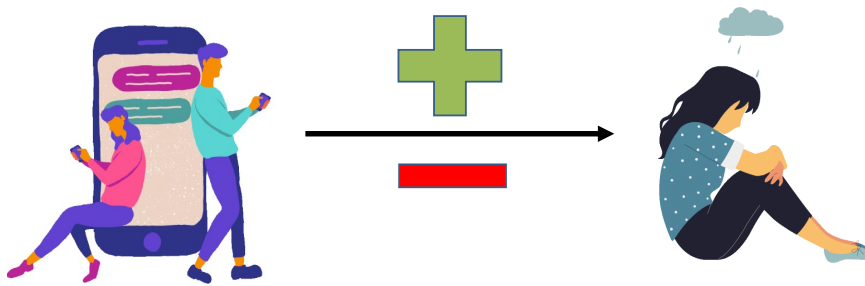
Positive Social Media Experiences and Daily Suicidal Ideation



Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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What is the relationship between social media experiences and daily suicidal thoughts?



Key takeaway

Less focus on reducing screentime and more on reducing negative experiences (e.g., social comparison) and amplifying positive experiences (e.g., social support)

Hamilton et al., *in press, Journal of Child Psychology and Psychiatry*

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What experiences and content matter most?



Self-harm content



Cyberbullying



Violence Exposure



Mental Health Promoting

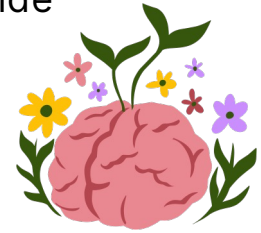
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Self-injury Activities on Social Media



Adolescents (n = 589) hospitalized in a psychiatric unit for suicide risk

- 43.3% engaged in online **self-injury activities**, which was more common among sexual and gender minority youth.
- Adolescents who talked about self-injury with friends met online were more likely to report a history of suicide attempt(s).



Nesi et al., 2022

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Self-harm Content on Social Media and Suicidal Thoughts and Behaviors



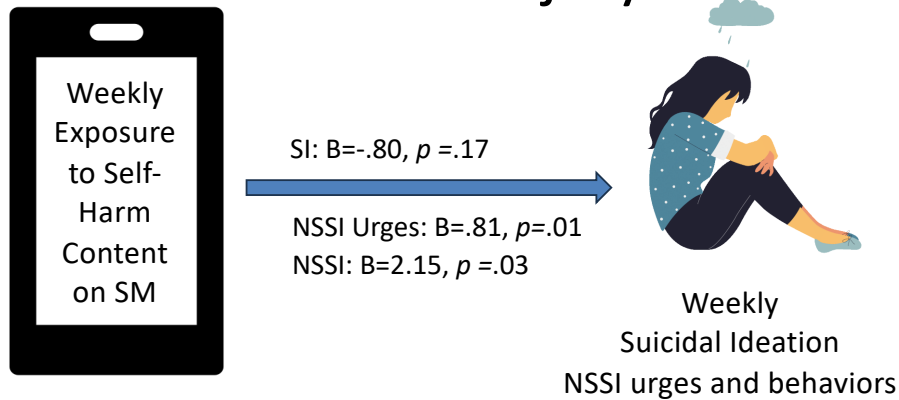
N= 297 teens (14-17)

- **Exposure:**
 - 33% of teens reported exposure in the past month to images or videos that showed self-harm
 - 26% seeing posts about suicidal thoughts from people they know.
- **Engagement:** About 1 in 3 teens reported in the past month posting or messaging about their own SI (33%), engaging in self-harm (27%), or engaging with sites that promoted self-harm or suicide (31%).
- Adolescents more likely to have active SI and attempt in the past month.

Untawale et al., in prep; Preliminary data based on our Teen Social Media Experiences Study

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Self-harm exposure on social media and self-injury



Key takeaway:

Exposure to self-harm content is proximally linked to NSSI urges and behaviors.

Hamilton et al., under review; data from PLUS-2 Study

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AMERICAN PSYCHOLOGICAL ASSOCIATION

AMERICAN PSYCHOLOGICAL ASSOCIATION

Health Advisory on Social Media Use in Adolescence



Recommendations

1. Youth using social media should be encouraged to use functions that create opportunities for social support, online companionship, and emotional intimacy that can promote healthy socialization

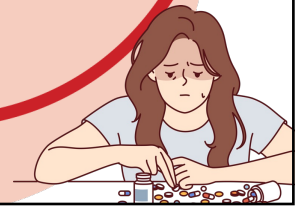
Data suggest that youths' psychological development may benefit from this type of online social interaction, particularly during periods of social isolation, when experiencing stress, when seeking connection to peers with similar developmental and/or health conditions, and perhaps especially for youth who experience adversity or isolation in offline environments.^{12, 13,14,15}

<https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use.pdf>

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Suicide Risk: Current APA Guidelines

To reduce psychological harm, adolescents' exposure to content on social media that depicts illegal or psychological maladaptive behavior, including content that instructs or encourages youth to engage in health-risk behaviors, such as self-harm (e.g., cutting, suicide), harm to others, or those that encourage eating-disordered behavior should be minimized reported, and removed.



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Talking About Suicide on Social Media

#chatsafe: A young person's guide to communicating safely online about self-harm and suicide

Edition two



1

General tips

The information in this section applies to all online content and communication, and to both creators and consumers of content.

A content creator is the author of an original online post or comment. A content consumer is someone who views or interacts with online content created by others. Interactions can include reacting, commenting, and sharing. Most people are both creators and consumers.

2

Creating self-harm and suicide content

The way that you communicate about self-harm or suicide can have positive or negative effects on both yourself and others.

3

Consuming self-harm and suicide content

◆ If you see a post indicating someone is self-harming or suicidal, always take it seriously even if it is posed as a joke. It is normal to feel worried and uncertain about what to do.

The information in this section includes tips to help you respond safely and supportively, as well as what to do if you do not want to respond.

(See #chatsafe guidelines: orygen.org.au/chatsafe/Resources/International-guidelines/US-English)

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#chatsafe Guidelines

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Livestreams of self-harm and suicide acts

A livestream refers to a video (and other content) that is sent or transmitted over the internet in real time. Due to their unedited nature and lack of time delays, you may encounter distressing content very quickly. For example, death and injury. Engagement can unintentionally make the livestream available to more people via algorithms.

6

Self-harm and suicide communities

Online communities can provide a sense of belonging, as well as being sources of support and information. However, they can become unhelpful or even harmful. Harms can include emotional distress and interference with recovery.

8

Guidance for influencers

Social media influencers are content creators with large online followings who can inspire or guide other people's behaviour, for example, to buy a product or engage in a service. Because of their social power and sway over their audience, influencers can play a positive role in raising awareness, providing hope, promoting help-seeking, and reducing stigma about sensitive

5

Self-harm and suicide games, pacts, and hoaxes

Suicide or self-harm games (also known as challenges, trends, or dares) consist of a series of progressive tasks, over a set period, which might seem harmless at first but eventually can include self-harm and can end in requiring the player to die by suicide.

7

Bereavement and communicating about someone who has died by suicide

This section is to help support you to safely post.

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What experiences and content matter most?



Self-harm content



Cyberbullying



Violence Exposure



Mental Health Promoting

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Cyberbullying

- Cyberbullying is linked to suicide.
- Cyberbullying can take on many forms:
 - **Overt**: name-calling, insults, threats
 - **Covert**: rejection, exclusion, gossip, spreading rumors, or threatening to end a friendship
 - **Identity-based**: based on salient aspects of self (race, ethnicity, gender, sexual identity, etc)



John et al., 2018; Nesi et al., 2021

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Rates Among Girls and LGBTQ+ Youth

LGBTQ+

- Rates of cyberbullying are estimated to be 3x higher among LGBTQ+ vs. to non-LGBTQ+ youth
- Almost half of LGBTQ+ youth report cybervictimization with highest among those who are younger, trans, indigenous, and multiracial

Trevor Project, 2021

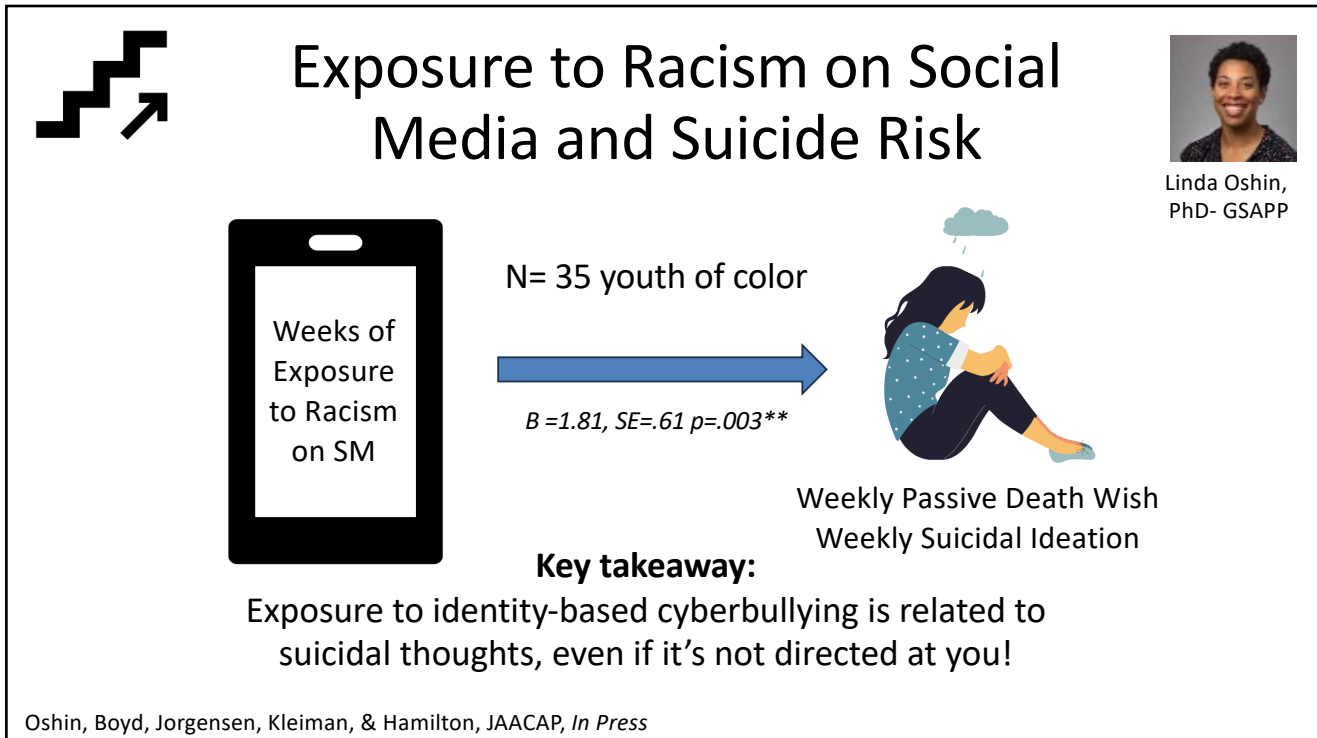


Racial/Ethnic Identity

- Online racial discrimination for teens identifying as Black, Hispanic/ Latine, Indigenous, or Asian:
 - 79% Direct discrimination
 - 94% Vicarious discrimination

Del Toro & Wang, 2023; Tao & Fisher, 2022

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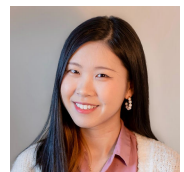
Identity-Based Cyberbullying and Suicidal Ideation

Exposure on social media in the past month:

- 47% saw others being teased, bullied, or called nasty names because of their identity
- 52% saw sad or upsetting news about people who share my identity
- 45% saw images or videos of violence against people who share my identity

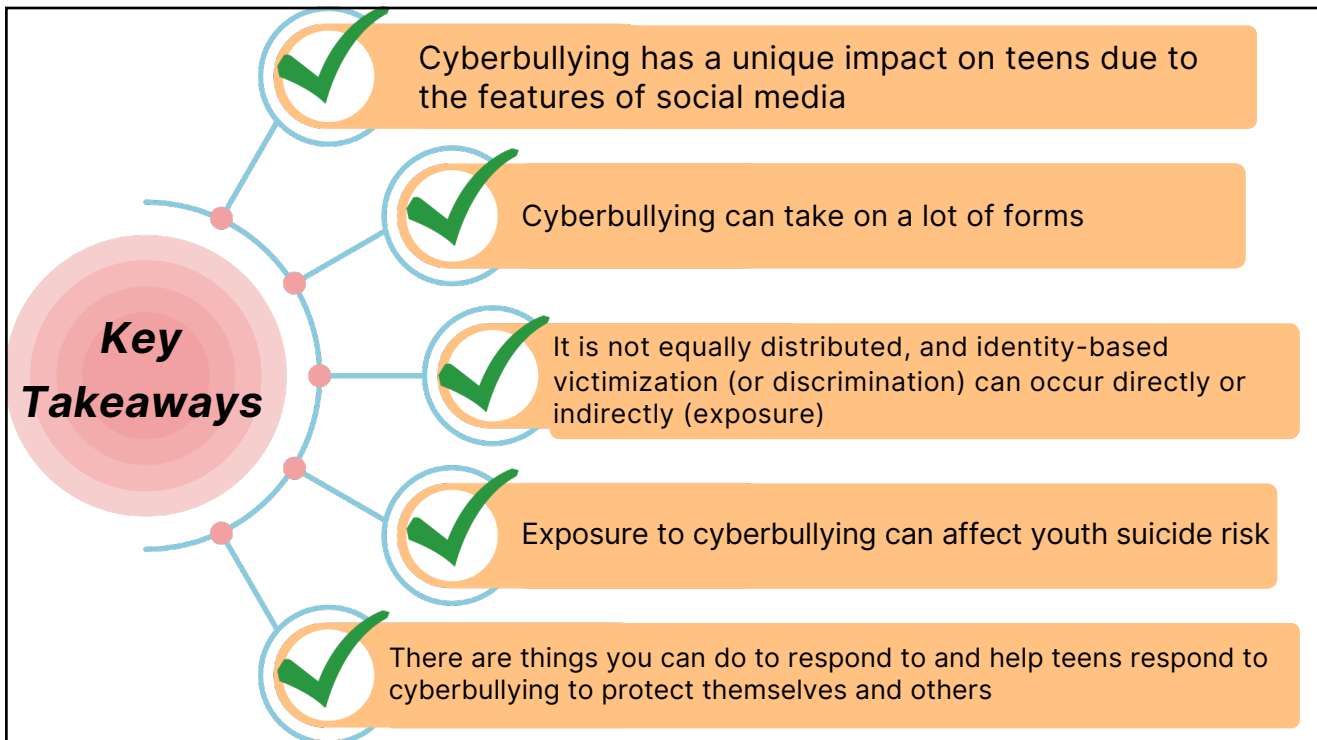
Higher overall levels of exposure to identity-based cyberbullying was linked to higher past-month suicidal thoughts ($B = 0.13, p < .05$).

Yao et al., in prep; Preliminary data based on our Teen Social Media Experiences Study



Aijia Yao, PhD

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Cyberbullying: Current APA Guidelines

To minimize psychological harm, adolescents' exposure to ***“cyberhate”*** including online discrimination, prejudice, hate, or cyberbullying especially directed toward a marginalized group (e.g., racial, ethnic, gender, sexual, religious, ability status), or toward an individual because of their identity or allyship with a marginalized group ***should be minimized.***

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How to Ask: Framing Questions That Inspire Openness, Respect Nuance, and Evaluate Context

1. Begin with open questions about social media environment.

2. Ask specifically about experiences of online racism and discrimination.

3. Explore the severity of the situation, both frequency and impact.

4. Ask broadly about negative interactions (not just cyberbullying).

5. Recognize both direct and indirect bullying or discriminatory experiences.

Courtesy of Candice Biernesser, PhD

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Cyberbullying: Resources

Stronger than online hate ➔



Flourish

<https://flourish.pitt.edu>

Library of brief digital coping skills:

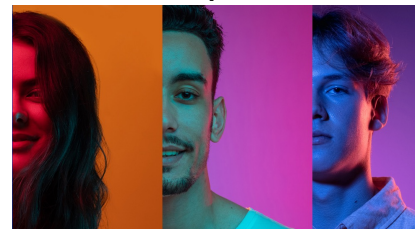
Distraction

- Self-soothing
- Dealing with Negative Thoughts
- Dealing with Emotional Crises
- Breathing
- Taking Care of Your Sleep and Health
- Low-Impact Exercise
- High-Impact Exercise
- Creativity and Self-Expression
- Music

Resources on social media and teen mental health:

- Resources for LGBTQ+ Teens
- Resources for Mental Health
- Resources for Navigating Social Media Wisely
- Resources for Parents
- Resources for Positive Identity

Collection of stories (teen lived experiences):



Courtesy of Candice Biernesser, PhD

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What experiences and content matter most?



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Violence Exposure



Mental Health Promoting

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INVEST: Investigating Negative Violence Exposure on Social Media in Teens



Funded by NJ GVRC & Rutgers Office of Chancellor Provost

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How often are teens exposed to gun violence on social media?

- 73% of teens reported gun violence exposure on SM within 3 months, with most teens reporting weekly exposure
- More frequent exposure (in past three months) is associated with a greater likelihood of suicidal thoughts in past month ($B = .43, p = .01$), and suicidal behavior in past month ($B = .85, p < .001$)



Shipp et al., in prep; Preliminary data based on our Teen Social Media Experiences Study

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Quotes from Teen Focus Groups (N=35)

Unprompted: *"Sadly, I see it pretty much every day... so many people post it every day ... and ... you can't follow anyone and not see it."*

Mental health: *"There are a lot of people who feel genuinely scared ... And a lot of people are also kind of desensitized ... because it is something that comes up a lot."*

Not discussed: *"I'd say that like sharing it... you kinda think a lot more about like how ... it's been so normalized because it happens so often. The more you talk about it, the less normalized it gets."*

Key initial takeaway:

ASK ABOUT & TALK TO TEENS ABOUT GUN VIOLENCE ON SOCIAL MEDIA.

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What experiences and content matter most?



Self-harm content



Cyberbullying



Violence Exposure



Mental Health Promoting

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Peer Support & Connection


Social media can offer space to strengthen existing friendships and form new friendships ones, which reduces isolation and loneliness, and improves mental health.



Over 70 studies have shown an inverse relationship between supportive online interactions and both depression and anxiety (Seabrook et al, 2016).


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Types of Social Support




Emotional

- Reassurance
- Feeling loved or cared for
- Feeling valued
- Belongingness



Informational

- Information
- How to access resources
- How to navigate situations



Tangible

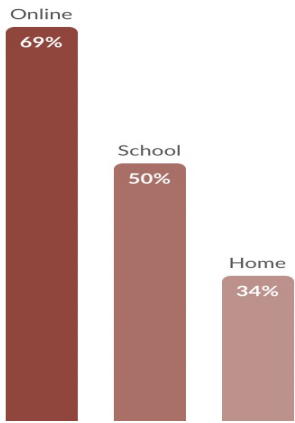
- Material support
- Access to goods & services
- Financial assistance

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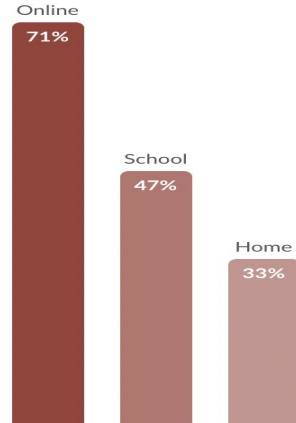
Social Media as a Protective Factor for Youth with Minoritized Identities

Where LGBTQ youth access LGBTQ-affirming spaces:



Location	Percentage
Online	69%
School	50%
Home	34%

Where transgender & nonbinary youth access gender-affirming spaces:



Location	Percentage
Online	71%
School	47%
Home	33%

National Survey on LGBTQ Youth Mental Health 2021; <https://www.thetrevorproject.org/survey-2021/>

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Identity-Based Supportive Social Media Experiences

- **Identity-based support/acceptance exposure in the PAST WEEK :**
 - 62% saw posts that highlight or celebrate people, communities, or events related to my identity
 - 60% saw advocacy or uplifting news that supports people who share my identity
- **Identity-based support/acceptance engagement in the PAST WEEK:**
 - 50% posted about positive experiences that I have had related to my identity (e.g., connection, pride, cultural celebration).
 - 65% had a meaningful conversation about my identity with someone I care about (e.g., friend, family member)
 - 47% posted to get support from a community (people I don't know) who share my identity.

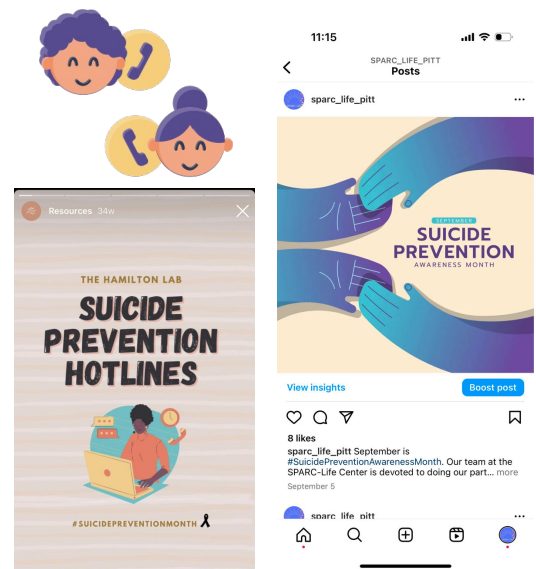


Yao et al., in prep; Preliminary data based on our Teen Social Media Experiences Study

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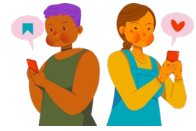
24/7 Accessibility Can Also Help!

- Social media as distraction and support
- Access to mental health information and resources
- For teens at high risk for suicide, social media can be *life saving*.



Vidal, 2020; focus groups

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Final Reminders and Takeaways:



Social Media and Suicide Risk

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Key Takeaways of Social Media-Suicide Research

1

Move away from the focus on “screentime:

We do not have enough studies to indicate social media causes death by suicide in teens (or even thoughts or behaviors).



2

Social media experiences and content:

Social media is associated with increased risk of suicidal thoughts and behaviors for teens who experience cyberbullying or those who engage (or are exposed to) more suicide and self-injury content.



3

Social media also has benefits:

It may have benefits for adolescents, particularly those who are high-risk for suicide (or not using it may actually indicate social withdrawal), so *not* using it is not necessarily a good thing!



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What we do (and do not) know about social media and suicide risk



Scan here for blog!



Jessica Leigh Hamilton
Ph.D.
In the Room Where It Happens

SUICIDE

The Messy Truth About Teen Social Media Use and Suicide Risk

Looking beyond simple truths about social media to embrace its complexity.

Posted September 20, 2023 | Reviewed by Monica Vilhauer



THE BASICS

Suicide Risk Factors and Signs

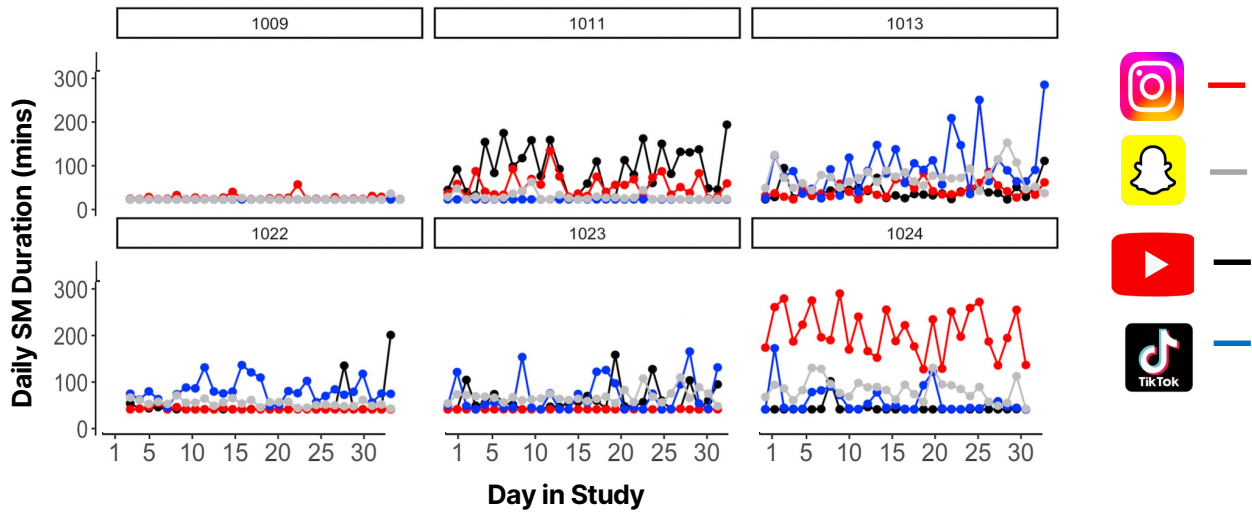
[Find a therapist near me](#)

When I tell people my research focuses on social media, sleep, and suicide prevention, they often assume I'm going to tell them that social media is harmful or simply "bad" for teens. They expect me to agree that social media is the root cause of *why rates of depression and suicide* are increasing among teens today. In reality, I won't say this, because this conclusion is not supported by existing research. But, here are a few things we do know about social media and suicide risk so far:

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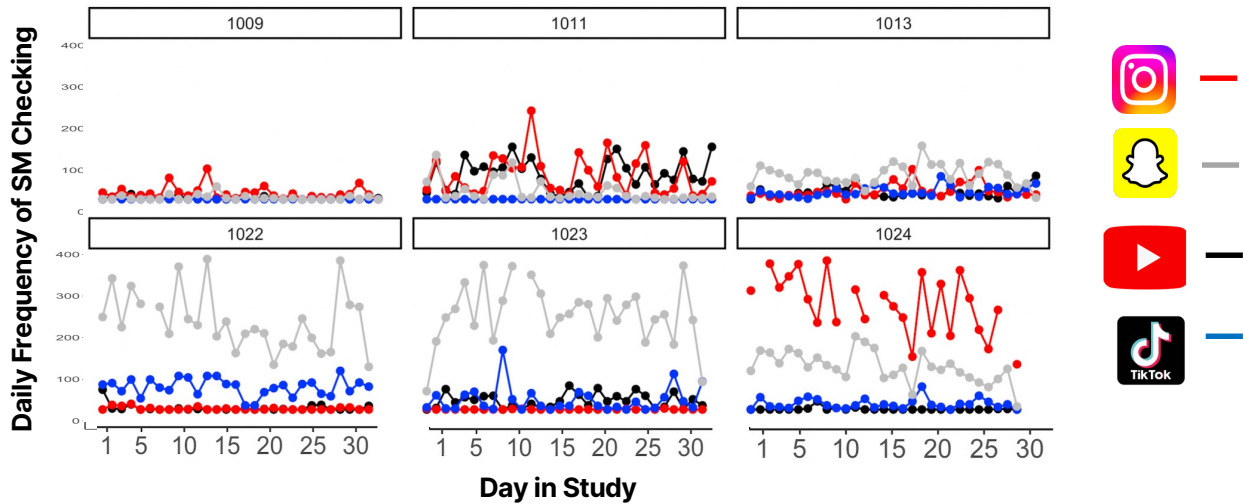
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Teens use social media differently!



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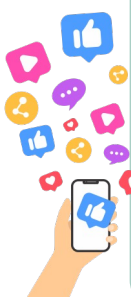
Social media daily checking behaviors



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TIP: Let Teens Define Their Social Media

- Be clear when discussing 'social media' what you mean
- Understand what teens use as social media
- Recognize this changes over time as a function of time (SM evolving) and development



Example: Pinterest more recently has SM functions and often used by younger teens (typically those who are not yet allowed to have "social media" as traditionally defined)



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How social media affects teens is different!



Role of social media:
How do you use social media in your life? At different times?



Emotional state:
How do you feel during and right after using social media? Notice when this shifts, or isn't helpful



Challenges:
What challenges do you experience? Do you feel like you can't stop at times? What negative experiences or interactions do you have?



Knowledge:
How do you monitor your usage or make changes based on how you feel? How can you be intentional with it?



Support:
How and when does social media support you? When is it useful and make you feel good? How are you using it?

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5


Think about your own perceptions about social media and work with teens



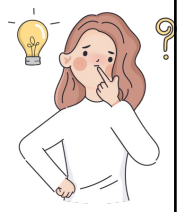
“I’m so glad that I didn’t grow up with all this social media.”

“I had social media, but it’s so much worse now.”

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Key takeaways for clinical practice (& for parents)



KEY TIPS FOR PARENTS

The first step in having a conversation with your child about social media is to think about your **own** thoughts and beliefs about it.

WHEN YOU THINK ABOUT SOCIAL MEDIA...

KEY TIPS FOR PARENTS

LEARN ABOUT YOUR TEENS' SOCIAL MEDIA USE:

Resources

How can we begin thriving with technology?

Less fear, more intention.
Less isolation, more support.
By replacing helplessness with agency,
And stagnant debates with better conversations,
We can begin to digitally thrive.

Let's start having better conversations about technology that are both critical and optimistic. This enables us to see a more complete picture of what living in a hyperconnected world really means for each of us.

Our resources can help you:

<https://digitalthriving.gse.harvard.edu/resources/>

Tech + Values

Design Tricks

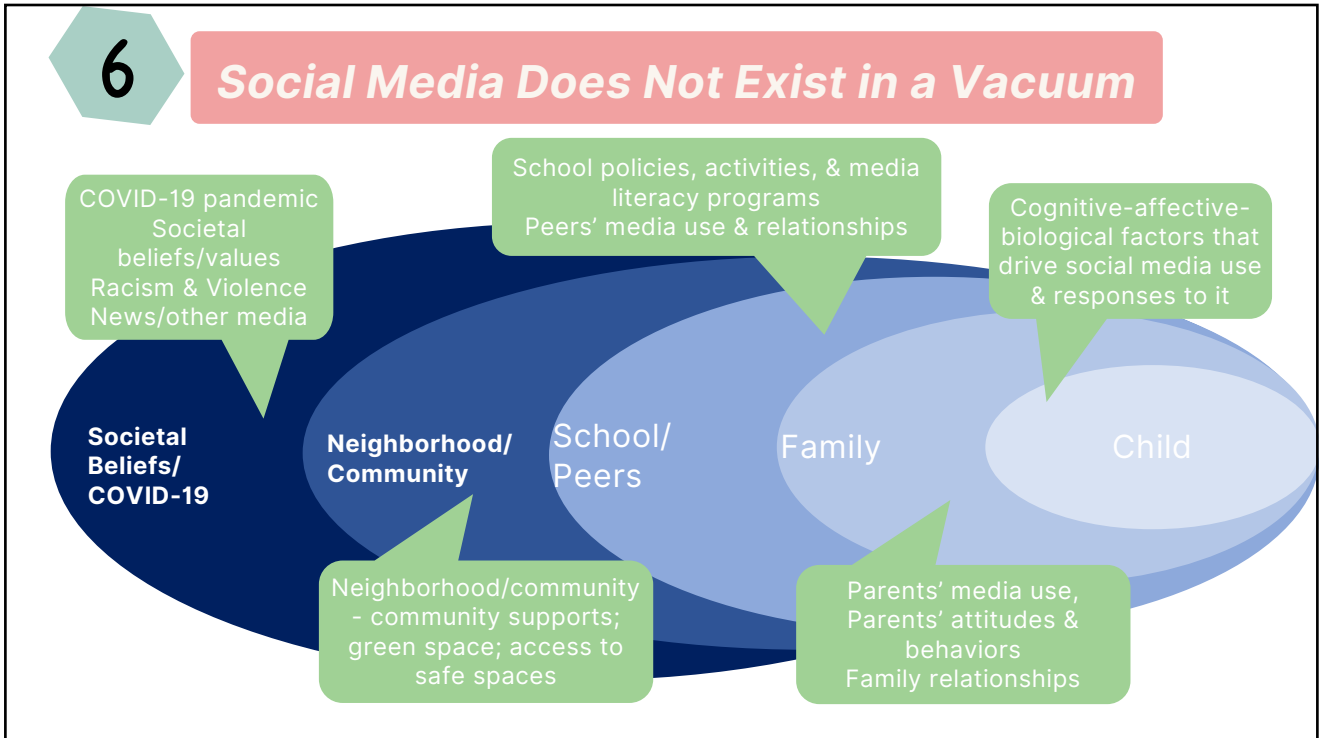
Thinking Traps

Tech Habits

Upcoming Resources

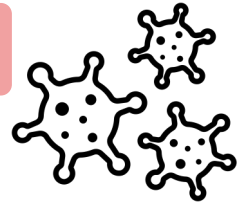
Handouts: www.thehamiltonlab.org/mentalhealth

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Social Media for Generation COVID



Available online at www.sciencedirect.com

ScienceDirect

Current Opinion in Psychology

ELSEVIER

Review

Social media as a bridge and a window: The changing relationship of adolescents with social media and digital platforms

Jessica L. Hamilton, Melissa J. Dreier and Simone I. Boyd

Abstract
Social media use became central to adolescents' lives and development during the COVID-19 pandemic, with some adolescents first initiating social media use in this period. The unique circumstances of the pandemic contributed to changing patterns of social media use among teens and popularity of features. The pandemic also facilitated use and engagement with social media to strengthen social connection, emerging identities, and access to information and resources. It also impacted teens' online experiences and exposure to broader societal problems on SM. Recent research, with a focus in the United States, is presented on how the pandemic has shaped adolescents' experiences with social media in meaningful ways across development. We argue that research on adolescent social media use needs to consider how the COVID-19 pandemic has shaped the use and influence of social media in adolescents today.

adolescents could interact with their peers, explore and express their emerging identities, and stay abreast of pandemic news and world events [3]. SM became a space where normative activities and milestones occurred, amplifying its role during a period of rapid neurological and social-emotional development [4,5]. Some adolescents are not only "digital natives," but also "Generation COVID of SM." Their first interactions and experiences with SM were during the COVID-19 pandemic, fundamentally shaping their perceptions of, interactions with, and responses to SM. In this article, we review research on adolescents' patterns with SM use during the COVID-19 pandemic, primarily focused in the United States (U.S.), and present research on how the pandemic has shaped teens' SM use for connecting with peers and the broader world in new and potentially lasting ways (Figure 1).

Reexamining Social Media and Socioemotional Well-Being Among Adolescents Through the Lens of the COVID-19 Pandemic: A Theoretical Review and Directions for Future Research

Jessica L. Hamilton¹, Jacqueline Nesi^{2,3}, and Sophia Choukas-Bradley⁴

1Department of Psychology, Rutgers University; 2Department of Psychiatry and Human Behavior, Brown University; 3Bradley Hasbro Research Center, Rhode Island Hospital, Providence, Rhode Island; and 4Department of Psychological and Brain Sciences, University of Delaware

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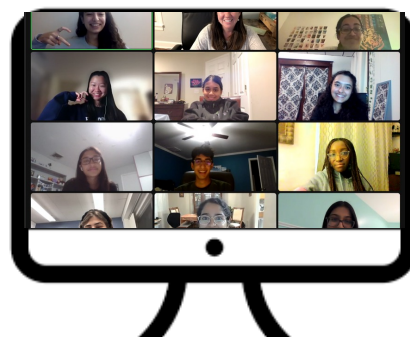
Key Takeaway: Take a step back and consider/ask about COVID impacts and media use.

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Teens are central in research & conversations about social media!

Inform	Inform our research to make it more applicable (and better!)
Support	Support teens in improving mental health in schools and communities through teen-led initiatives
Build	Build teens' academic and professional growth/development!



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THANK YOU!

Adolescent research participants

Many amazing collaborators & mentors (at Pitt!)

NIMH (K01MH121584)

STAR Conference



The Hamilton Lab Team!!



Lab Website with Mental Health Resources & Tips

All pics/icons made by Freepik on www.storyset.com and Canva.com

CONTACT

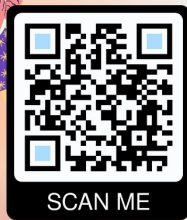
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Participation Opportunities

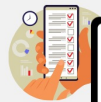


SCAN ME

Project SLEEP

Ever wondered how you can **improve your sleep**? Take part in our brief 20-30 minute intervention to learn more about your sleep and how you can make it better!

*Ages 16-19
Fluent in English
Have sleep problems/want to improve sleep*



SCAN ME

PLUS-2

Help us learn more about how **social media, sleep and suicide** are related in teens, using daily surveys, wearing a sleep monitoring watch and downloading an app!

*Ages 14 - 17 (in high school)
Android Phone
Fluent in English
Uses social media regularly*

COMING SOON!



INVEST-US

Help us learn more about how teens' **exposure to gun violence on social media** affects mental health. The survey portion will be launching soon!

*Ages 13 - 17 (grades 8-12)
Fluent in English
Uses social media regularly
Located in the U.S.*

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