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Medical leadership for mind, brain and body.

HEALTHY MINDS MONTHLY

TECHNOLOGY,
SOCIAL MEDIA &
MENTAL HEALTH

Polling Presentation

APRIL 2024

KEY FINDINGS

1. Adults remain consistently anxious about **the economy** (70%), the **2024 U.S. election** (68%), and **gun violence** (65%) since last month, though anxiety about the economy has significantly decreased (-7).
2. Nearly all adults spend time online each day—most commonly on **social media** (91%) and **online shopping** (83%). The majority have intentionally taken a break from their own online activities, while 82% of parents have limited their child’s technology use.
3. Despite its frequent use, adults are split on whether social media does **more harm than good** (31%) or **more good than harm** (29%) to their mental health.
4. Most (55%) adults have used social media to find information on mental health disorders or symptoms—most commonly using **YouTube** (34%) and **Facebook** (31%).

***Methodology:** This poll was conducted between March 11-14, 2024 among a sample of 2204 adults. The interviews were conducted online and the data were weighted to approximate a target sample of adults based on age, gender, race, educational attainment, region, gender by age, and race by educational attainment. Results from the full survey have a margin of error of plus or minus 2 percentage points.*

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CURRENT EVENTS - TRACKING

TECHNOLOGY & MENTAL HEALTH

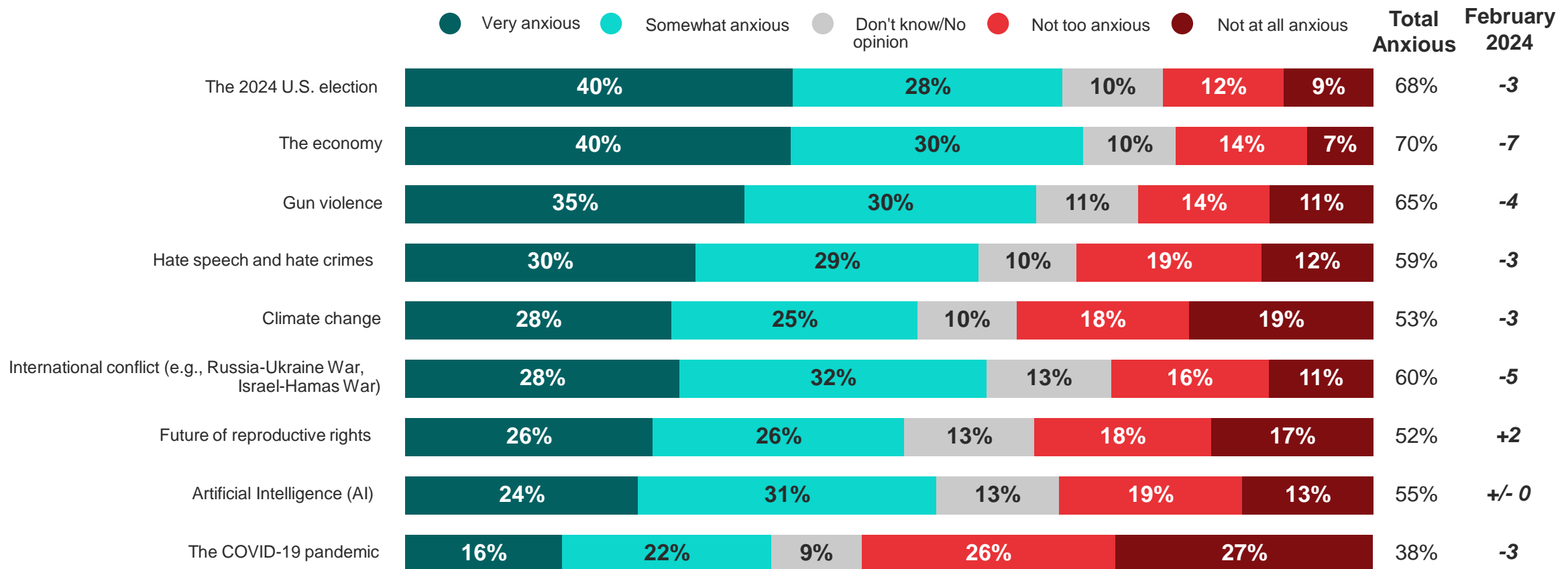
SOCIAL MEDIA & MENTAL HEALTH



CURRENT EVENTS - TRACKING

Thinking about current events, adults remain most anxious about *the economy* (70%), the *2024 U.S. election* (68%), and *gun violence* (65%), though anxiety about *the economy* has significantly decreased (-7) since last month.

Thinking about current events, how anxious do you feel, if at all, about the following?

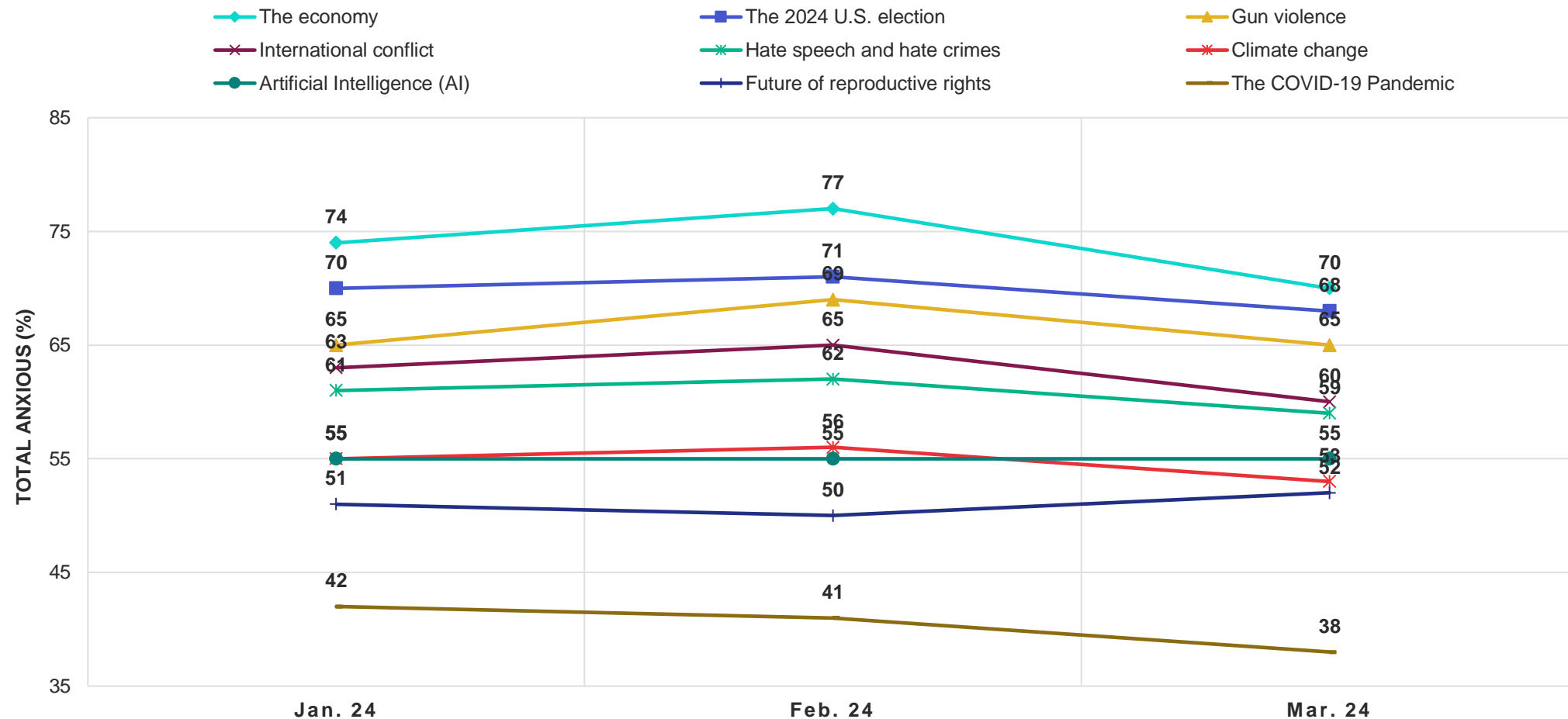


▲ = change in very/somewhat anxious since February 2024 polling

CURRENT EVENTS - TRACKING

Since the start of 2024, adults have remained most anxious about *the economy, the 2024 U.S. election, and gun violence*. Adults have consistently been least anxious about *the COVID-19 pandemic*.

Thinking about current events, how anxious do you feel, if at all, about the following?



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CURRENT EVENTS - TRACKING

TECHNOLOGY & MENTAL HEALTH

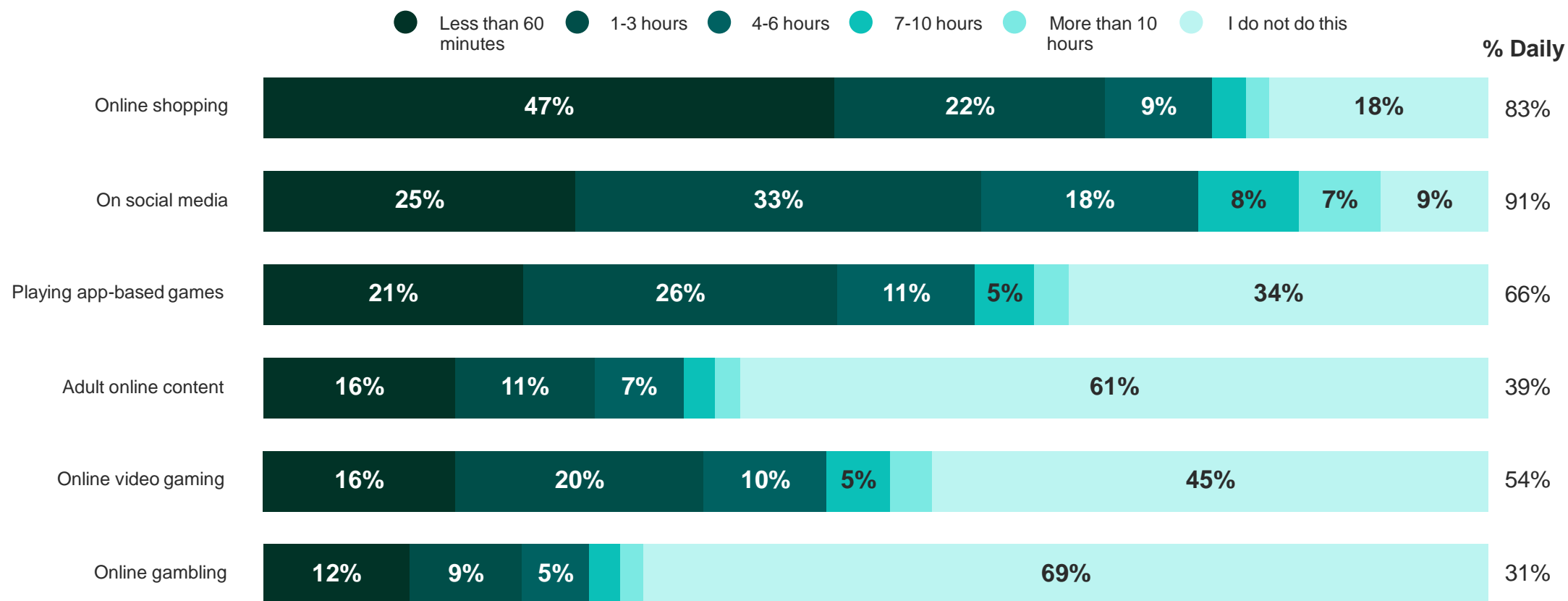
SOCIAL MEDIA & MENTAL HEALTH



TECHNOLOGY & MENTAL HEALTH

An overwhelming majority of adults say, on a typical day, they spend time *on social media* (91%) and *online shopping* (83%). Notably, a plurality (33%) of adults say they spend 1-3 hours on social media each day.

On a typical day, how much time do you spend doing each of the following?



% Daily = Less than 60 minutes + 1-3 hours + 4-6 hours + 7-10 hours + More than 10 hours

TECHNOLOGY & MENTAL HEALTH

More than 75% of adults across key demographics spend time *on social media or online shopping* daily. Younger adults are more likely than older adults to *play app-based games or online video games, watch adult online content, and gamble online.*

On a typical day, how much time do you spend doing each of the following? **% DAILY**

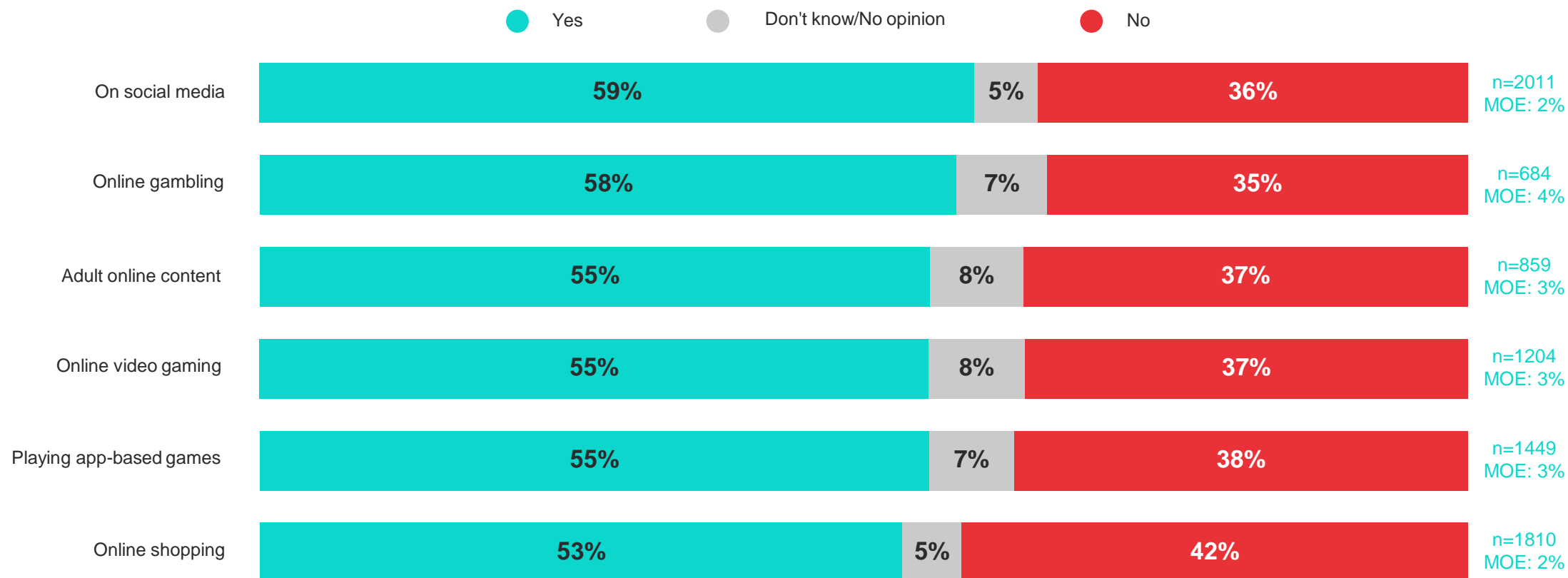
	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+	Hispanic	Non-Hispanic	Parent: Yes	Parent: No	Married: Yes	Married: No
On social media	91%	89%	92%	94%	97%	91%	84%	93%	91%	95%	90%	92%	90%
Online shopping	83%	83%	80%	85%	90%	80%	77%	82%	82%	91%	79%	88%	79%
Playing app-based games	66%	68%	64%	79%	78%	63%	44%	68%	65%	82%	60%	67%	65%
Online video gaming	54%	62%	47%	74%	69%	50%	24%	68%	51%	76%	46%	56%	53%
Adult online content	39%	53%	26%	53%	55%	34%	14%	52%	36%	58%	32%	41%	38%
Online gambling	31%	41%	22%	42%	51%	24%	8%	40%	29%	54%	22%	37%	27%

TECHNOLOGY & MENTAL HEALTH

More than half of adults say they have taken a break or intentionally limited the amount of time they spend on their online activities. Adults have most commonly taken a break from *social media* (59%) and *online gambling* (58%).

Have you ever taken a break or intentionally limited the amount of time you spend doing each of the following?

AMONG ADULTS WHO SPEND TIME DOING EACH ACTIVITY ON A DAILY BASIS

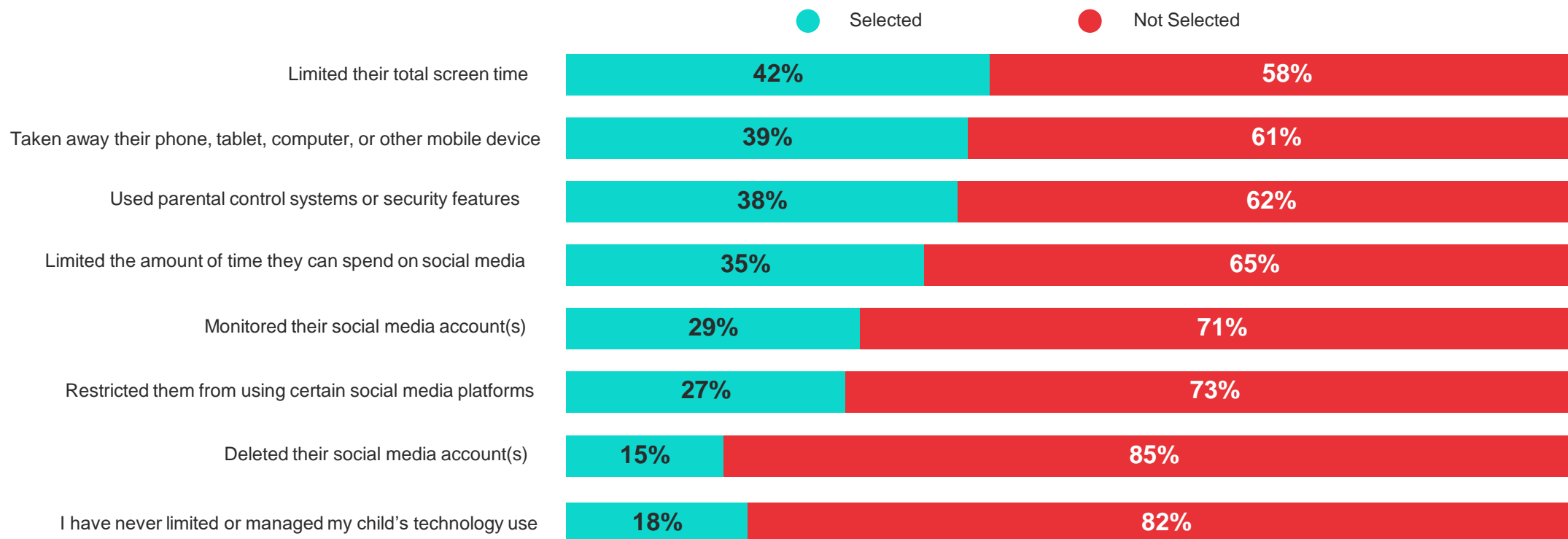


TECHNOLOGY & MENTAL HEALTH

The majority (82%) of parents say they have limited or managed their child’s technology use in some way—most commonly by *limiting their total screen time* (42%), *taking away their device* (39%), or *using parental control features* (38%).

Have you ever done any of the following in an effort to limit or manage your child's technology use? Select all that apply.

AMONG PARENTS (n=592; MOE: 4%)

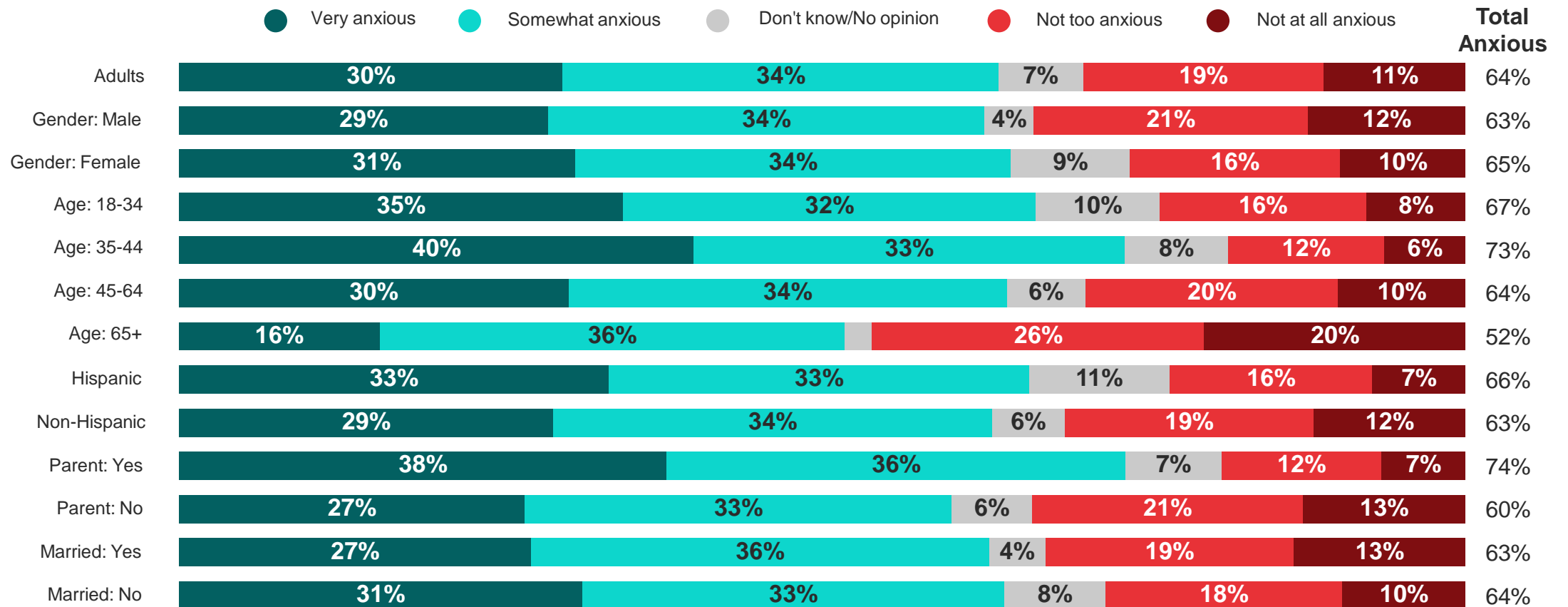


“Other” response option not displayed (1% of responses)

TECHNOLOGY & MENTAL HEALTH

Two-in-three (64%) adults say they feel anxious when they don't have access to their phone—a trend that is generally consistent across key demographics like gender, ethnicity, and marital status.

Generally speaking, how anxious do you feel, if at all, when you don't have access to your phone because you forget it at home or it dies?



Total Anxious = Very + Somewhat anxious

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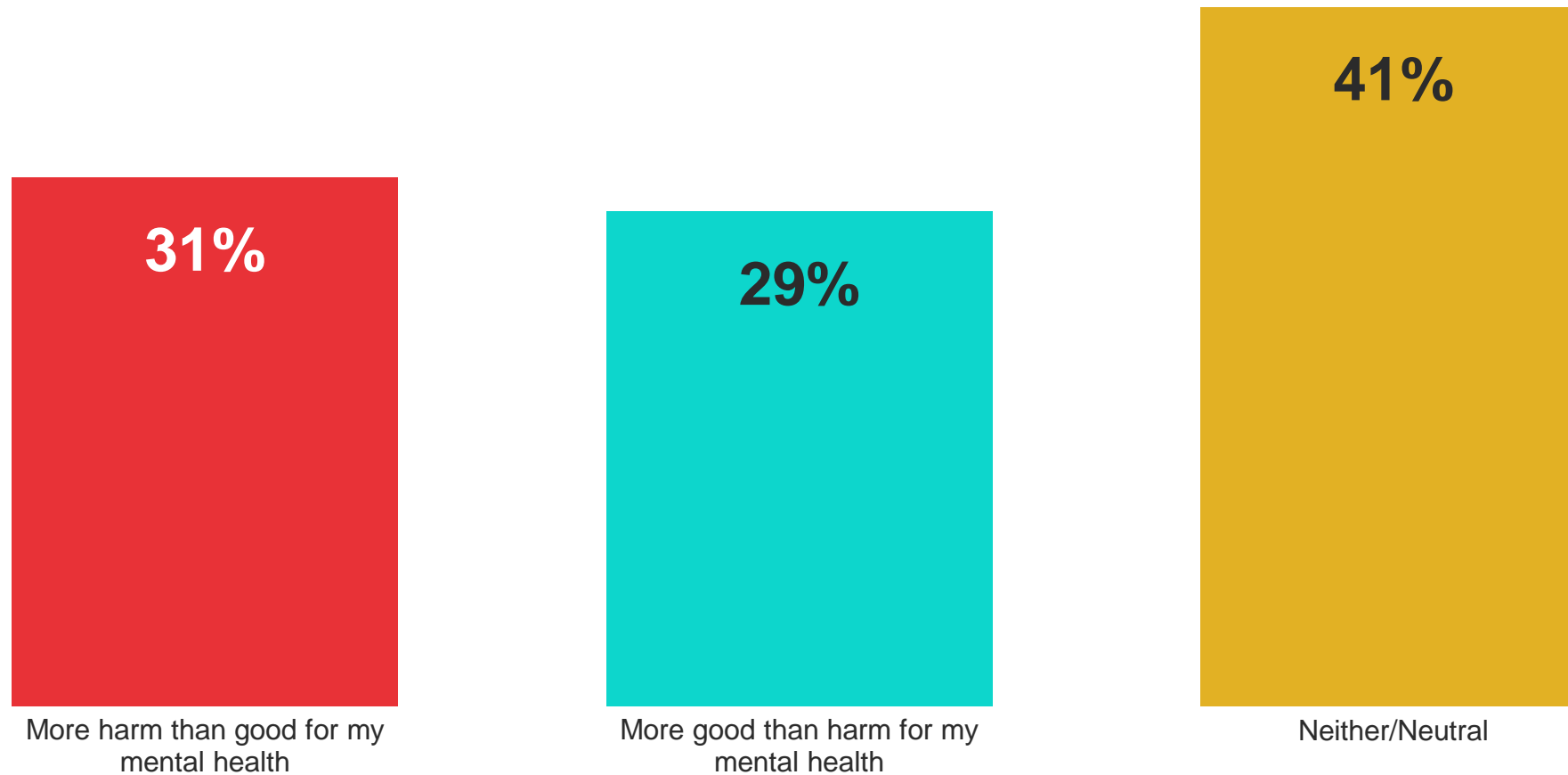
CURRENT EVENTS - TRACKING
TECHNOLOGY & MENTAL HEALTH
SOCIAL MEDIA & MENTAL HEALTH



SOCIAL MEDIA & MENTAL HEALTH

Adults are split on whether social media does *more harm than good* (31%) or *more good than harm* (29%) for their mental health.

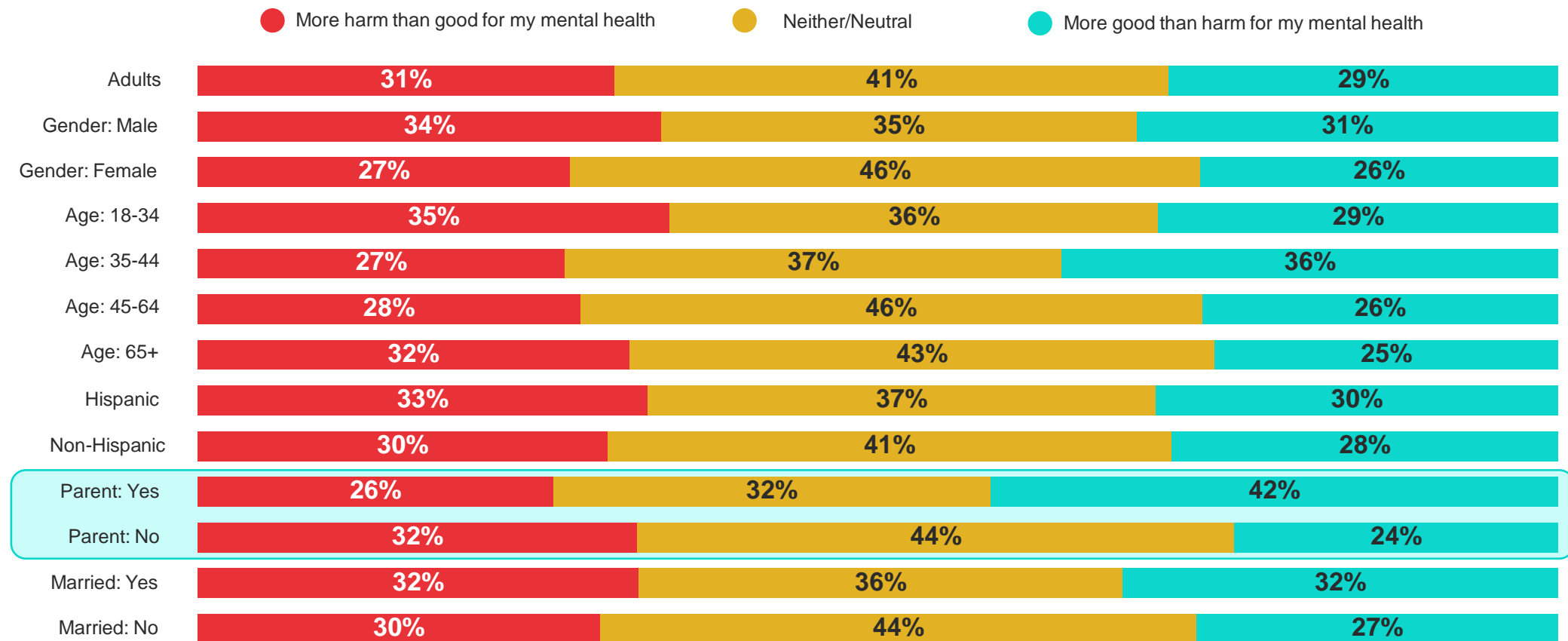
In your opinion, does social media do *more harm than good* or *more good than harm* for your mental health?



SOCIAL MEDIA & MENTAL HEALTH

Parents are nearly twice as likely as those who are not parents to say social media does *more good than harm* for their mental health (42% vs. 24%).

In your opinion, does social media do *more harm than good* or *more good than harm* for your mental health?



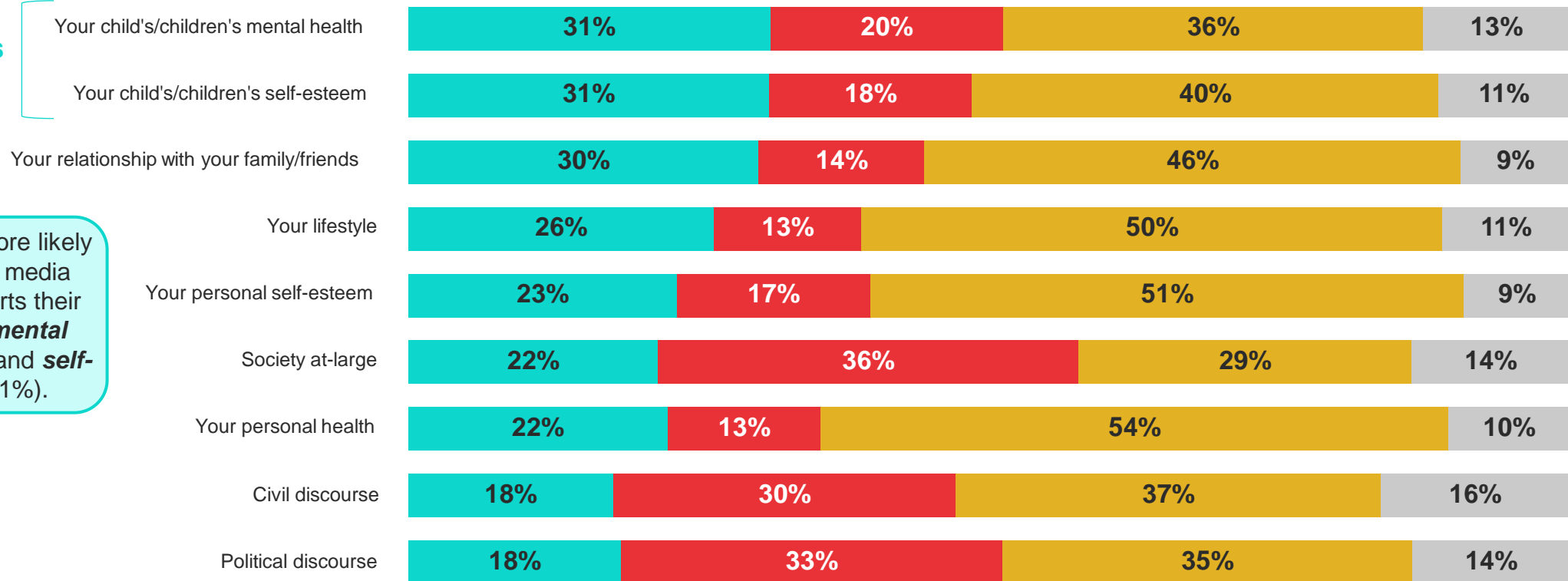
SOCIAL MEDIA & MENTAL HEALTH

Adults are most likely to say social media has helped aspects of their personal lives like *relationships with friends and family* (30%) and *their lifestyle* (26%), but that it has *hurt society at large* (36%), *political discourse* (33%), and *civil discourse* (30%).

In your opinion, has social media **helped** or **hurt** each of the following, or has it had no impact either way?

AMONG PARENTS
n=592
MOE: 4%

Helped Hurt No impact either way Don't know/No opinion

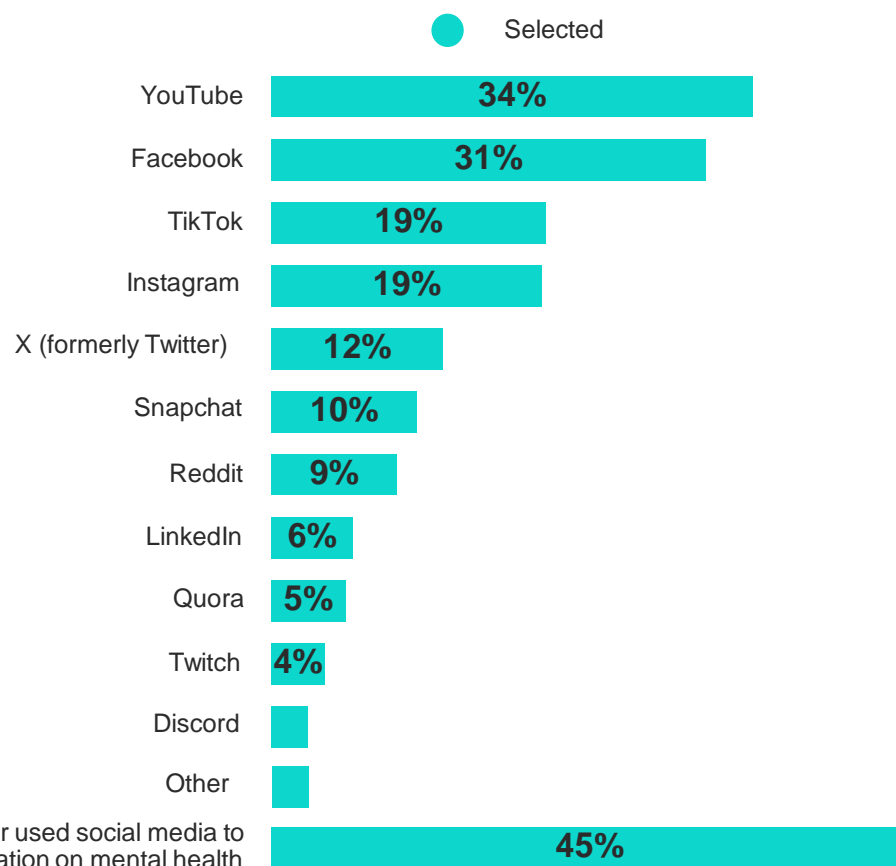


Parents are more likely to say social media *helps* than *hurts* their **children's mental health** (31%) and **self-esteem** (31%).

SOCIAL MEDIA & MENTAL HEALTH

More than half (55%) of adults say they have used social media to find information on mental health disorders or symptoms—most commonly using *YouTube* (34%) and *Facebook* (31%). Younger adults are more likely than older adults to have done this.

Which of the following social media platforms, if any, have you used to find information on **mental health disorders or symptoms**? Select all that apply.



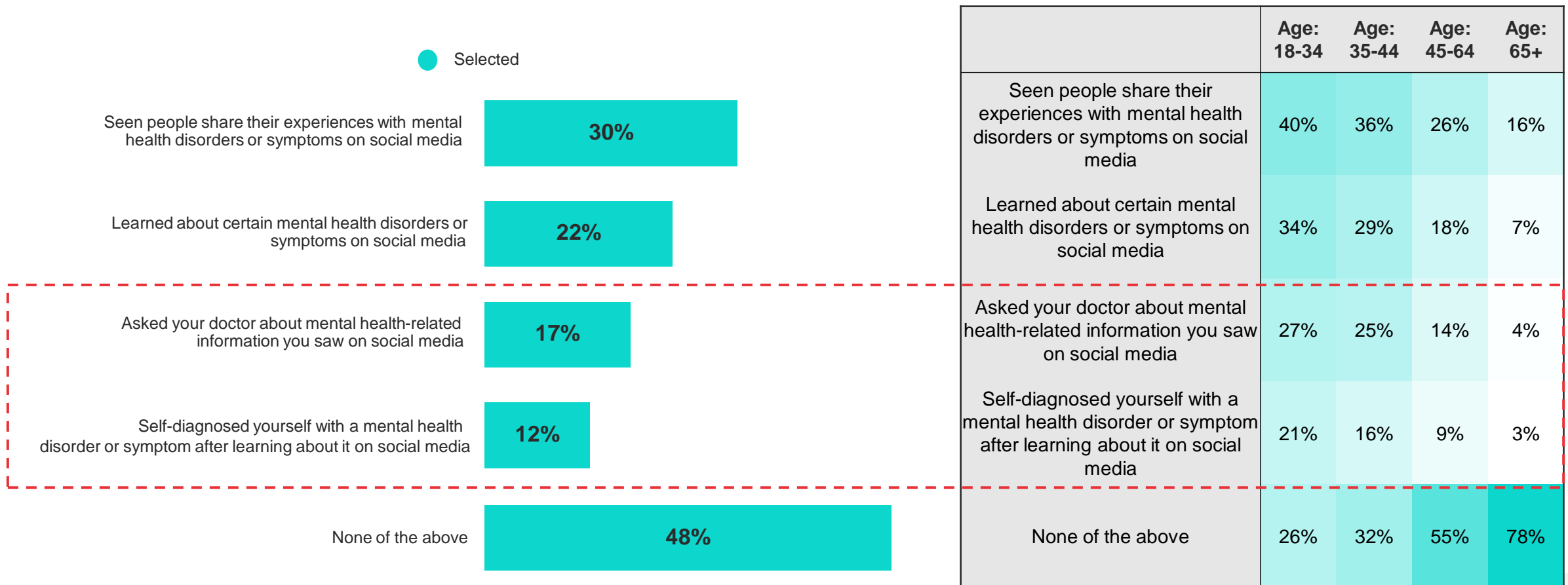
	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
YouTube	46%	50%	30%	12%
Facebook	37%	48%	28%	14%
TikTok	37%	27%	11%	3%
Instagram	34%	32%	11%	3%
X (formerly Twitter)	21%	21%	6%	3%
Snapchat	18%	19%	5%	1%
Reddit	17%	13%	5%	1%
I have never used social media to find information on mental health	23%	27%	53%	77%

*Response options with <10% responses not displayed in table.

SOCIAL MEDIA & MENTAL HEALTH

One-quarter (27%) of young adults (18-34) say they have asked their doctor about mental health-related information they saw on social media, while a slightly smaller share (21%) have self-diagnosed themselves after learning mental health information on social media.

Have you ever done any of the following? Select all that apply.





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