Browsing, Posting, and Liking on Instagram: The Reciprocal Relationships Between Different Types of Instagram Use and Adolescents' Depressed Mood

# Details

## Year

2017

## DOI

10.1089/cyber.2017.0156

## Issued

2017

## Language

English

## Volume

20

## Issue

10

## Start Page

## End Page

## Authors

Frison E.;Eggermont S.

## Type

Journal article

## Journal

Cyberpsychology, Behavior, and Social Networking

## Publisher

Mary Ann Liebert Inc

## Topics

## Sample

1,235 adolescents from 12-to-19 years old from fifteen high schools filled out the questionnaire at both time points, from which 440 are members of Instagram

# Abstract

Although studies have shown that Instagram use and young adults’ mental health are cross\_x0002\_sectionally associated, longitudinal evidence is lacking. In addition, no study thus far
examined this association, nor the reverse, among adolescents. To address these gaps, we set
up a longitudinal panel study among 12- to 19-year-old Flemish adolescents to investigate the
reciprocal relationships between different types of Instagram use and depressed mood. Self\_x0002\_report data from 671 adolescent Instagram users (61% girls; MAge = 14.96; SD = 1.29) were
used to examine our research question and test our hypotheses. Structural equation modeling
showed that Instagram browsing at Time 1 was related to increases in adolescents’ depressed
mood at Time 2. In addition, adolescents’ depressed mood at Time 1 was related to increases
in Instagram posting at Time 2. These relationships were similar among boys and girls.
Potential explanations for the study findings and suggestions for future research are
discussed.

# Outcome

"Instagram browsing is related to increases in adolescents’ depressed mood. This harmful impact of Instagram browsing on adolescents’ depressed mood might be due to the large number of strangers that adolescents follow through Instagram. Similarly to Facebook use, Instagram use might stimulate negative comparison behaviors. Contrary to the expectations, no support was found for an association between Instagram posting/liking and adolescents’ depressed mood. This could be because Instagram’s prime focus is on sharing images and videos, and provides users less possibilities to express their emotions and seek social support and thus to decrease their depressed mood. Yet, depressed mood is related to increases in Instagram posting in line with the fact that media are purposively used for coping with moods. Adolescents with greater depressed mood may be more likely to post images or videos on Instagram, perhaps, to enhance their image in the eyes of other social network members. Instagram is a visually-centered platform that allows their users to easily
edit and filter their photos and videos; it is thus an ideal medium to present oneself in their best possible way, even a false way. It not only allows them to enhance their image in the eye of others, but also to find encouragement (e.g., through likes and positive comments). There were no significant differences found between boys and girls although this could be due to the underreepresentation of boys in the questionnaire." (Frison Eggermont, 2017, pp. 11-13)