

The research gap

In adults, in-person social interactions are associated with higher well-being than online communication. However,...

we do not know:

1. to what extent (in size, direction, and duration) this link is present in adolescents
2. if the relationship is bi-directional
3. if the association applies to all or some teens
4. the underlying mechanisms between social media use and loneliness

To overcome self-reports, objective measures are needed



Research Aims

Objective: To quantify the bi-directional effects of in-person and social media interactions on loneliness, and to whom these effects apply

Specific aims are to:

1. **Quantify the short- and long- term bi-directional relationships between online/offline interaction on loneliness and mental well-being.**
2. **Assess the validity of the short- and long-term quantitative findings in Aim 1 by collecting qualitative data.**
3. **Test the feasibility and utility of a “digital biomarker” using hair cortisol concentration (HCC).**

