

# Mindful Continuing Education

## Social Media and Mental Health

1. \_\_\_\_\_ people world wide use social media.

- A. one million
  - B. eighty million
  - C. one billion
  - D. two billion
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2. Postives impacts social media can have on education include all except:

- A. collaboration
  - B. comparison
  - C. active learning
  - D. community connection
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3. \_\_\_\_\_ is the assessment of one's standing and functioning in society.

- A. social well-being
  - B. social interaction
  - C. peer support
  - D. trolling
- 

4. When an outcome is unpredictable one is more likely to repeat the behavior leading to

- A. FOMO
  - B. OCD
  - C. addiction
  - D. cyberbullying
- 

5. Looking for \_\_\_\_\_ online can cause one to replace real life meaningful connections.

- A. validation
  - B. self-esteem
  - C. collaboration
  - D. education
-

6. \_\_\_\_\_ is defined as an individual's high degree of anxiety towards absence from meaningful, pleasurable, or momentous experiences enjoyed by their contemporaries.

- A. rumination
  - B. depression
  - C. poor self-esteem
  - D. FOMO
- 

7. One way social media use before bed disrupts sleep is through

- A. decreased cognitive arousal
  - B. increased cognitive arousal
  - C. stimulate melatonin production
  - D. motivation boosting
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8. Upward social comparison is linked to

- A. diminished self-esteem
  - B. increased self-esteem
  - C. increased connections
  - D. decreased connections
- 

9. One study found that those with excessive social media use had higher biological markers for

- A. depression
  - B. anxiety
  - C. chronic inflammation
  - D. low melatonin
- 

10. \_\_\_\_\_ is using digital communication to harass a person or group.

- A. sexting
  - B. sexual harassment
  - C. harassment
  - D. cyberbullying
- 

11. Social media use can impact school performance through all except

- A. limits the time available for studying
  - B. causing a distraction and limiting focus
  - C. distractions make it difficult to remember what they are learning
  - D. limiting sleep leading to students falling asleep in class
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**12. The earlier a teen starts using social media the greater the impact it has on their**

- A. physical health**
  - B. mental health**
  - C. education**
  - D. social network**
- 

**13. The Bergen Social Media Addiction Scale looks at \_\_\_\_ core aspects of addiction. 2**

- A. 2**
  - B. 4**
  - C. 6**
  - D. 8**
- 

**14. Deprioritizing self-care may be a \_\_\_\_\_ regarding social media use.**

- A. warning sign**
  - B. boundary**
  - C. FOMO**
  - D. risky interaction**
- 

**15. On average people spend \_\_\_\_ hour(s) on social media a day.**

- A. 1**
  - B. 2**
  - C. 3**
  - D. 4**
- 

**16. For best sleep quality one should stop using social media \_\_ hour(s) before bed.**

- A. 0.5**
  - B. 1**
  - C. 1.5**
  - D. 2**
- 

**17. One reason scrolling through social media upon waking is unhealthy is because**

- A. it decreases motivation**
  - B. it increases cognitive distortions**
  - C. one can not control the information they will be exposed to**
  - D. one starts comparing immediately**
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**18. One limitation on social media research and well-being is**

- A. technology changes faster than the research can keep up with**
  - B. people change their favorite social media platform frequently**
  - C. people are embarrassed to talk about their social media usage**
  - D. there is lack of research volunteers who use social media**
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**19. Social media offers LGBTQ+ persons the following benefits except**

- A. identity development**
  - B. cyberbullying**
  - C. access to support they do not have offline**
  - D. access to resources**
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**20. Reading about the experience of others diagnosed with the same illness, sharing details of their own medication and diagnosis, sharing and accessing medical knowledge are all examples of**

- A. emotional support**
  - B. network support**
  - C. esteem support**
  - D. informational support**
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