

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
-

2. Postives impacts social media can have on education include all except:

- A. collaboration
 - B. comparison
 - C. active learning
 - D. community connection
-

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
-

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
-

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
-

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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