

# Summary of the study: Tandoc et al

<b>Aim</b>
To see whether depression could be predicted by Facebook usage AND whether feelings of envy would lead to depression
<b>Hypotheses</b>
<ol style="list-style-type: none"><li>1. Those reporting higher levels of Facebook envy would also report more symptoms of depression</li><li>2. Users with a larger network of friends would report higher levels of envy than lower with a small network</li><li>3. Heavy users of Facebook would report higher feelings of envy than light users</li></ol>
<b>Method</b>
<b>Research method/design</b> Self report using on-line survey
<b>Sample</b> 736 students from a university in the USA. 68% female. Mean age: 19
<b>Materials</b> Online questionnaire asking <ul style="list-style-type: none"><li>• <b>Average hours per day on Facebook</b></li><li>• <b>Rate (5 point scale) how often they: wrote a status/posted photos/commented on a friend's post/read a friend's status/viewed friend's photo/browsed friend's timeline</b></li><li>• <b>Rated their agreement on items relating to envy (5 point Likert scale) i.e. I generally feel inferior, Life is fair...</b></li><li>• <b>CES-D depression 20-item scale i.e. how well do they sleep, do they feel</b></li></ul>
<b>Results</b>
Hypothesis 1 was supported Hypothesis 2 was not supported Hypothesis 3 was supported
<b>Conclusions</b>
The use of Facebook does not directly lead to depression Facebook envy can lead to depression Surveillance on Facebook can lessen feelings of depression if it does not lead to envy Social rank theory can explain why depression can occur in college-aged students