

She added: "This means there may be implications on how we use technology to support mental health.

"One way to address the potential negative impact of social media use is for mental health professionals to be routinely asking about how their clients use social media in a clinical context

"And social [media](#) platforms such as Twitter, Facebook and Instagram could be used to reach out to people who are affected by content with a page on how users can get support."

More information: N. Berry et al. Social media and its relationship with mood, self-esteem and paranoia in psychosis, *Acta Psychiatrica Scandinavica* (2018). [DOI: 10.1111/acps.12953](https://doi.org/10.1111/acps.12953)

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