

2,000, or about 31 percent, reported spending 30 minutes to three hours; 817, or 12 percent, reported spending three to six hours; and 571, or 8 percent, reported spending more than six hours per day.

Researchers also found that 611 respondents, or about 9 percent, reported experiencing only internalizing problems, while 885, or 14 percent, reported experiencing externalizing problems only; 1,169, or about 18 percent, reported experiencing both internal and external problems; and 3,930, or about 59 percent, reported no/low problems. The study found no links between [social media use](#) and [mental health problems](#) and gender.

"Social media has the ability to connect adolescents who may be excluded in their daily life. We need to find a better way to balance the benefits of social media with possible negative health outcomes," says Riehm. "Setting reasonable boundaries, improving the design of social media platforms and focusing interventions on media literacy are all ways in which we can potentially find this equilibrium."

More information: "Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among U.S. Youth" *JAMA Psychiatry* (2019). DOI: [10.1001/jamapsychiatry.2019.2325](https://doi.org/10.1001/jamapsychiatry.2019.2325)

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