

# Social Media Usage and Depression during COVID-19 Pandemic in Youth with Bipolar-Spectrum Disorders

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## INTRODUCTION

- MOBILITY (Metformin for overweight and OBese children with bipolar spectrum disorders Treated with second-generation antipsychotics)-TEACH (Telemedicine Enhanced Access during COVID-19 to Healthcare) characterized the impact of the COVID-19 pandemic on youth with Bipolar Spectrum Disorders (BSD) and their families.

## METHODS

- Youth enrolled in MOBILITY were invited to complete an online survey via RedCap and a telephone interview from 12/15/20-10/31/21 regarding the impact of COVID-19 on their mental health care, depression, suicidality, and social media usage. All respondents provided electronic informed consent or assent if <18 years via RedCap before completing the survey or interview.

## RESULTS

- 305 patients completed the survey and 255 completed the interview.
- There was no statistically significant mean change in social media use in the overall sample.
- Among those reporting an increase, mean time spent on social media increased from 4 to 7.5 hours per day.
- Among those reporting a decrease, mean usage decreased from 8.5 to 4.8 hours per day.
- Roughly a third of patients (29%) reported their depression or anxiety had worsened since the start of COVID-19, while 22% reported an improvement, and 49% reported no change.
- The proportion reporting worsened mood was not significantly different than the proportion reporting improvement (n=133, p=0.14).
- Since COVID-19, 16% of youth reported more thoughts of being better off dead, 13% reported no change, and 11% reported a decrease. 13% reported increased suicidal ideation, 12% reported no change, and 7% reported a decrease. These changes were not statistically significant. The majority of patients did not report thoughts of being better off dead or suicidal ideation.
- Changes in social media usage were not significantly associated with changes in mood (p=0.58), level of current depressive symptoms (p=0.61), changes in suicidal ideation since the start of COVID-19 (p=0.81), or probability of a suicide attempt (p=0.69). Patient sex did not moderate any of the relationships.

## CONCLUSIONS

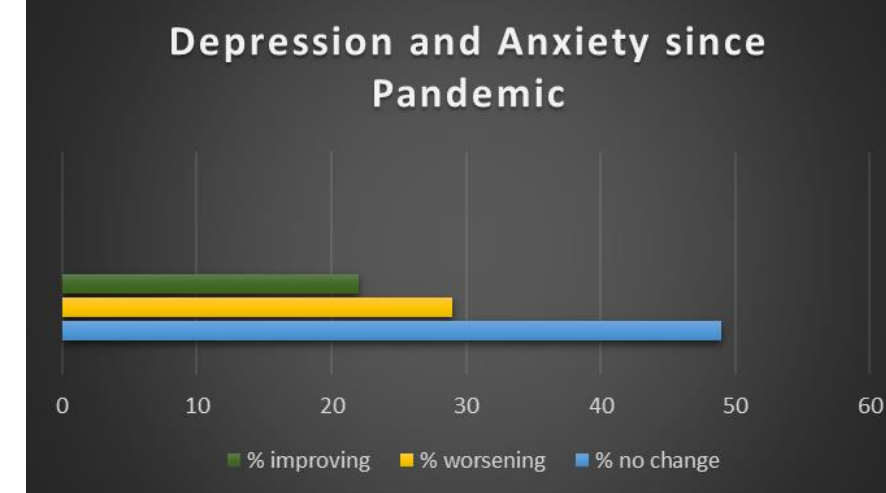
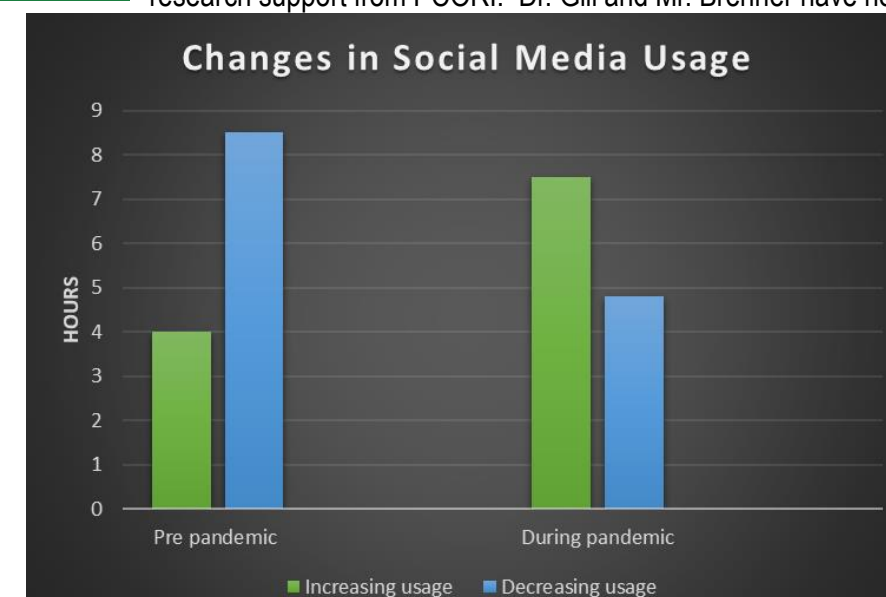
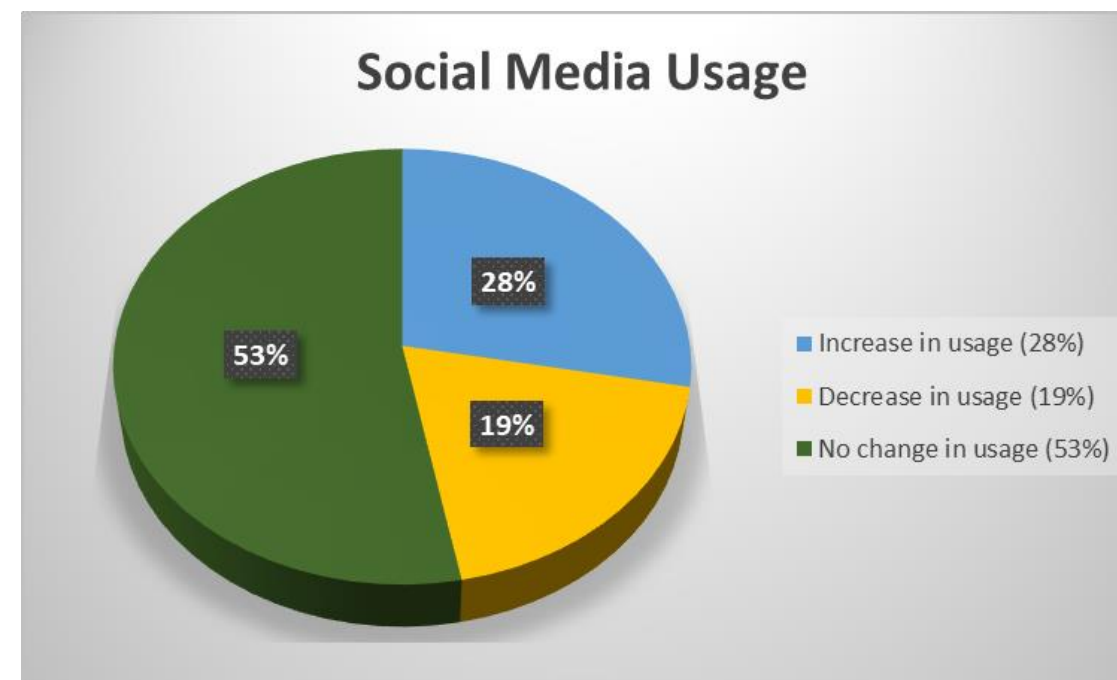
- Social media use did not significantly change during the pandemic in this sample. Changes in social media usage were not significantly associated with changes in mood, level of depressive symptoms, or changes in suicidal ideation.

Social media use did not significantly change during the COVID-19 pandemic in this sample.

Changes in social media usage were not significantly associated with changes in mood, level of depressive symptoms, or changes in suicidal ideation.

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Characteristics of Sample	
Mean Age (years)	15.6
Male (%)	54
Caucasian (%)	64
Black (%)	18
Other (%)	14



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