

Abstract

Understanding Relationships Between Social Media Use and Well-Being

In societies with abundant possibilities to connect, it is discussed whether interacting with diverse online platforms – in particular, social media – can impact a person's well-being.

In the presentation, an overview will be provided on where we stand regarding the disentangling of the social-media-well-being complex and what next steps are relevant to obtain a fine granular understanding of what makes us happy in digital societies. In the talk also different approaches will be presented on how to shed light on the digital-well-being-complex including epigenetics, brain imaging, data tracking and psychological survey works.