

# WHERE IT HURTS THE MOST: PEER INTERACTIONS ON SOCIAL MEDIA AND IN PERSON ARE DIFFERENTIALLY ASSOCIATED WITH EMOTIONAL REACTIVITY AND SUSTAINED AFFECT AMONG ADOLESCENT GIRLS

## AUTHORS

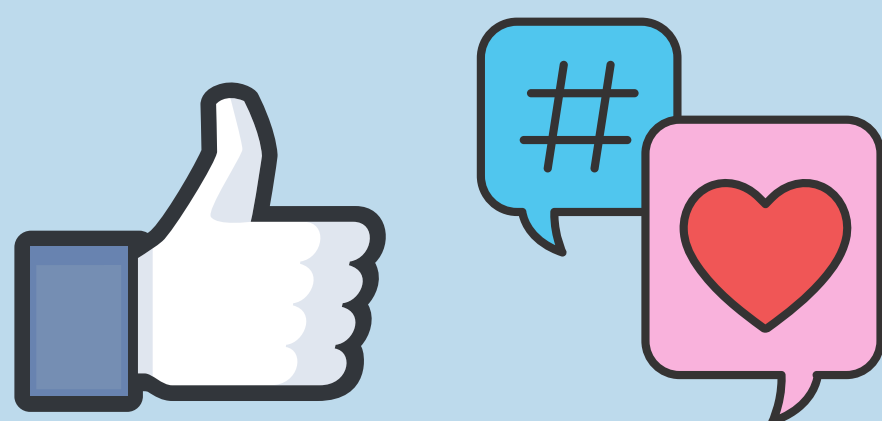
**JESSICA L. HAMILTON, QUYEN B. DO, SOPHIA CHOUKAS-BRADLEY, CECILE D. LADOUCEUR, JENNIFER S. SILK**

## AFFILIATIONS

Rutgers University: Department of Psychology  
 Department of Psychology, University of Pittsburgh  
 Department of Psychiatry, University of Pittsburgh

## STUDY GOAL

This study focused on whether the context (social media or in person) of adolescent girls interactions influenced their emotional responses to peer interactions and caused changes in everyday life.



## WHO WE STUDIED AND WHAT THEY DID

110 adolescent girls (11-13 years old) completed 3 daily surveys on weekdays, and 4 on weekends, reporting their most recent worst and best interactions with peers.

The surveys focused on the context in which the interactions occurred (social media or in-person), emotional reactivity during the interaction, and how they felt in the moment (positive and negative emotions).

## WHY DO WE CARE ABOUT SOCIAL MEDIA?

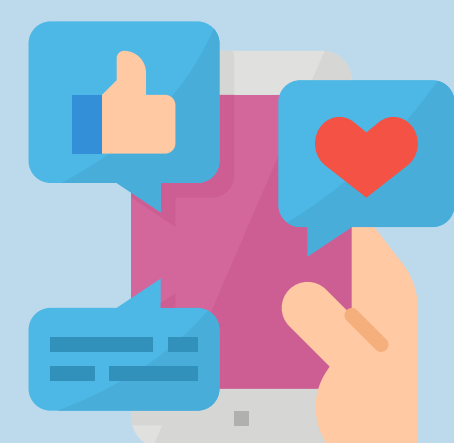
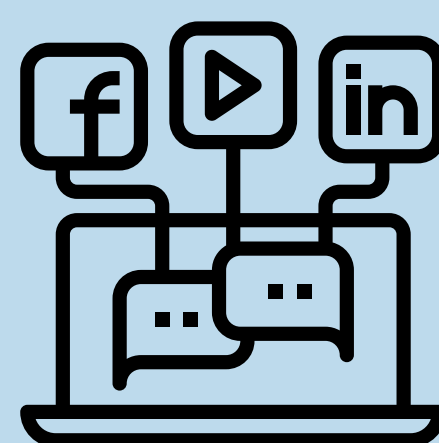
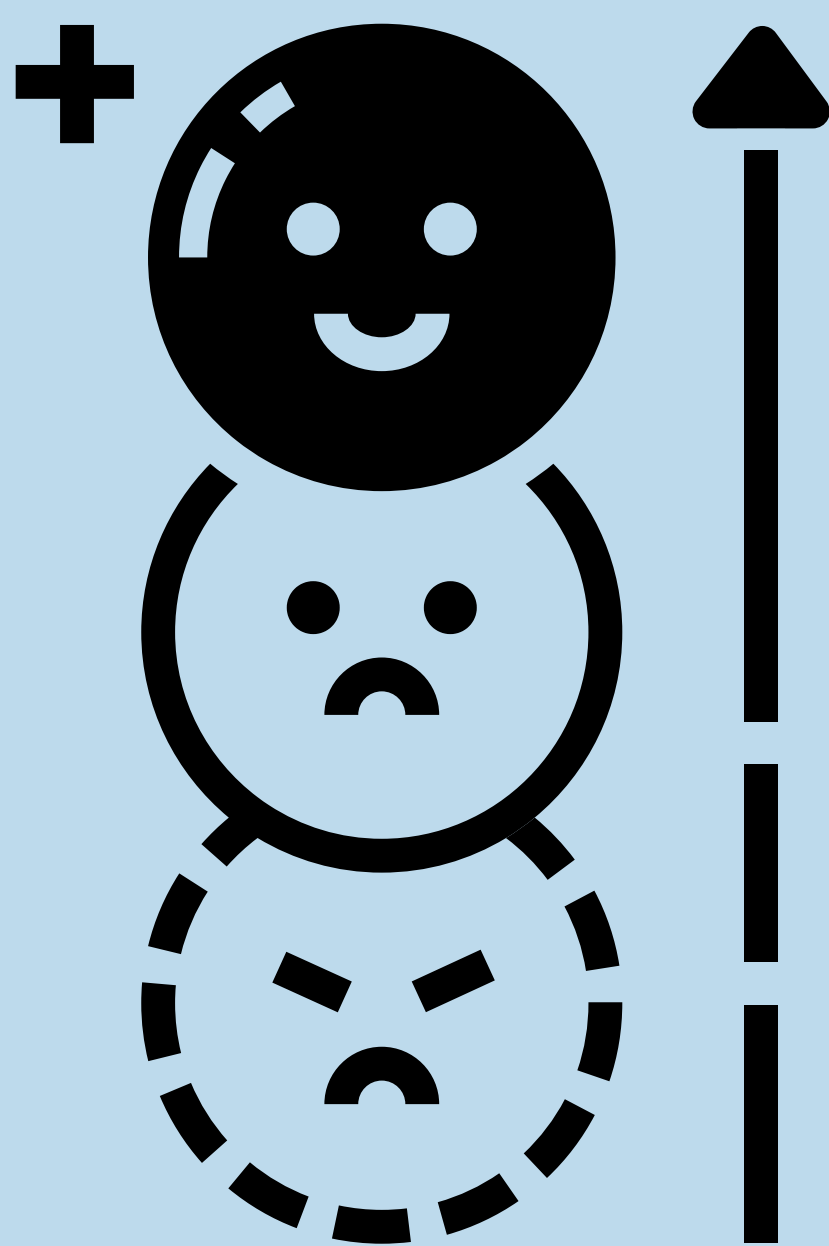
- Social interactions are important for teens' mental health.
- Teen girls are especially sensitive to both negative and positive interactions with peers that happen during this time.
- Social media can influence how girls experience and react to these peer interactions.
- This can have implications for peer relationships and onset of mental health problems during adolescence.

## FINDINGS

Peer interactions on social media have shorter-lasting positive effects and longer-lasting negative effects on girls' moods.

Negative peer interactions are **worse when experienced on social media**, leading to more sadness and negative emotions.

Positive peer interactions are **better when experienced in person**, compared to on social media.



## Key Takeaways

It's not just how much social media use, but social media can affect how teens experience peer interactions, whether they are positive or negative. Social media may intensify negative peer interactions on a daily basis, and reduce the benefits of experiencing positive interactions with peers. Research is needed that focuses on the specific aspects of social media that influences how and when peer interactions impact teen girls in different ways.