

# Mindful Continuing Education

## Social Media and Mental Health

1. \_\_\_\_\_ people world wide use social media.

- A. one million
  - B. eighty million
  - C. one billion
  - D. two billion
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2. Postives impacts social media can have on education include all except:

- A. collaboration
  - B. comparison
  - C. active learning
  - D. community connection
- 

3. \_\_\_\_\_ is the assessment of one's standing and functioning in society.

- A. social well-being
  - B. social interaction
  - C. peer support
  - D. trolling
- 

4. When an outcome is unpredictable one is more likely to repeat the behavior leading to

- A. FOMO
  - B. OCD
  - C. addiction
  - D. cyberbullying
- 

5. Looking for \_\_\_\_\_ online can cause one to replace real life meaningful connections.

- A. validation
  - B. self-esteem
  - C. collaboration
  - D. education
- 

6. \_\_\_\_\_ is defined as an individual's high degree of anxiety towards absence from meaningful, pleasurable, or momentous experiences enjoyed by their contemporaries.

- A. rumination
  - B. depression
  - C. poor self-esteem
  - D. FOMO
- 

**7. One way social media use before bed disrupts sleep is through**

- A. decreased cognitive arousal
  - B. increased cognitive arousal
  - C. stimulate melatonin production
  - D. motivation boosting
- 

**8. Upward social comparison is linked to**

- A. diminished self-esteem
  - B. increased self-esteem
  - C. increased connections
  - D. decreased connections
- 

**9. One study found that those with excessive social media use had higher biological markers for**

- A. depression
  - B. anxiety
  - C. chronic inflammation
  - D. low melatonin
- 

**10. \_\_\_\_\_ is using digital communication to harass a person or group.**

- A. sexting
  - B. sexual harassment
  - C. harassment
  - D. cyberbullying
- 

**11. Social media use can impact school performance through all except**

- A. limits the time available for studying
  - B. causing a distraction and limiting focus
  - C. distractions make it difficult to remember what they are learning
  - D. limiting sleep leading to students falling asleep in class
- 

**12. The earlier a teen starts using social media the greater the impact it has on their**

- A. physical health
- B. mental health

- C. education
  - D. social network
- 

**13. The Bergen Social Media Addiction Scale looks at \_\_\_\_ core aspects of addiction. 2**

- A. 2
  - B. 4
  - C. 6
  - D. 8
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**14. Deprioritizing self-care may be a \_\_\_\_\_ regarding social media use.**

- A. warning sign
  - B. boundary
  - C. FOMO
  - D. risky interaction
- 

**15. On average people spend \_\_\_\_ hour(s) on social media a day.**

- A. 1
  - B. 2
  - C. 3
  - D. 4
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**16. For best sleep quality one should stop using social media \_\_ hour(s) before bed.**

- A. 0.5
  - B. 1
  - C. 1.5
  - D. 2
- 

**17. One reason scrolling through social media upon waking is unhealthy is because**

- A. it decreases motivation
  - B. it increases cognitive distortions
  - C. one can not control the information they will be exposed to
  - D. one starts comparing immediately
- 

**18. One limitation on social media research and well-being is**

- A. technology changes faster than the research can keep up with
  - B. people change their favorite social media platform frequently
  - C. people are embarrassed to talk about their social media usage
  - D. there is lack of research volunteers who use social media
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**19. Social media offers LGBTQ+ persons the following benefits except**

- A. identity development
  - B. cyberbullying
  - C. access to support they do not have offline
  - D. access to resources
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**20. Reading about the experience of others diagnosed with the same illness, sharing details of their own medication and diagnosis, sharing and accessing medical knowledge are all examples of**

- A. emotional support
  - B. network support
  - C. esteem support
  - D. informational support
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