

# TMS TRENDS

JANUARY 2017

*A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions*



## FACEBOOK USE AND THE EFFECT ON MOOD AND MENTAL HEALTH

There are among 1.8 billion people on online social networking sites worldwide, with Facebook alone having more than 1 billion active users. Concerns over the effect on mental health led the American Academy of Pediatrics in 2011 to define "Facebook depression" as a "depression that develops when preteens and teens spend a great deal of time on social media sites, such as Facebook, and then begin to exhibit classic symptoms of depression." The Lancaster University review of existing research found that the relationship between online social networking and depression may be very complex and associated with factors like age and gender. Negative comparison with others when using Facebook was found to predict depression via increased rumination and frequent posting on Facebook was found to be associated with depression via rumination. However, the frequency, quality and type of online social networking are also important. Facebook users were more at risk of depression when they felt envy triggered by observing others, accepted former partners as Facebook friends, made negative social comparisons and made frequent negative status updates. Gender and personality also influenced the risk, with women and people with neurotic personalities more likely to become depressed. But the researchers stressed that online activity could also help people with depression who use it as a mental health resource and to enhance social support.



## THE ARTS AND DEPRESSION

If you paint, dance or play a musical instrument -- or just enjoy going to the theatre or to concerts -- it's likely that you feel healthier and are less depressed than people who don't, a survey of nearly 50,000 individuals from all socio-economic backgrounds from a county in mid-Norway shows. But what surprised the medical researcher was that these findings held true no matter the individual's socio-economic status -- whether truck driver or bank president, participating in some way in the arts, theatre or music, as player or participant, had a positive effect on that individual's sense of health and well-being. Holmen, a researcher, cautioned that the association between health and cultural activities is not strong enough to enable him to say that culture actually makes people healthy. Nevertheless, the researcher says the findings ought to challenge politicians to think differently about health. "We in the health services do not always have control over the most effective preventive tools given the range of today's illnesses. We need to increasingly focus on opportunities rather than on risk," Krokstad, a researcher on the project said.

## THE TMS INSTITUTE OF PENNSYLVANIA WELCOMES NEW CLINICAL COORDINATOR

Brianna McCauley, our Clinical Coordinator, graduated from West Chester University with a Bachelor of Arts in Psychology. She has varied research experience in areas such as psycho-oncology and comparative psychology. Remaining constant is her interest in mental health and mood disorders. Brianna has been certified to deliver TMS Therapy and she is a welcome addition to The TMS Institute of Pennsylvania!

Our previous Clinical Coordinator, Michelle will be leaving to pursue her studies as a Clinical Mental Health Counselor and we wish her well!