

# Scrolling Minds: Unveiling the Impact of Social Media on Mental Health

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**Abstract:** *Social media platforms such as Facebook, Instagram, TikTok, and Twitter have transformed human interaction, fostering community and connectivity on an unprecedented scale. However, their excessive use has been linked to adverse mental health outcomes, including anxiety, depression, and body image issues. This paper provides a detailed analysis of how social media impacts mental health positively and negatively, the psychological mechanisms involved, and strategies for mitigating harm while maximizing benefits.*

**Keywords:** Social media