

# “INHALE” Project

## *Abstract*

Adolescence is a critical developmental period characterised by significant psychological and social changes, and the ubiquitous presence of social media in teenagers' lives has been linked to both positive and negative outcomes. While social networks can provide a platform for self-expression and social support, they also pose risks such as increased anxiety, depression, cyberbullying and exposure to inappropriate content. Current research highlights the need for a balanced understanding of these effects, as excessive passive use of social media can lead to feelings of inadequacy and lower life satisfaction. Without a comprehensive study, the nuanced effects of social networking use on adolescents' mental health remain poorly understood.

To fill this gap, this research project explores the risks associated with social network use on the mental health of 9th grade Harmos students (aged 12-13) through in-depth structured interviews. The study will involve three classes of 22 students each and will use standardised questionnaires such as the Psychological Distress K10 (Kessler et al., 2003), the School Burnout Inventory (Salmela-Aro et al., 2009) and the Stress Resilience Scale (Smith et al., 2008) to guide the interviews. In addition, demographic information will be collected, including name, gender, nationality, family situation, parental occupation, and school level. The answers to the questionnaire and the demographic information will be registered in RedCap during the interview. Informed consents will be obtained from both parents and students. Once the interviews have been transcribed using Whisper, this study will use Nvivo software to find patterns and connections in the transcriptions.