

# Journal of Depression and Anxiety Forecast

## Is There Any Relation between the Pattern of Instagram Use and User's Depression?

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### Keywords

Instagram; Depression; Social network

### Letter to Editor

Nowadays, social networks are one of the most widely used tools for communication. Social networks facilitate and speed up communication. But studies show that using social networks cause depression in users [1]. One of the most widely used social networks, Instagram, has been created since 2010, and is increasingly being used by people around the world. The main feature of this social network is that people can share their own personal images, and also add descriptions to share beliefs, feelings and activities with others.

One research on the Instagram suggests that using it might increase the symptoms of depression in users [2]. For example, using Instagram increases the frustration in individuals [3].

Previous studies have shown that various factors contributing to depression is also associated with the use of the Instagram, such as age, gender, time of use [1], frequency of use [4] can be Effective in depression.

We hypothesize that there is a relation between patterns of Instagram use and depression. For instance, pattern of people that user follows may show the state of depression in the user. It also seems that the type of photos that user likes have a relation with the symptoms of depression. Lastly the word count of image's caption is somehow related to depression.

Verifying the validity of the hypothesis requires further investigation and testing, which is recommended to be investigated in separate research.

### References

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