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## Key findings

Social behaviour when using smartphones could be indicative of minor depression in young adults, a study in China found.



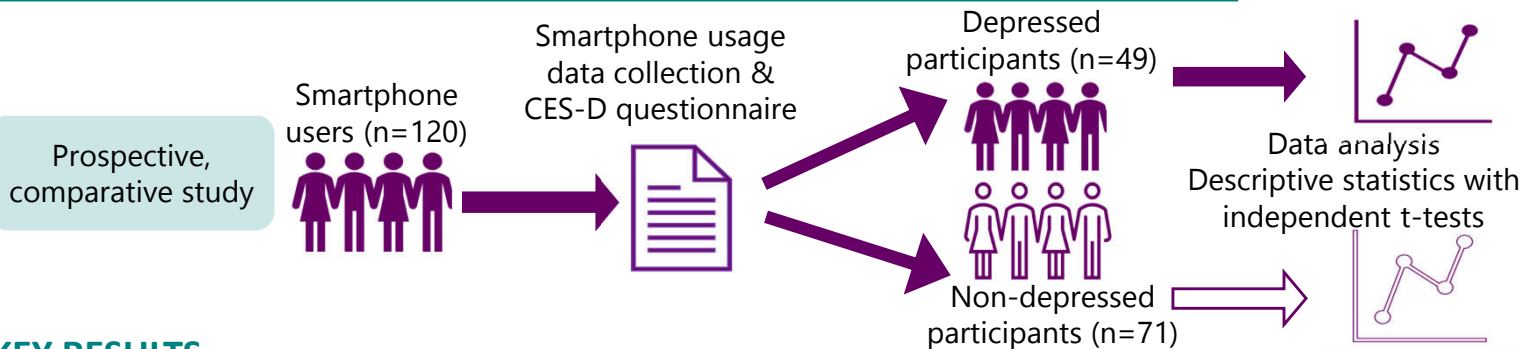
### Objective

To identify and examine the correlation between certain social behaviours using smartphones and risk of depression.



### Intervention/ Comparators

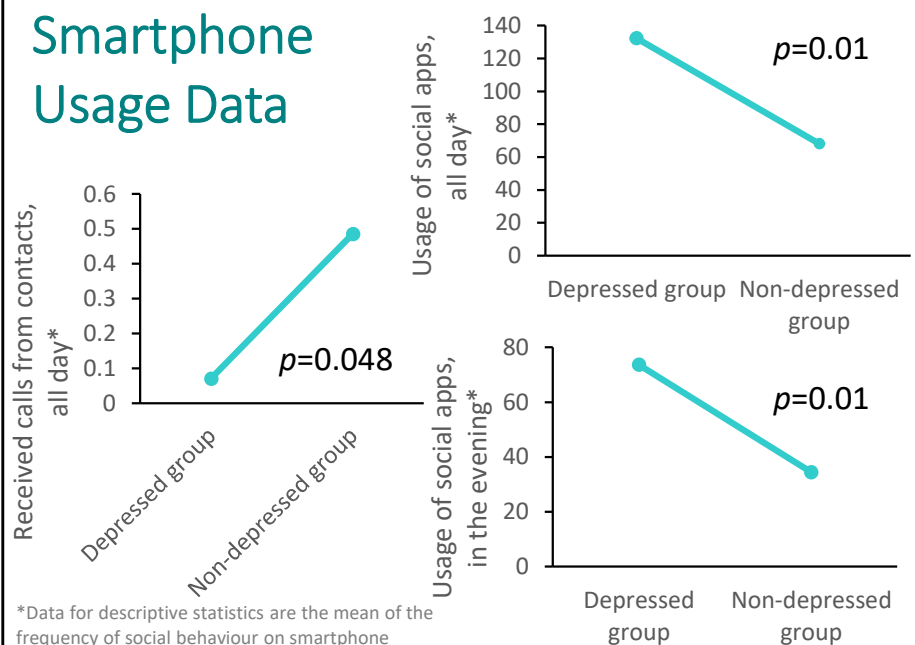
After the collection of smartphone data, participants were separated into *depressed* ( $n=49$ ), and *non-depressed* ( $n=71$ ) groups based on their scores from the Center for Epidemiological Studies-Depression Scale (CES-D).



## KEY RESULTS

- Depressed participants received significantly fewer phone calls throughout the day ( $p=0.048$ ).
- Depressed participants also used social apps more frequently throughout the day ( $p=0.01$ ).
- For all study participants, the **use of social apps such as WeChat and Sina Weibo in the evening was a predictor of depressive symptoms** (odds ratio 1.007, 95% confidence interval 1.001-1.013;  $p=0.02$ ).
- Depressed females were significantly more likely to overuse Weibo all day than depressed males ( $p=0.001$ ), and more than non-depressed females.

### Smartphone Usage Data



The study **found a correlation between social behaviour on smartphones and depression risk status**, as well as between different genders.

The measure of depression used is a non-diagnostic, screening tool for depression only.

Most participants were students of a similar age (mean age: 23.57 years; SD 3.09) and were all from China making generalisation to the UK general population unreliable.

It would be insightful to **make comparisons between people diagnosed with or participants who scored moderate to severe depression**, as well as to **assess for a causal relationship** between the social behaviour and the depression status.



Ellie