Supplementary Material S1. Detailed Search Strategy by Database

This appendix provides the complete Boolean search strings used across all databases to ensure transparency and reproducibility of the review process. Searches were conducted up to 15 September 2025.

PubMed (3,041 results)

(("Aged"[MeSH] OR older adult*[Title/Abstract] OR elderly[Title/Abstract]
OR "older people"[Title/Abstract] OR "older persons"[Title/Abstract]
OR seniors[Title/Abstract] OR geriatric*[Title/Abstract]
OR ageing[Title/Abstract] OR aging[Title/Abstract])
AND ("Social Media"[MeSH] OR "Social Networking"[MeSH]
OR "social media"[Title/Abstract] OR "social network*"[Title/Abstract]
OR "online social network*"[Title/Abstract]
OR "online community*"[Title/Abstract] OR SNS[Title/Abstract]
OR Facebook[Title/Abstract] OR YouTube[Title/Abstract]
OR Instagram[Title/Abstract] OR WhatsApp[Title/Abstract]
OR WeChat[Title/Abstract] OR "Internet use"[Title/Abstract]
OR ICT[Title/Abstract] OR "digital technolog*"[Title/Abstract])
AND (loneliness[Title/Abstract] OR "mental health"[Title/Abstract]
OR well-being[Title/Abstract] OR depression[Title/Abstract]
OR "quality of life"[Title/Abstract] OR "life satisfaction"[Title/Abstract]
OR "social participation"[Title/Abstract]
OR "social support"[Title/Abstract] OR anxiety[Title/Abstract]))

Scopus (8,529 results)
(TITLE-ABS-KEY("older adults" OR elderly OR "senior citizens" OR
"older people" OR aging OR aged OR "65 years" OR "65+")
AND TITLE-ABS-KEY("social media" OR Facebook OR Instagram OR Twitter
OR YouTube OR WhatsApp OR WeChat OR "Internet use" OR ICT
OR "digital technolog*")
AND TITLE-ABS-KEY(loneliness OR "mental health" OR well-being
OR depression OR "quality of life" OR "life satisfaction"
OR "social participation" OR "social support" OR anxiety))
AND (PUBYEAR > 2004 AND PUBYEAR < 2026)
AND (LIMIT-TO(SUBJAREA, "MEDI") OR LIMIT-TO(SUBJAREA, "PSYC")
OR LIMIT-TO(SUBJAREA, "SOCI") OR LIMIT-TO(SUBJAREA, "COMP"))
AND (LIMIT-TO(DOCTYPE, "ar") OR LIMIT-TO(DOCTYPE, "re"))

Google Scholar (17,600 results; first 500 screened; sorted by relevance)
("older adults" AND ("social media" OR "Internet use" OR ICT
OR "digital technology")
AND ("well-being" OR "mental health" OR loneliness OR depression
OR "quality of life" OR "life satisfaction"))

Bohrium (43 results)
("older adults" OR elderly OR "aged 60" OR "aged 65" OR seniors)
AND ("social media" OR "social network" OR Facebook OR YouTube
OR Instagram OR WhatsApp OR WeChat OR "Internet use" OR ICT
OR "digital technolog*")
AND ("well-being" OR "mental health" OR loneliness OR depression
OR "quality of life" OR "social participation" OR psychosocial
OR anxiety)

Note: Filters applied across databases included publication years 2005–2025 and English language. In Google Scholar, screening was restricted to the first 500 results sorted by relevance.
Minor adaptations to search syntax were applied where required by database-specific indexing rules.

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