

Special Issue

The Impact of Social Media on Human Behavior and Mental Health

Message from the Guest Editors

The aim of this Special Issue is to comprehensively explore how social media influences human behavior and mental health, examining both its beneficial and detrimental impacts. Cutting-edge research focusing on but not limited to digital addiction, cognitive impairment linked to excessive social media use, psychological disorders associated with online interactions, and public health implications of digital behaviors are particularly encouraged. We invite empirical studies, systematic reviews, theoretical papers, and interdisciplinary research employing qualitative, quantitative, and mixed-methods approaches. Papers addressing positive outcomes, interventions, algorithmic impacts, online community dynamics, mental health disparities, and the role of social media in health behavior change are welcome. Contributions should advance our understanding and offer actionable insights to promote mental well-being in digital environments.

Guest Editors

Dr. Ebenezer Larnyo

1.Center for Black Studies Research, University of California, Santa Barbara, CA 93106, USA

2.Center for Aging and Longevity Studies, University of California, Santa Barbara, CA 93106, USA

Dr. Henry Asante Antwi

1. Beaver College of Health Sciences, Appalachian State University (UNC System), Boone, NC 28608, USA

2. The PATIENTS Program, University of Maryland School of Pharmacy, Baltimore, MD 21203, USA

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA
15260, USA

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