Social Media and Well-Being: A multi-disciplinary dialogue

USI Università della Svizzera italiana

Amsterdam School of Communication Research

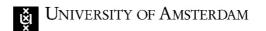Harvard T.H. Chan School of Public Health,

Harvard Lee Kum Sheung Center for Health and Happiness

26th to 28th June 2023 in Lugano, Switzerland

Goals of the workshop

Social media are an integral part of people's lives, and the way social media are used may influence, and be influenced by, their well-being. The study of social media and well-being is complex and depends on different cultural, contextual, sociological, methodological, and practical factors. Scholars from different disciplines and cultural backgrounds interested in the complex nature of social media use and well-being call for more consensus on what and how to study in the context of social media and well-being. Some of them have discussed pressing conceptual, methodological, and practical issues in a previous workshop on "Social media use and well-being" hosted by Harvard T.H. Chan School of Public Health in April 2022 at the Harvard Faculty Club (Cambridge, MA, U.S.). Building upon the main consensus points previously delineated by scholars, institutions, and the social media industry mainly located in the U.S., this workshop on "Social Media and Well-Being: A multi-disciplinary dialogue" aims to continue the conversation in the European context. Enlarging the invite to scholars from different disciplines and cultural backgrounds is crucial to better study the complexity between social media use and well-being. The workshop is jointly organized by USI Università della Svizzera italiana, the Amsterdam School of Communication Research, the Harvard T.H. Chan School of Public Health, Lee Kum Sheung Center for Health and Happiness and will be hosted from 26th to 28th June 2023 by USI Università della Svizzera italiana in Lugano (Switzerland).

Key questions to be addressed

1. What do we know about the cultural, contextual, and socio-economic factors related to social media use and well-being?

2. What kind of research designs, including data collection, measures, analysis, and outcomes are appropriate to study social media and well-being?

3. How can we translate research into practice through interventions and policymaking?

Structure of the workshop

The workshop spans over 2.5 days. After a welcome and general overview, it will address the key questions in eight sessions. Each session is introduced by one or two experts, who present the state-of-the-art and current challenges, largely informed by his own research endeavors and his insights from the scientific community. Next, participants are invited to share their perspectives into a structured discussion and collect pressing issues to be put both on the research and practice/policy agenda.

The following workshop agenda briefly summarizes each session and the expert(s) identified for the introductory presentation.
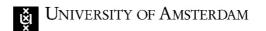
DAY 1, June 26th 2023

9.00 - 9.30 *Coffee and breakfast*

9.30 – 9.40 **Welcome from Lugano city** (Dr. Luigi Di Corato)

9.40 - 10.15 **Welcome and opening remarks** (Prof. K. "Vish" Viswanath)

- Set the overall agenda for the workshop
- Introduction of participants

10.15 - 10.30 **General overview and summary of the previous workshop at the Harvard Faculty Club** (Dr. Marciano)

10.30 - 11.00 **General overview of the work about social media use and well-being in Europe** (Prof. Beyens, Dr. Camerini)

10.30 - 11.00 *Coffee break*

11.30 - 13.00 <u>Session 1</u> (moderator: Prof. Peter J. Schulz)

- Social media use and well-being: theoretical background (Prof. Ellison)
- Social media use and well-being: development and mental health (Dr. Orben)

13.00 - 14.00 *Lunch*

14.00 - 15.30 <u>Session 2</u> (moderator: Dr. Laura Marciano)

- Digital skills and well-being in different contexts: insights from the ySKILLS project' (Prof. Giovanna Mascheroni)
- Smartphone pervasiveness, well-being and social inequality among youth (Prof. Marco Gui)

15.30 - 16.00 *Coffee break*

16.00 - 16.30 **General Discussion**

DAY 2, June 27th 2023

9.00 - 9.30 *Coffee and breakfast*

9.30 - 9.45 **Opening remarks** (Prof. Peter J. Schulz)

9.45 - 11.15 <u>Session 3</u> (moderator: Prof. Peter J. Schulz)

- Moving from ill-being to different conceptualizations of well-being (Dr. Julia Krasko)
- Assessing well-being in the study of social media use (Dr. Laura Marciano)

11.15 - 11.45 *Coffee break*

11.45 - 13.00 <u>Session 4</u> (moderator: Dr. Laura Marciano)

- The idiographic approach to social media effects (Prof. Ine Beyens)
- Unravelling the content-wellbeing connection: Challenges and opportunities in linking social media content to well-being (Prof. Kathrin Karsay)

13.00 - 14.00 *Lunch*

14.00 - 15.30 <u>Session 5</u> (moderator: Nicole Bizzotto)

- Measuring social media: What do we study - and what should we care about? (Prof. Adrian Meier)
- Crisis or opportunity: Can concerns about the accuracy of estimates stimulate theoretical & methodological advances in social media & well-being research? (Dr. Doug Parry)

15.30 - 16.00 *Coffee break*

16.00 – 17.30 <u>Session 6</u> (moderator: Dr. Anne-Linda Camerini)

- On digital phenotyping and mobile sensing approaches to better understand the social media-well-being complex (Prof. Christian Montag)
- Digital traces & data donations (Dr. Johannes Breuer)

17.30 - 18.00 **General Discussion**

DAY 3, June 28th 2023

9.00 - 9.30 *Coffee and breakfast*

9.30 - 9.45 **Opening remarks** (Prof. Viswanath, Prof. Schulz)

9.45 - 11.15 <u>Session 7</u> (moderator: Dr. Laura Marciano)

- Digital engagement and adolescent mental health: Applying the developmental framework to identify intervention targets (Dr. Kasia Kostyrka-Allchorne)
- Digital interventions and digital detox (Prof. Mariek Vanden Abeele)

11.15 - 11.45 *Coffee break*

11.45 - 13.00 <u>Session 8</u> (moderator: Dr. Ine Beyens)

- Contradictions between pressures for digitalization in schools and digital well-being (Prof. Marco Gui)
- Promoting healthy use of digital media: (need for) a multi-target mission (Dr. Anne-Linda Camerini)

13.00 - 14.00 *Lunch*

14.00 - 14.30 <u>Session 9</u> (moderator: Prof. K."Vish" Viswanath)

- Policymaking in Europe (online: Mr. Prabhat Agarwal from the EU Commission)

14.30 - 15.00 **Group work & Closing remarks** (Dr. Laura Marciano)