# Study Challenges Notion of Internet's Negative Impact on Mental Health



A new study counters the widespread belief that internet use contributes significantly to mental health problems. According to research led by Dr. Matti Vuorre, assistant professor of social psychology at Tilburg University in the Netherlands, people with internet access report higher well-being in areas such as life satisfaction and social life. The study, published in the journal *Technology, Mind, and Behavior*, analyzed data from nearly 2.5 million individuals across 168 countries using the Gallup World Poll.

Researchers employed multiple statistical approaches and found that about 85% of these analyses indicated higher well-being among internet users compared to non-users. Dr. Markus Appel, professor of the psychology of communication and new media at the University of Würzburg, noted the complex relationship between internet use and well-being, emphasizing the importance of what activities users engage in online.

The study, however, was observational and couldn't definitively establish causation. Researchers accounted for variables such as income and healthcare access but acknowledged these factors could still influence the results. Vuorre suggested that the diverse uses of the internet, from online banking to cyberbullying, would inevitably have varying impacts on well-being.

While other studies have shown detrimental effects of social media on mental health, especially among youth, Vuorre advised against hasty limitations on internet use without further nuanced research. Dr. Appel recommended individuals monitor their own internet activities and outcomes, suggesting adjustments based on personal experiences.