

Social media has become integral to our daily routines: we interact with family members and friends, accept invitations to public events, and join online communities to meet people who share similar preferences using these platforms. Overall, findings regarding the impact of social media on mental health pointed out some essential resources for psychological well-being through rewarding online social interactions. In this collection, we will explore the impact of social media use on mental health by providing comprehensive research perspectives on positive and negative effects. Social media can provide opportunities to enhance the mental health of users by facilitating social connections and peer support [5]. Mutual friendships, rewarding social interactions, and humor on social media also reduced stress during the COVID-19 pandemic [4]. On the other hand, several studies have pointed out the potentially detrimental effects of social media use on mental health. Indeed, online communities can provide a space for discussions regarding health conditions, adverse life events, or everyday challenges, which may decrease the sense of stigmatization and increase belongingness and perceived emotional support. Concerns have been raised that social media may lead to body image dissatisfaction [6], increase the risk of addiction and cyberbullying involvement [5], contribute to phubbing behaviors [7], and negatively affects mood [8].