

Social media use has skyrocketed over the past decade and a half. "I tend to believe, given my own work and then reading the work of others, that there's very little evidence that social media directly displaces meaningful interaction with close relational partners," says Hall. Growth in the number of people who use Facebook, Instagram, Twitter, and Snapchat and other social media platforms -- and the time spent on them--has garnered interest and concern among policymakers, teachers, parents, and clinicians about social media's impacts on our lives and psychological well-being. However, during these same abstention periods, there was no difference in people's time spent socializing with their strongest social ties. Hall's research interrogates that cultural belief. The upshot?