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Module name: BSc (Hons) Health and Social Care

Module code: BMHPP6020_LON

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(Bulman, M.2019).

Methodology

This study will employ a qualitative systematic literature review design. We will conduct searches in electronic databases such as PubMed, CINAHL, and Google Scholar for peer-reviewed articles published between 2014 and 2025. The search will utilise combinations of keywords including “social media,” “children,” “adolescents,” “mental health,” “UK,” “anxiety,” “depression,” and “cyberbullying.”

The inclusion criteria will focus on UK-based studies involving participants aged 8 to 18, as well as empirical or

The impact of social media on children's mental health in the UK

Aim:

This project aims to critically examine the effects of social media use on the mental health and well-being of children in the UK, assessing both potential risks and protective factors in modern digital environments.

Objectives:

- To conduct a comprehensive review of UK-based literature regarding children's use of social media.
- To investigate the relationships between social media engagement and anxiety, depression, self-esteem, and concerns related to body image.
- To explore potential protective effects, such as peer support and identity formation.



Sources: Ofcom, Office of Children's Commissioner for England, Vodafone. See Children's Register of Risks for full source information.

(Riva, 2021)

Data analysis:

Thematic analysis, which means grouping common patterns within the data.

Ethical consideration:

Reporting data accurately, citing studies used Harvard references

systematic research. Conversely, we will exclude non-English publications and opinion-based articles. The findings will be analysed using thematic synthesis to identify recurring themes, contradictions, and gaps in the research.

To identify implications for health and social care practices and policies, and provide relevant recommendations.

References

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