

Table 1- Social Media Use and Rates of Anxiety and Depression Among Children Aged 8 to 12 Years

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social Media					
Overall	54.10		49.70	58.40	-
Race/Ethnicity					
White, Non-Latino	44.82	*	36.30	53.70	ref
Black, Non-Latino	64.09	*	55.00	72.20	0.01
Latino	56.44		49.80	62.90	0.07
Asian/Pacific Islander, Non-Latino	57.24	*	46.00	67.80	0.13
Other/Multi-Racial, Non-Latino	51.99	*	36.10	67.50	0.57
School Type					
Private School	33.51	* U	24.40	44.00	ref
Public or Charter School	57.43		52.80	61.90	<0.01
Another School Type	78.28	*	45.00	94.10	<0.01
Social Media Use and Anxiety Diagnosis					
Use Social Media	16.43		12.50	21.30	ref
Do Not Use Social Media	12.16		8.80	16.60	0.22
Social Media Use and Depression Diagnosis					
Use Social Media	2.64		1.70	4.10	ref
Do Not Use Social Media	3.69	*	1.90	7.20	0.46

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is less than 50, or the 95% Confidence Interval half width is greater than ten, making the estimate potentially unreliable.

Bold p-values indicate a statistically significant difference from the reference group at p <0.05

Table 2- Social Media Use and Rates of Anxiety and Depression Among Teens

Source- Family Mental Health Survey (FMHS) and Teen Mental Health Survey (TMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City and the residential population aged 13 to 17 in New York City
Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social Media					
Overall	92.83		90.76	94.90	
Race/Ethnicity					
White, Non-Latino	73.50	U	64.80	80.70	ref
Black, Non-Latino	87.31		80.30	92.10	0.01
Latino	89.08		84.90	92.20	<0.01
Asian/Pacific Islander, Non-Latino	90.53	U	84.50	94.40	<0.01
Other/Multi-Racial, Non-Latino	79.60	*	56.80	92.10	0.56
School Type					
Private School	58.29	*	47.90	68.00	ref
Public or Charter School	89.20		86.50	91.40	<0.001
Another School Type	93.33		84.80	97.20	<0.001
Social Media Use and Anxiety Diagnosis					
Use Social Media	26.88		23.20	31.00	ref
Do Not Use Social Media	9.30		5.30	15.70	<0.001
Social Media Use and Depression Diagnosis					
Use Social Media	13.84		11.10	17.10	ref
Do Not Use Social Media	4.42		2.70	7.20	<0.001

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U- When rounding to the nearest whole number, round up.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 3- Social Media Use and Rates of Anxiety and Depression Among Parents

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimated number of parents/guardians of children 5 to 17 years in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social Media					
Overall	78.40		77.30	79.50	
Race/Ethnicity					
White, Non-Latino	77.10		74.70	79.40	ref
Black, Non-Latino	83.00		80.40	85.30	<0.01
Latino	83.30		81.50	85.00	<0.01
Asian/Pacific Islander, Non-Latino	75.30		72.30	78.10	0.35
Other/Multi-Racial, Non-Latino	78.90		72.40	84.20	0.58
Social Media Use and Depressive Symptoms					
Use Social Media	14.60		13.60	15.80	ref
Do Not Use Social Media	11.80		10.10	13.70	0.01
Social Media Use and Anxiety Symptoms					
Minimal					
Use Social Media	52.20		50.60	53.80	ref
Do Not Use Social Media	60.50	U	57.60	63.40	<0.001
Mild					
Use Social Media	30.40		29.00	31.90	ref
Do Not Use Social Media	25.20		22.80	27.80	<0.001
Moderate					
Use Social Media	11.90		10.90	13.00	ref
Do Not Use Social Media	9.50	U	7.90	11.50	0.03
Severe					
Use Social Media	5.50	U	4.90	6.20	ref
Do Not Use Social Media	4.80		3.60	6.20	0.30

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

U- When rounding to the nearest whole number, round up.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 4- Frequency of Anxiety and Depressive Symptoms Among Teens Who Report Using Social Media Daily or Weekly

Source- Teen Mental Health Survey (TMHS), 2023

Data are weighted to the residential population aged 13 to 17 in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval
How Frequently Teens Use Social Media by Symptoms of Anxiety				
General Worry				
Daily	90.00		87.50	92.10
Weekly	83.20	*	62.50	93.70
Family Worry				
Daily	66.30		62.20	70.10
Weekly	59.00	*	36.80	78.00
Future Worry				
Daily	83.70		80.10	86.70
Weekly	62.40	*	38.90	81.20
Self Worry				
Daily	69.70		65.70	73.50
Weekly	55.60	*	33.40	75.80
How Frequently Teens Use Social Media by Symptoms of Depression				
No Symptoms				
Daily	43.60		39.60	47.60
Weekly	61.30	*	38.50	80.00
Mild Symptoms				
Daily	28.80		25.20	32.60
Weekly	23.60	*	9.40	47.90
Moderate Symptoms				
Daily	15.80		13.20	18.70
Weekly	^		^	^
Severe Symptoms				
Daily	11.90		9.40	14.90
Weekly	^		^	^

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^ Unreliable estimate. Data suppressed.

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

U- When rounding to the nearest whole number, round up.

Bold p-values indicate a statistically significant difference from the reference group at $p < 0.05$

Table 5- Frequency of Depressive and Anxious Symptoms Among Parents Who Do and Do Not Use Social Media

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimated number of parents/guardians of children 5 to 17 years in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
How Frequently Parents Use Social Media by Anxiety Symptoms					
Minimal Symptoms					
Never	60.50	U	57.60	63.40	ref
Daily	50.80		49.00	52.50	<0.001
Mild Symptoms					
Never	25.20		22.80	27.80	ref
Daily	31.50	D	29.90	33.10	<0.001
Moderate Symptoms					
Never	9.50	U	7.90	11.50	ref.
Daily	12.10		11.00	13.30	0.02
Severe Symptoms					
Never	4.80		3.60	6.20	ref.
Daily	5.70		5.00	6.40	0.21
How Frequently Parents Use Social Media by Symptoms of Depression					
Possible Depression					
Never	11.80		10.10	13.70	ref.
Daily	14.80		13.70	16.10	0.01

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 6- Boredom and Social Media Use and Their Association with Anxiety and Depression Symptoms Among Teens

Source- Teen Mental Health Survey (TMHS), 2023

Data are weighted to align with the residential population aged 13 to 17 in New York City
Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social Media Use Due to Boredom				
Overall	90.40	87.70	92.50	
Race/Ethnicity				
White, Non-Latino	89.80	83.20	94.00	ref
Black, Non-Latino	87.20	80.30	91.90	0.51
Latino	92.30	88.20	95.00	0.44
Asian/Pacific Islander, Non-Latino	92.80	86.00	96.40	0.41
Other/Multi-Racial, Non-Latino	87.40 *	63.70	96.50	0.76
Sex Assigned at Birth				
Female	92.80	89.20	95.30	ref
Male	87.80	83.60	91.00	0.04
School Type				
Private School	90.10	83.30	97.00	ref
Public School	90.00	87.10	92.80	0.96
Charter School	93.50	88.30	98.70	0.45
Home School	99.30 *	97.70	100.80	0.01
Trade School	83.70 *	56.90	110.50	0.65
Currently not enrolled in school	93.00 *	83.60	102.50	0.63
Neighborhood Poverty				
Low	88.10	81.30	92.60	ref
Medium	90.40	86.20	93.30	0.49
High	89.30	82.40	93.70	0.76
Very High	96.60	94.80	97.70	<0.01

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
General Worry																
Never																
Overall	10.20	8.20	12.70		42.00	38.10	46.10		26.60	23.20	30.30		21.10	18.00	24.60	
Social Media Use Due to Boredom	9.70	7.60	12.40	ref	41.10	37.00	45.30	ref	27.70	24.10	31.60	ref	21.50	18.20	25.20	ref
Social Media Use Not Due to Boredom	15.20	8.90	24.60	0.18	51.00 *	38.50	63.30	0.14	16.40 *	8.40	29.50	0.04	17.50 *	9.00	31.20	0.50
Sometimes																
Overall	33.60	29.80	37.70		41.80	37.80	45.90		14.20	11.70	17.10		10.40	8.20	13.10	
Social Media Use Due to Boredom	31.70	27.60	36.00	ref	42.60	38.40	47.00	ref	14.70	12.10	17.90	ref	11.00	8.60	13.90	ref
Social Media Use Not Due to Boredom	52.20 *	39.50	64.50	<0.01	34.10 *	23.20	47.00	0.19	8.90 ^U	4.00	18.70	0.13	^U	^U	^U	
Often																
Overall	16.80	14.00	20.20		32.90	29.10	36.90		24.10	20.90	27.70		26.20	23.00	29.60	
Social Media Use Due to Boredom	15.30	12.50	18.70	ref	32.20	28.20	36.40	ref	24.60	21.20	28.50	ref	27.90	24.40	31.60	ref
Social Media Use Not Due to Boredom	31.10 *	21.00	43.40	0.01	39.30 *	27.80	52.30	0.28	19.60 ^U	11.00	32.40	0.39	9.90 *	4.50	20.30	<0.001
Always																
Overall	30.70	27.00	34.60		41.60	37.50	45.90		15.90	13.30	18.80		11.80	9.40	14.80	
Social Media Use Due to Boredom	28.70	24.90	32.80	ref	42.60	38.20	47.10	ref	16.20	13.50	19.30	ref	12.60	10.00	15.70	ref
Social Media Use Not Due to Boredom	49.30 *	36.80	61.80	<0.01	32.80 *	21.40	46.70	0.16	13.00 ^U	6.30	24.90	0.51	^U	^U	^U	

Using Social Media Due to Boredom and Associations with Depressive Symptoms				
Social Media Use Due to Boredom	28.30	24.70	32.20	ref
Social Media Use Not Due to Boredom	8.20 *	3.50	18.20	<0.001

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^U Unreliable estimate. Data suppressed.

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

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Table 7- Boredom and Social Media Use and Their Association with Anxiety and Depression Symptoms Among Parents

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimated number of parents/guardians of children 5 to 17 years in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social Media Use Due to Boredom					
Overall	66.10		64.50	67.60	
Race/Ethnicity					
White, Non-Latino	60.70		57.00	64.20	ref
Black, Non-Latino	69.30		65.60	72.60	<0.01
Latino	68.90		66.30	71.30	<0.001
Asian/Pacific Islander, Non-Latino	66.30		62.30	70.10	0.04
Other/Multi-Racial, Non-Latino	58.90		50.60	66.70	0.70
Gender Identity					
Woman	66.20		64.40	68.00	ref
Man	65.20		62.10	68.20	0.57
Transgender, non-binary, or another gender identity not listed	81.20	*	66.10	90.50	0.02
Neighborhood Poverty					
Low	62.60		59.20	65.80	ref
Medium	67.30		64.90	69.50	0.02
High	65.40		61.70	69.00	0.25
Very High	69.00		64.90	72.80	0.01
Using Social Media Due to Boredom and Associations with Anxiety Symptoms					
Minimal Symptoms					
Social Media Use Due to Boredom	45.10		43.10	47.20	ref
Social Media Use Not Due to Boredom	64.60		61.80	67.20	<0.001
Mild Symptoms					
Social Media Use Due to Boredom	34.30		32.40	36.20	ref
Social Media Use Not Due to Boredom	23.50		21.20	26.00	<0.001
Moderate Symptoms					
Social Media Use Due to Boredom	14.20		12.80	15.70	ref
Social Media Use Not Due to Boredom	7.70		6.40	9.40	<0.001
Severe Symptoms					
Social Media Use Due to Boredom	6.40		5.60	7.30	ref
Social Media Use Not Due to Boredom	4.20		3.20	5.40	<0.001
Using Social Media Due to Boredom and Associations with Depressive Symptoms					
Social Media Use Due to Boredom	17.80		16.30	19.30	ref
Social Media Use Not Due to Boredom	9.40		7.90	11.10	<0.001

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Table 8 - Time Spent Using Social Media Among Children Aged 8 to 12 Years

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City

Data are not age adjusted

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value		
	Too Much					Just Right				Not Enough					
Overall	44.50	U	39.10	50.00		52.00	46.30	57.70		3.50	* U	1.60	7.40		
Race/Ethnicity															
White, Non-Latino	55.14	*	43.70	66.00	ref	42.01	*	31.60	53.20	ref	^	^	ref		
Black, Non-Latino	42.77	*	30.90	55.50	0.27	56.76	*	44.10	68.60	0.20	0.47	*	0.10	2.00	0.38
Latino	30.61		22.80	39.70	0.01	62.34	*	53.00	70.80	0.04	7.06	*	2.80	16.70	0.32
Asian/Pacific Islander, Non-Latino	65.65	*	51.40	77.60	0.33	33.34	*	21.50	47.70	0.42	1.01	*	0.40	2.60	0.50
Other/Multi-Racial, Non-Latino	56.22	*	39.90	71.30	0.96	42.72	*	28.00	58.90	0.97	1.06	*	0.20	4.80	0.53
School Type															
Private School	49.60	*	31.00	68.30	ref	50.40	*	31.70	69.00	ref	^	^	ref		
Public or Charter School	43.55	U	38.00	49.30	0.64	52.55	U	46.90	58.10	0.86	3.91	*	1.80	8.20	0.01
Another School Type	74.15	*	29.80	95.10	0.27	^	^	^			^	^			
Neighborhood Poverty															
Low	57.15	*	46.70	67.00	ref	42.38	*	32.60	52.90	ref	0.46	*	0.10	1.40	ref
Medium	41.65		33.40	50.40	0.08	53.29	*	43.80	62.50	0.23	^	^	^		
High	42.66	*	31.90	54.20	0.16	53.81	*	42.40	64.80	0.27	^	^	^		
Very High	35.51	* U	23.30	50.00	0.04	61.01	*	47.00	73.40	0.08	3.48	*	1.60	7.40	0.04

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^ Unreliable estimate. Data suppressed

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

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Table 9 - Time Spent Using Social Media and Mental Health Diagnoses Among Teens

Source- Family Mental Health Survey (FMHS), 2023
 Data are weighted to align with the residential population aged 5-17 in New York City
 Data are not age adjusted

	Too Much				Just Right				Not Enough						
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value			
Overall	46.10	41.80	50.40		51.70	47.30	56.00		2.30	*	1.20	4.30			
Race/Ethnicity															
White, Non-Latino	60.67	*	51.70	69.00	ref	39.33	*	31.00	48.30	ref	.	.	ref		
Black, Non-Latino	44.65	*	36.20	53.40	0.03	52.64	*	43.80	61.30	0.07	2.71	2.00	3.60	0.20	
Latino	37.29		30.60	44.50	<0.001	59.33	*	52.00	66.30	<0.01	3.39	*	1.30	8.80	0.05
Asian/Pacific Islander, Non-Latino	46.89	*	34.50	59.60	0.12	53.04	*	40.30	65.40	0.12	0.07	*	0.00	0.50	0.32
Other/Multi-Racial, Non-Latino	58.27	*	47.90	68.00	0.82	41.51	* U	31.80	51.90	0.83	0.21	*	0.00	1.60	0.33
School Type															
Private School	64.79	*	51.60	76.00	ref	31.54	* U	21.20	44.10	ref	^	^	^	ref	
Public or Charter School	44.60		40.00	49.30	0.01	53.28		48.50	58.00	<0.01	2.11	*	1.00	4.20	0.67
Another School Type	^		^	^		76.42	*	45.70	92.60	<0.01	^	^	^	0.67	
Neighborhood Poverty															
Low	57.20		47.20	66.70	ref	42.68		33.20	52.70	ref	0.13	*	0.00	0.90	ref
Medium	46.88		40.40	53.50	0.12	50.94		44.40	57.40	0.21	^	^	^	^	
High	47.11	*	37.20	57.30	0.21	49.15	*	39.20	59.20	0.42	^	^	^	^	
Very High	27.62		20.50	36.10	<0.001	68.97		58.80	77.60	<0.001	^	^	^	^	

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	
Time Spent on Social Media and Anxiety Diagnosis					
Too Much	32.39	26.80	38.50	ref	
Just Right	20.94	16.30	26.50	0.01	
Not Enough	43.08	*	17.70	72.80	0.58

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	
Time Spent on Social Media and Depression Diagnosis					
Too Much	15.18	11.30	20.10	ref	
Just Right	11.77	8.20	16.50	0.35	
Not Enough	37.15	*	13.80	68.50	0.27

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^ Unreliable estimate. Data suppressed

D- When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 10 - Time Spent on Social Media and Mental Health Diagnoses Among Parents

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimated number of parents/guardians of children 5 to 17 years in New York City
Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Overall	33.70	32.20	35.30		59.70	58.10	61.30		6.60	5.90	7.40	
Race/Ethnicity												
White, Non-Latino	47.40	43.80	51.00	ref	50.30	46.70	53.90	ref	2.30	1.50	3.60	ref
Black, Non-Latino	28.00	24.70	31.60	<0.001	66.20	62.50	69.70	<0.001	5.80	4.40	7.70	<0.001
Latino	27.20	24.80	29.80	<0.001	62.00	59.30	64.70	<0.001	10.70	9.30	12.40	<0.001
Asian/Pacific Islander, Non-Latino	33.20	29.70	37.00	<0.001	61.80	57.90	65.40	<0.001	5.00	3.60	6.90	0.010
Other/Multi-Racial, Non-Latino	31.30	24.20	39.40	<0.001	66.20	58.10	73.50	<0.001	2.50	1.40	4.60	0.82
Gender Identity												
Woman	33.00	31.20	34.80	ref	60.20	58.30	62.00	ref	6.90	6.00	7.80	ref
Man	34.60	31.60	37.80	0.36	59.10	56.00	62.20	0.58	6.20	4.90	7.80	0.46
Transgender, non-binary, or another gender identity not listed	51.20	34.50	67.60	0.04	43.00	27.40	60.10	0.05	^	^	^	^
Neighborhood Poverty												
Low	39.20	35.90	42.50	ref	57.30	54.00	60.60	ref	3.50	2.40	4.90	ref
Medium	34.20	31.90	36.60	0.02	59.20	56.70	61.60	0.38	6.60	5.60	7.80	<0.001
High	28.20	25.10	31.60	<0.001	63.60	60.10	67.00	0.01	8.20	6.60	10.20	<0.001
Very High	29.90	26.20	34.00	<0.001	60.00	55.90	64.00	0.31	10.00	8.00	12.50	<0.001

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Too Much	38.50	35.70	41.30	ref	36.30	33.50	39.10	ref	17.00	14.80	19.30	ref	8.30	7.00	9.80	ref
Just Right	59.00	57.00	61.00	<0.001	27.80	26.00	29.70	<0.001	9.30	8.20	10.50	<0.001	3.90	3.30	4.80	<0.001
Too Little	60.70	55.00	66.10	<0.001	23.90	19.40	28.90	<0.001	9.90	7.20	13.50	<0.001	5.50	U 3.60	8.40	0.04

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Too Much	20.30	18.10	22.60	ref	79.70	77.40	81.90	ref
Just Right	11.60	10.30	12.90	<0.001	88.40	87.10	89.70	<0.001
Too Little	14.00	10.80	18.00	<0.001	86.00	82.00	89.20	<0.001

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is less than 50, or the 95% Confidence Interval half width is greater than ten, making the estimate potentially unreliable.

^ Unreliable estimate. Data suppressed

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 11 - Perceived Impact of Social Media on Mental Health and Depression Diagnoses Among Children Aged 8 to 12 Years

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimate of the number of parents/guardians of children 5 to 17 years in New York City
Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value					
	No Impact				Positive Impact				Negative Impact				Positive and Negative Impact								
Overall	52.40	47.90	57.00		4.90	3.30	7.20		10.90	8.50	13.90		31.80	27.70	36.20						
Race/Ethnicity																					
White, Non-Latino	56.77	*	47.50	65.50	ref	6.81	*	4.10	11.00	ref	12.90		7.90	20.30	ref	23.53		15.90	33.30	ref	
Black, Non-Latino	47.48	*	38.70	56.40	0.23	^		^	^		13.88	*	8.30	22.30	0.86	33.16	*	24.50	43.10	0.18	
Latino	55.77	*	48.00	63.30	0.88	3.40	*	1.90	6.10	0.30	7.17		4.00	12.40	0.13	33.65		26.70	41.40	0.10	
Asian/Pacific Islander, Non-Latino	36.24	*	25.60	48.50	0.02	7.22	*	3.60	13.90	0.92	11.23	*	7.10	17.20	0.74	45.30	*	35.40	55.60	0.01	
Other/Multi-Racial, Non-Latino	75.68	*	64.70	84.10	0.04	0.24	*	0.00	1.70	0.03	^		^	^		16.40	*	9.80	26.20	0.31	
School Type																					
Private School	67.67	*	57.70	76.30	ref	0.39	*	0.10	1.50	ref	13.60	*	9.70	18.70	ref	18.34		10.90	29.20	ref	
Public or Charter School	50.11		45.40	54.90	0.01	5.67		4.00	7.90	<0.001	9.91		7.40	13.10	0.40	34.31		29.70	39.20	0.01	
Another School Type	^		^	^		^		^	^		56.55	*	17.00	89.20	0.07	^		^	^	^	
Neighborhood Poverty																					
Low	46.03	*	37.00	55.40	ref	6.27	*	3.30	11.70	ref	10.20	*	7.20	14.30	ref	37.50	*	U	28.60	47.30	ref
Medium	48.22		40.70	55.90	0.76	4.84	*	3.00	7.60	0.66	10.59		7.20	15.20	0.92	36.35		29.90	43.30	0.86	
High	51.12	*	41.40	60.70	0.51	4.62	*	2.00	10.10	0.63	12.84	*	7.30	21.50	0.62	31.42		23.10	41.10	0.40	
Very High	69.85		60.50	77.80	<0.01	^		^	^		10.02	*	5.00	19.10	0.97	16.19		10.20	24.70	<0.01	

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	
Perceived Impact on Mental Health and Depression Diagnosis					
No Impact	3.0	*	1.3	6.4	ref
Positive Impact	^	^	^	^	
Negative Impact	2.0	*	0.8	5.0	0.54
Positive and Negative Impact	3.4		2.3	5.0	0.78

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^ Unreliable estimate. Data suppressed

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 12 - Perceived Impact of Social Media on Mental Health and Mental Health Diagnoses Among Teens

Source: Family Mental Health Survey (FMHS) and Teen Mental Health Survey (TMHS), 2023
 Data are weighted to align with the residential population aged 5-17 in New York City and the residential population aged 13 to 17 in New York City
 Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	
	No Impact				Positive Impact				Negative Impact				Positive and Negative Impact				
Overall	25.60	22.40	29.20		11.90	9.60	14.60		4.30	2.90	6.40		38.10	34.10	42.00		
Race/Ethnicity																	
White, Non-Latino	38.29	33.10	47.10	ref	6.65	2.80	14.80	ref	9.05	5.40	14.70	ref	46.01	41.40	54.90	ref	
Black, Non-Latino	39.59	31.20	48.60	0.86	13.18	7.40	22.40	0.16	13.63	8.10	22.10	0.36	33.60	25.00	43.50	0.10	
Latino	42.70	36.00	49.70	0.46	10.71	6.90	16.20	0.27	9.50	6.40	13.90	0.89	37.10	30.50	44.20	0.16	
Asian/Pacific Islander, Non-Latino	28.47	18.20	41.50	0.23	19.61	10.40	33.90	0.05	11.48	5.80	21.40	0.62	40.43	29.10	52.90	0.50	
Other/Multi-Racial, Non-Latino	29.47	16.00	47.80	0.38	^	^	^		3.19	1.30	7.60	0.04	50.15	28.90	71.30	0.76	
School Type																	
Private School	48.37	38.40	58.50	ref	^	^	^		13.04	7.70	21.20	ref	32.73	24.60	42.00	ref	
Public or Charter School	36.06	31.90	40.40	0.05	13.05	9.80	17.20	0.07	9.67	7.30	12.60	0.39	41.22	36.70	45.90	0.16	
Another School Type	45.84	21.90	71.90	0.88	10.11	4.10	22.60	0.46	^	^	^		41.67	20.20	66.90	0.58	
Neighborhood Poverty																	
Low	25.72	19.60	32.90	ref	16.82	10.00	26.90	ref	10.28	6.50	16.00	ref	47.17	38.40	56.10	ref	
Medium	34.90	28.90	41.50	0.09	12.71	8.30	19.00	0.42	11.07	7.70	15.70	0.81	41.32	35.00	47.90	0.35	
High	46.41	37.50	55.60	<0.001	7.48	3.90	13.80	0.06	8.67	5.10	14.40	0.67	37.43	29.00	46.70	0.19	
Very High	51.15	42.30	59.90	<0.001	9.92	6.10	15.70	0.17	8.03	4.70	13.40	0.50	30.90	23.30	39.00	0.02	

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Perceived Impact on Mental Health and Anxiety Diagnosis				
No Impact	12.34	8.60	17.30	ref
Positive Impact	30.97	18.80	46.40	0.02
Negative Impact	47.39	34.80	60.30	<0.001
Positive and Negative Impact	31.69	25.90	38.10	<0.001

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Perceived Impact on Mental Health and Depression Diagnosis				
No Impact	6.27	3.90	9.90	ref
Positive Impact	13.48	6.50	25.90	0.16
Negative Impact	24.80	14.40	39.20	0.01
Positive and Negative Impact	15.87	11.80	21.00	0.01

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Perceived Impact on Mental Health and Mental Health Status	Excellent				Very Good				Good				Fair				Poor			
No Impact	40.31	34.10	46.90	ref	32.14	26.50	38.40	ref	18.46	13.40	24.90	ref	7.87	5.00	12.20	ref	1.23	0.30	4.30	ref
Positive Impact	35.45	22.70	50.60	0.54	30.39	19.10	44.60	0.81	17.98	9.50	31.40	0.94	15.52	7.70	28.80	0.18	0.67	0.20	2.20	0.53
Negative Impact	9.46	3.50	23.20	<0.001	29.06	18.50	42.60	0.68	24.04	16.60	33.40	0.32	26.76	17.70	38.20	0.03	10.69	4.60	23.10	0.04
Positive and Negative Impact	8.40	5.90	11.90	<0.001	30.35	24.30	37.20	0.72	33.30	27.40	39.80	<0.001	24.10	18.90	30.40	<0.001	3.70	1.70	8.10	0.13

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^ Unreliable estimate. Data suppressed

U: When rounding to the nearest whole number, round up.
 D: When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 13- Access to Information and Talks About Social Media Among Children Aged 8 to 12 Years As Reported by Their Parents
 Source- Family Mental Health Survey (FMHS), 2023
 Data are weighted to align with the residential population aged 5-17 in New York City
 Data are not age adjusted

Access to Enough Information to Discuss Social Media	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval
	66.30	61.10	71.00

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value				
	Yes, and I feel I know what to say about it				Yes, but I don't really know if I am saying the right thing				No, because I don't think it's an issue for my child				No, because I don't know what to say but I do think it's an issue for my child							
Overall	65.40	60.70	69.90		25.50	U 21.40	30.20		6.40	4.40	9.10		2.60	*	1.70	4.00				
Race/Ethnicity																				
White, Non-Latino	67.90	*	57.70	76.70	ref	26.76	*	18.90	36.50	ref	^		0.24	*	0.0	1.70	ref			
Black, Non-Latino	65.85	*	56.30	74.30	0.84	15.18	*	11.20	20.20	0.18	15.26	*	8.80	25.20	0.13	^	^			
Latino	74.90		66.00	82.10	0.42	20.59	U	13.80	29.60	0.46	2.43	*	1.30	4.40	0.37	^	^			
Asian/Pacific Islander, Non-Latino	39.52	*	U 28.30	52.00	0.01	48.77	*	36.00	61.70	0.04	^		4.72	*	2.70	8.20	<0.01			
Other/Multi-Racial, Non-Latino	61.20	*	46.50	74.10	0.72	^		^	^		^		^		^	^				
Neighborhood Poverty																				
Low	59.58	*	U 50.40	68.20	ref	31.59	*	U 24.10	40.20	ref	7.41	*	3.30	15.80	ref	1.42	*	0.70	2.70	ref
Medium	65.13		57.40	72.10	0.50	29.58	U	22.80	37.40	0.80	^		^		^	^	^	^		
High	63.72	*	53.40	72.90	0.67	18.59	*	11.30	29.10	0.14	13.06	*	7.50	21.90	0.33	^	^	^		
Very High	80.35	*	67.90	88.80	0.02	14.14	*	6.60	27.70	0.04	3.88	*	1.90	7.80	0.32	1.63	*	0.60	4.70	0.83

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^ Unreliable estimate. Data suppressed

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 14- Access to Information and Talks About Social Media Among Teens As Reported by Their Parents

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City

Data are not age adjusted

Access to Enough Information to Discuss Social Media	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval																	
	67.40	63.50	71.20																	
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value				
	Yes, and I feel I know what to say about it				Yes, but I don't really know if I am saying the right thing				No, because I don't think it's an issue for my child				No, because I don't know what to say but I do think it's an issue for my child							
Overall	53.50	U 49.00	58.00		25.60	21.80	29.80		15.40	12.40	19.00		5.50	D 3.60	8.10					
Race/Ethnicity																				
White, Non-Latino	56.83	*	45.70	67.30	ref	35.89	*	26.20	46.80	ref	6.67	*	3.50	12.30	ref	0.61	*	0.20	1.50	ref
Black, Non-Latino	55.94	*	46.00	65.40	0.92	22.24		14.70	32.20	0.09	15.75		11.00	22.10	0.06	6.08	*	2.30	15.10	0.07
Latino	58.00		50.30	65.30	0.88	22.55	U	16.60	29.90	0.05	14.40		9.70	20.90	0.07	5.05	*	2.40	10.10	0.03
Asian/Pacific Islander, Non-Latino	32.20	*	22.00	44.50	0.01	18.75		12.60	27.00	0.01	34.64	*	22.20	49.60	<0.001	14.41	*	7.30	26.40	0.01
Other/Multi-Racial, Non-Latino	49.57	* U	38.60	60.60	0.53	39.27	*	27.40	52.60	0.77	^		^	^		1.04	*	0.30	3.10	0.52
Neighborhood Poverty																				
Low	47.03		38.40	55.80	ref	37.49		29.10	46.70	ref	12.59	U	7.80	19.70	ref	2.89	*	1.50	5.40	ref
Medium	56.30		49.40	62.90	0.12	25.95		20.40	32.30	0.04	11.64		8.40	16.00	0.81	6.11		3.40	10.70	0.13
High	53.41	*	43.20	63.30	0.40	15.11		9.30	23.70	<0.001	22.39	*	14.40	33.20	0.11	9.09	*	4.30	18.00	0.12
Very High	51.96	*	42.20	61.50	0.49	23.42		15.60	33.50	0.03	23.06	*	13.60	36.30	0.12	1.55	*	U 0.70	3.50	0.33

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^ Unreliable estimate. Data suppressed

U- When rounding to the nearest whole number, round up.

D- When rounding to the nearest whole number, round down.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05

Table 15- Conflicts Between Parents and Their Child About Their Social Media Use

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City

Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval
Conflicts Between Parents and Child about Their Child's Social Media Use			
Never	21.90	17.50	27.00
Rarely	22.00	18.00	26.50
Sometimes	38.30	33.60	43.30
Usually	10.90	7.70	15.20
Always	6.90	4.90	9.60

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Table 16- Conflicts Between Parents and Their Teen About Their Social Media Use and Mental Health Diagnoses

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to align with the residential population aged 5-17 in New York City

Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval
Conflicts Between Parents and Child about Their Teen' s Social Media Use			
Never	26.0	22.5	29.7
Rarely	32.0	28.3	36.0
Sometimes	29.9	25.9	34.3
Usually	8.0	5.8	10.9
Always	4.1	3.0	5.6

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Conflicts Between Parents and Child about Their Teen' s Social Media Use and Depression Diagnosis					
Never	13.36		8.70	20.10	ref
Rarely	12.53	U	8.00	19.10	0.87
Sometimes	10.00		6.90	14.20	0.43
Usually	17.19	*	9.70	28.70	0.62
Always	49.03	*	24.70	73.80	0.02

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Conflicts Between Parents and Child about Their Teen' s Social Media Use and Anxiety Diagnosis					
Never	18.49		13.10	25.40	ref
Rarely	29.63		22.90	37.30	0.05
Sometimes	27.84		21.50	35.20	0.09
Usually	22.39	*	14.80	32.40	0.61
Always	61.49	*	35.50	82.20	<0.01

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is less than 50, or the 95% Confidence Interval half width is greater than ten, making the estimate potentially unreliable.

Bold p-values indicate a statistically significant difference from the reference group at $p < 0.05$

Table 17- Parents' Perceptions on the Government Putting Legal Restrictions on the Types of Access Social Media Companies Give to Teens

Source- Family Mental Health Survey (FMHS), 2023

Data are weighted to the estimated number of parents/guardians of children 5 to 17 years in New York City

Data are not age adjusted

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
For legal restrictions on the types of access social media companies give to teens				
Overall	78.30	77.00	79.60	
Race/Ethnicity				
White, Non-Latino	78.60	75.70	81.30	ref
Black, Non-Latino	78.40	75.10	81.30	0.91
Latino	81.70	79.50	83.70	0.09
Asian/Pacific Islander, Non-Latino	74.00	70.60	77.10	0.04
Other/Multi-Racial, Non-Latino	75.10	67.20	81.60	0.37
Gender Identity				
Woman	80.80	79.30	82.20	ref
Man	73.30	70.60	75.90	<0.001
Transgender, non-binary, or another gender identity not listed	48.10	* 33.70	62.80	<0.001
Age Group				
18-24	62.40	52.00	71.80	0.16
25-29	72.70	66.90	77.80	0.99
30-44	79.50	U 77.70	81.30	0.18
45-64	78.70	76.50	80.70	0.24
65+	72.60	61.70	81.40	ref

Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is less than 50, or the 95% Confidence Interval half width is greater than ten, making the estimate potentially unreliable.

U- When rounding to the nearest whole number, round up.

Bold p-values indicate a statistically significant difference from the reference group at p<0.05