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What are your thoughts about this study? Do you agree that social apps are responsible for causing stress and anxiety for teenagers? Please leave a comment with your thoughts!

As part of the study, the young adults evaluated how apps and websites affect their mental health and well-being. They also completed follow-up surveys to assess the impact of social media on their mental health.

According to the survey, Instagram is ranked the worst out of all the major social media companies to be used for this purpose. This is likely because Instagram has more of a focus on photo sharing and is often associated with issues such as body image and self-esteem. Other social media apps, such as Facebook and Twitter, were rated lower.

Fortunately, the RSPH and YHM study found that many people have taken steps to improve their mental health while using social media. For example, 91% of 16-24-year-olds use the Internet for health information, and 90% of people believe they can trust information they find online.

The survey also found that 90% of people believe they can trust information they find online, but only 60% of people actually use this information to make decisions. This highlights the importance of being critical of the information we consume online.

In conclusion, it is important to be mindful of how we use social media and to take steps to improve our mental health while using these apps. This includes being critical of the information we consume online and seeking out mental health resources when we need them.