

Predicting Perceived Lasting Benefits and Future Digital Detox Willingness from a Mood Management Perspective: A Pilot Survey Study

J.M. Shalani Dilinika, Elaine Kong, Xuan Nie and Kuo-Ting Huang

University of Pittsburgh, USA

shj91@pitt.edu, elainekong@pitt.edu, xun9@pitt.edu, timhuang@pitt.edu

ABSTRACT

This study investigates the psychological outcomes of digital detox among graduate students, focusing on factors influencing future detox engagement and perceived lasting benefits. Specifically, it examines how post-detox psychological changes in mood, anxiety, sleep, relationships, and productivity predict willingness to engage in future detox activities and perceptions of lasting benefits. It also considers how demographic factors and prior social media experiences shape these perceptions. Mood Management Theory was employed as a theoretical framework for understanding the willingness to engage in future digital detox and its lasting benefits. Data were collected through an online survey from 114 graduate students at an American public university, recruiting social media users who had voluntarily undergone a social media detox. The findings offer implications for developing programs and interventions aimed at enhancing mood, productivity, and promoting mindful social media use. These insights can help educators and academic librarians support students during digital detox and promote well-being.

ALISE RESEARCH TAXONOMY TOPICS

Social media; Education; Information use; Information needs; Students.

AUTHOR KEYWORDS

Digital detox; Social media use; Psychological outcomes of digital detox; Mood management theory; Well-being

Copyright 2025 by the authors. Published under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

DOI: <https://doi.org/10.21900/j.alise.2025.1950>

INTRODUCTION

Digital Detox is a term describing that an individual voluntarily refrains from using digital devices or social media for a certain period of time. The Oxford Dictionary (2019) defines the concept of “Digital Detox” as “a period of time when a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interactions in the real world.” Researchers have used terms such as “abstinence, break, disconnection, detox, timeout, or unplugging” to discuss the concept of Digital Detox (Brown & Kuss, 2020; Radtke et al., 2022). Of those, the terms “Digital Detox” and “Social Media Detox” have been used interchangeably to discuss and understand the attempts to take a break from social media and digital platforms. In this paper, we recognize “Digital Detox” as a voluntary attempt to refrain from social media platforms for a period of time to enhance well-being.

Previous studies have consistently recognized digital media detox as a coping strategy to enhance well-being (Shakya & Christakis, 2017; Hunt et al., 2018; Liao, 2019; Hall et al., 2019; Brown & Kuss, 2020; Radtke et al., 2022; Coyne & Woodruff, 2023; Anandpara et al., 2024; Dilinika & Huang, 2024). Although many studies have been conducted on the concept around digital detox, including social media addiction, and digital detox awareness, there is a paucity of literature related to its long-term effects of and predictors of future engagement. Researchers highlight that although digital detox has the potential to address the negative impacts of excessive digital platform use, the consistency of its effectiveness should be further investigated (Radtke et al., 2022; Anandpara et al., 2024; Liu et al., 2025). Specifically, Radtke et al. (2022) highlight that these inconsistencies in findings make it challenging to recommend for or against digital detox interventions, as both their benefits and overall impact require thorough investigation.

Thus, our study aims to understand users’ post-digital detox experiences, long-term effects, and predictors of future engagement, specifically focusing on graduate students. The findings are particularly relevant for LIS education, where information literacy and digital wellness are increasingly recognized as core competencies. This study aims to provide academic librarians and LIS educators with evidence-based insights to develop targeted pedagogical strategies and support services that help students navigate the complexities of the digital environment and enhance their well-being.

LITERATURE REVIEW

Psychological Impacts of Digital Detox

Digital detox is known as an effective mechanism to mitigate the negative impacts of digital engagement offering psychological benefits, including reduced anxiety and depression, better sleep, improved productivity, focus, and well-being (Leung & Lee, 2005; Fox & Moreland, 2015; Hunt et al., 2018; Turel et al., 2018; Liao, 2019; Brown & Kuss, 2020; Fioravanti et al., 2020; Lambert et al., 2022; Ramadhan et al., 2024). Although research reveals the benefits of digital detox, some research highlights that it can bring negative psychological effects during the detox process, such as increased social isolation or disconnection (Sheldon et al., 2020; Turel et

al., 2018; Vally & D'Souza, 2019), Fear of Missing Out (FOMO) (Roberts & Koliska, 2014; Fox & Moreland, 2015; Muench et al., 2020; Van Wezel et al., 2021), social pressure (Hunt et al., 2018), and mental distress (Henzel & Håkansson, 2021). Furthermore, most studies have examined only short-term benefits of digital detox, and its long-term and lasting impacts remain unclear (Radke et al., 2022).

Mood Regulation & Digital Detox

Mood Management Theory, developed by Zillmann (1988), posits that individuals consume media content they expect will optimize their mood (Knobloch-Westerwick, 2006). As Zillmann explains, this theory rests on the hedonistic premise that “(a) individuals strive to rid themselves of bad moods or, at least, seek to diminish the intensity of such moods, and (b) individuals strive to perpetuate good moods and seek to maintain the intensity of these moods” (p.328). Prior research on mood-related outcomes after digital detox reports varied effects. Some studies suggest that temporary smartphone abstinence does not significantly impact emotional functioning (Radke et al., 2021; Wilcockson et al., 2018), while others found that digital detox leads to greater short-term mood improvements compared to periods of social media use (Tromholt, 2016). In this study, we apply Mood Management Theory to examine the emotional consequences of digital detox and how changes in mood may influence users’ willingness to engage in future detoxes and perceived long-term gains.

Demographics & Contextual Factors

Demographic and prior social media experience may also influence digital detox outcomes. Brown and Kuss (2020) conducted a seven-day social media-free trial and found that the older age group might experience different outcomes due to generational differences in social media use. In terms of sex, the study found no significant differences between sexes in the change scores for FOMO, mental well-being, and social connectedness. In another study, Fioravanti et al. (2020) reported that women may benefit more from digital detox because they are more likely to get deeply engaged in social media, though their study focused specifically on Instagram. Regarding prior social media experience, heavier users gained more benefits from detox (Tromholt, 2016; Primack et al., 2017). Following Radke et al.’s (2018) recommendation, this study also investigated how demographic factors (e.g., sex, age) and contextual factors (e.g., social media variables) would predict users’ digital detox willingness and lasting benefits after digital detox.

RESEARCH QUESTIONS

- RQ1. How do post-detox psychological changes (mood, anxiety, sleep, relationships, productivity) predict willingness to engage in a future digital detox?
- RQ2. How do post-detox psychological changes predict perceptions of lasting benefits from digital detox?

RQ3. What role do demographic (sex, age, status, mode of study) and contextual factors (e.g., prior social media experiences) play in shaping future digital detox willingness and perceptions of lasting benefits?

METHODOLOGY

Study Design: Participants

Graduate students at an American public university who actively used social media and had undergone voluntary social media detox were recruited through institutional emails to complete a Qualtrics survey. Convenience sampling yielded 114 valid responses from eligible adults (18+). The study received university ethical approval (ID: STUDY23050131). The online survey collected students' demographics and prior social media usage patterns (connections, years of use, hours spent daily). To assess social media detox experiences and lasting benefits, we adapted validated questions from El-Khoury et al. (2021).

Measures

The independent variables were developed to capture the psychological effects of digital detox, including: (1) mood change (positive or negative) (2) anxiety change, (increased or reduced) (3) sleep quality (improved or worsened) (4) relationships (improved or worsened) and productivity (better or reduced) (El-Khoury et al., 2021).

The dependent variables of the study were developed to examine perceptions following a digital detox, including (1) future digital detox willingness (yes or no) and (2) perceived lasting benefits (yes or no) (El-Khoury et al., 2021). Additionally, we considered demographic and contextual factors such as age, sex, study mode (in-person/online), and prior social media use patterns.

Analytical Tools

Descriptive statistics and logistic regression were employed to analyze the data. Descriptive statistics were used to analyze participants' demographics, while logistic regression was utilized to assess predictor variables. All statistical analyses were conducted using SPSS version 30.0.

RESULTS

Descriptive Statistics

Most participants were female (71.1%) and on-campus students (90.4%), with over half aged 25–30. Most had been using social media for over seven years (82.5%), spent 1–3 hours daily

(51.8%), had 100–300 friends, and reported the highest digital detox duration as less than a week (43%) (see Table 1).

Table 1

Participant demographics and overall distribution of psychological outcomes (N=114)

Features	n	%
Gender		
Male	29	25.4
Female	81	71.1
Prefer not to say	4	3.5
Age		
18-24	21	18.4
25-30	56	49.1
31-35	27	23.7
36-40	4	3.5
41-45	5	4.4
50+	1	0.9
Mode of study		
Online student	11	9.6
On-campus student	103	90.4
Number of years using social media		
Less than 1 year	2	1.8
1-3 years	3	2.6
3-5 years	7	6.1
5-7 years	8	7
More than 7 years	94	82.5
Number of hours a user spends on social media per day		
Less than 1 hour	28	24.6
1-3 hours	59	51.8
3-5 hours	21	18.4
More than 5 hours	6	5.3
Number of friends in social media		
Less than 100	16	14
100-300	36	31.6
300-500	17	14.9
500-1000	26	22.8
More than 1000	19	16.7
Detox duration		
Less than a day	8	7
Less than a week	49	43
Less than a month	16	14
A month or several months	34	29.8
More than a year	5	4.4
Never returned	2	1.8

Logistics Regression Findings

Two logistic regressions were conducted to examine the effects of mood changes and demographic/contextual factors on two outcomes: (1) future willingness to engage in another detox and (2) perceived lasting benefits of digital detox. Predictors included mood change, anxiety change, sleep quality, relationships, and productivity. Covariates included demographic factors (age, sex, study mode) and social media use patterns (hours spent, years of usage).

The first logistic regression was performed to answer RQ1 examining the effects of psychological changes (mood, anxiety, sleep, relationships, productivity), along with demographic and contextual factors on the likelihood that participants would express willingness to engage in a future digital detox. The model was statistically significant ($\chi^2 (16, N = 114) = 35.885, p = .003$), explaining 47.4% of the variance (Nagelkerke $R^2 = .474$) and correctly classified (89.5%) of cases. Two psychological outcomes were significant predictors: participants who reported a positive mood change were over 19 times more likely to express willingness to detox again (OR = 19.164, 95% CI [2.926, 125.521], $p = .002$), and those who citing improved professional productivity were more than 7 times as likely (OR = 7.575, 95% CI [1.578, 36.359], $p = .011$). Improved relationships with friends and family approached significance ($p = .069$) but were linked to a lower likelihood of future detoxing (OR = .185, 95% CI [.030, 1.144]) (see Table 2).

Table 2*Logistic Regression Results for Predicting Future Digital Detox Willingness*

Variables	B	SE	Wald	OR	(95% CI)	p-value
Sex	-0.527	0.584	0.815	0.590	0.188, 1.853	0.367
Age	0.767	0.418	3.369	2.154	0.949, 4.887	0.066
Mode of study	-1.560	1.360	1.316	0.210	0.015, 3.022	0.251
Negative Change in Mood	0.759	1.744	0.189	2.136	0.070, 65.189	0.663
Positive Change in Mood	2.953	0.959	9.483	19.164	2.926, 125.521	< 0.05
Better Professional Productivity	2.025	0.800	6.401	7.575	1.578, 36.359	< 0.05
Reduced Professional Productivity	19.658	26052.025	0.000	344792657.080		0.999
Improved Relationships with Friends/ Family	-1.690	0.931	3.295	0.185	0.030, 1.144	0.069
Worsened Relationships with Friends/ Family	-0.904	1.343	0.453	0.405	0.029, 5.633	0.501
Increased Anxiety	17.981	17172.221	0.000	64422289.752		0.999
Reduced Anxiety	0.915	0.845	1.172	2.497	0.477, 13.081	0.279
Improved Sleep	-0.111	0.831	0.018	0.895	0.176, 4.558	0.894
Worsened Sleep	-20.990	40192.970	0.000	0.000		1.000
Number of years using social media	-0.541	0.530	1.045	0.582	0.206, 1.644	0.307
Number of social media connections	-0.039	0.312	0.015	0.962	0.522, 1.772	0.901
Number of hours spent on social media per day	0.886	0.583	2.311	2.425	0.774, 7.600	0.128
	$\chi^2 = 35.885$	df = 16	$R^2 = .474$	p < 0.05		

The significance level was accepted as $p < 0.05$.

Note. B = Regression Coefficient, SE = Standard Error, OR = Odd Ratio, CI = Confidence interval.

The second regression examined how post-detox psychological changes digital detox influenced outcomes related to RQ2. The model was statistically significant ($\chi^2 (16, N = 114) = 29.384, p = .021$), explaining 30.6% of the variance (Nagelkerke $R^2 = .306$) and correctly classified (72.8%) of cases. Among the predictors, the number of hours spent on social media per day was statistically significant (OR = .445, 95% CI [.239, .830], $p = .011$). Indicating that for each additional hour spent on social media, participants were 55.5% less likely to report lasting benefits after detox (see Table 3).

Table 3*Logistic Regression Results for Predicting Perceived Lasting Benefits*

Variables	B	SE	Wald	OR	(95% CI)	p-value
Sex	-0.139	0.376	0.137	0.870	0.417, 1.818	0.712
Age	0.179	0.243	0.544	1.196	0.743, 1.925	0.461
Mode of study	-0.205	0.811	0.064	0.815	0.166, 3.997	0.801
Negative Change in Mood	-0.790	1.412	0.313	0.454	0.029, 7.219	0.576
Positive Change in Mood	-0.255	0.503	0.256	0.775	0.289, 2.079	0.613
Better Professional Productivity	0.469	0.505	0.863	1.599	0.594, 4.303	0.353
Reduced Professional Productivity	40.438	29939.413	0.000	364858582654122000.000		0.999
Improved Relationships with Friends/ Family	0.823	0.559	2.162	2.277	0.760, 6.816	0.141
Worsened Relationships with Friends/ Family	1.580	0.963	2.692	4.855	0.735, 32.047	0.101
Increased Anxiety	-20.920	16649.118	0.000	0.000		0.999
Reduced Anxiety	0.237	0.480	0.243	1.267	0.495, 3.246	0.622
Improved Sleep	0.076	0.493	0.024	1.079	0.410, 2.836	0.878
Worsened Sleep	-20.702	40192.970	0.000	0.000		1.000
Number of years using social media	0.199	0.301	0.435	1.220	0.676, 2.201	0.510
Number of social media connections	-0.070	0.185	0.144	0.932	0.648, 1.340	0.704
Number of hours spent on social media per day	-0.810	0.318	6.486	0.445	0.239, 0.830	< 0.05
	$\chi^2 = 29.384$	df = 16	$R^2 = .306$	p < 0.05		

The significance level was accepted as $p < 0.05$.

Note. B = Regression Coefficient, SE = Standard Error, OR = Odd Ratio, CI = Confidence interval.

Demographic and contextual factors were also found to be significant in the previous two models, which address RQ3. In predicting willingness to engage in a future digital detox, age was marginally significant ($p = .066$), suggesting that older participants may be more inclined to repeat the detox experience (OR = 2.154, 95% CI [0.949, 4.887]). Other demographic variables, such as sex and mode of study, did not reach significance in either model.

Among contextual factors, the only significant predictor of perceived lasting benefits was the number of hours spent on social media per day (OR = .445, 95% CI [.239, .830], $p = .011$). Participants who spent more time on social media were less likely to report long-term benefits after detox. Conversely, years of social media use and number of connections, were not associated with perceived benefits, suggesting that certain contextual behaviors, especially time spent on social media, may be more influential than demographics in shaping how individuals respond to digital detox.

DISCUSSION

Summary of Key Findings

This study explored how psychological changes following a digital detox influenced graduate students' willingness to detox again and their views on lasting benefits. Improved mood strongly predicted willingness to repeat the detox, aligning with Mood Management Theory (Zillmann, 1988), which explains behavior is driven by mood improvement. Improved professional productivity also increased willingness for future detox, showing that detox is seen as helpful for work and emotional recovery. However, better personal relationships slightly reduced future detox willingness, suggesting that stronger social ties might decrease the need for repeated detoxes. Regarding lasting benefits, the only significant predictor was the time spent on social media suggesting heavier social media users were less likely to perceive long-term advantages.

Interpretation of Results

Positive mood and productivity strongly predicted willingness to detox again but not lasting benefits, highlighting the gap between immediate emotional and long-term perceived value. Short-term mood and productivity gains might encourage repeat detoxing, but lasting benefits likely require deeper or more sustained improvements.

Furthermore, this study presents that psychological outcomes of digital detox, especially positive mood changes, play a key role in participants' decisions. This supports the theory's idea that people adjust behaviors to improve emotional well-being. However, the strong impact of professional productivity suggests that mood regulation alone does not fully explain motivations for digital detox. It also indicates that students recognize the value of intentional digital boundaries.

Interestingly, participants who reported improved relationships were less likely to engage in another detox. This may point to a different type of motivation, which some researchers describe as social recalibration (Vanman et al., 2018; Tromholt, 2016). Accordingly, people detox not just to regulate mood but to re-evaluate their online interactions and build healthier social boundaries. This aligns with research on mindful social media use, where people intentionally disconnect to reflect and refocus (Wilcockson et al., 2019).

Demographic and contextual factors were analyzed. Age showed a marginal association with willingness to detox, suggesting older participants may prefer repeating a detox. This could be possibly due to more structured habits or greater reflection on their digital behaviors. Other demographics, including sex, study mode, and years of social media use were not significant. Among contextual factors, only daily time spent on social media significantly predicted perceived lasting benefits, aligning with studies indicating heavy social media use might reduce detox effectiveness. (El-Khoury et al., 2021).

Theoretical Contributions & Practical Implications

Theoretically, this research contributes to Mood Management Theory by extending its application to digital detox behaviors among graduate students. The findings reveal how mood, productivity, relationships, and prior social media experiences influence the long-term benefits and future willingness to engage in digital detox. Through the lens of Mood Management Theory, we identified that positive mood and productivity strongly predict willingness to detox again, highlighting that digital detox serves as a deliberate strategy for enhancing emotional well-being.

Practically, the results offer actionable insights for LIS educators, academic librarians, and mental health practitioners working with students. These findings support and align with digital competency development frameworks, such as Bryn Mawr College's Digital Competencies standards, which highlights understanding how digital technologies interact with human well-being and developing strategies to mitigate adverse effects (**Bryn Mawr College, 2016**). Curricular and co-curricular interventions, such as digital wellness workshops, modules on critical media use and digital resilience, and collaborative programming between academic libraries and university initiatives, can be implemented to support students' digital well-being and ensure sustainable digital detox practices. Such interventions and programs could emphasize productivity and emotional well-being as short-term benefits (Bajwa, 2024; Mursaleen et al., 2024), while also addressing context factors such as high screen time that may hinder long-term change (Granic et al., 2020). Further, tailored approaches, especially for heavy users, may be needed to help these individuals experience and sustain the benefits of detox.

Limitations and Future Research

This research has several limitations. First, the cross-sectional approach prevents establishing cause-and-effect relationships. Second, self-reported information might be affected by recall or social desirability biases. Third, the survey's demographic questions could be more inclusive, future studies will incorporate best practices for measuring gender identity (Spiel et al., 2019). Finally, participants were graduate students from a single university, which might limit generalizability. Future studies could use longitudinal methods to explore if psychological benefits continue over time. Qualitative research could clarify why improved relationships slightly decrease willingness for future detoxes. Lastly, designing customized detox programs focused on mood and productivity could enhance digital detox effectiveness.

CONCLUSION

This study contributes to existing research on digital detox by highlighting psychological outcomes that influence future engagement and perceived long-term benefits. Findings support Mood Management Theory and suggest including professional productivity and social relationships in understanding detox motivations. Practical recommendations for LIS educators and academic librarians involve developing digital wellness programs that improve mood, increase

productivity, and promote mindful social media usage, rather than focusing solely on reducing screen time. Future studies should explore the long-term detox impacts and complex detox motivations through qualitative and longitudinal research.

REFERENCES

- Anandpara, G., Kharadi, A., Vidja, P., Chauhan, Y., Mahajan, S., & Patel, J. (2024). A Comprehensive Review on Digital Detox: A Newer Health and Wellness Trend in the Current Era. *Cureus*, 16(4), e58719. <https://doi.org/10.7759/cureus.58719>
- Bajwa, R. S. (2024). Digital Detox by Balancing Screen Time and Offline Experiences: Reclaiming Well-Being in a Hyper-Connected World. In *Exploring Youth Studies in the Age of AI* (pp. 109-127). IGI Global.
- Brown, L., & Kuss, D. J. (2020). Fear of Missing Out, Mental Wellbeing, and Social Connectedness: A Seven-Day Social Media Abstinence Trial. *International Journal of Environmental Research and Public Health*, 17(12). <https://doi.org/10.3390/ijerph17124566>
- Bryn Mawr College. (2016). *Bryn Mawr digital competencies framework*. Blended Learning Research and Open Educational Resources. <https://repository.brynmawr.edu/oer/3>
- Coyne, P., & Woodruff, S. J. (2023). Taking a Break: The Effects of Partaking in a Two-Week social media Digital Detox on Problematic Smartphone and Social Media Use, and Other Health-Related Outcomes among Young Adults. *Behavioral sciences (Basel, Switzerland)*, 13(12), 1004. <https://doi.org/10.3390/bs13121004>
- Dilinika, J. M. S., & Huang, K. T. (2024). Breaking the Loop, Finding the Balance: Predictors of Social Media Detox among Graduate Students. *Proceedings of the ALISE Annual Conference*. DOI: <https://doi.org/10.21900/j.alise.2024.1698>
- El-Khoury, J., Haidar, R., Kanj, R. R., Bou Ali, L., & Majari, G. (2021). Characteristics of social media ‘detoxification’ in university students. *The Libyan Journal of Medicine*, 16(1), <https://doi.org/10.1080/19932820.2020.1846861>
- Fioravanti, G., Probst, A., & Casale, S. (2020). Taking a Short Break from Instagram: The Effects on Subjective Well-Being. *Cyberpsychology, behavior and social networking*, 23(2), 107–112. <https://doi.org/10.1089/cyber.2019.0400>
- Fox, J., Moreland, J.J. (2015). The dark side of social networking sites: An exploration of the relational and psychological stressors associated with Facebook use and affordances. *Comput. Hum. Behav.*, 45 (2015), pp. 168-176.
- Granic, I., Morita, H., & Scholten, H. (2020). Beyond screen time: Identity development in the digital age. *Psychological inquiry*, 31(3), 195-223.
- Hall, J. A., Johnson, R. M., & Ross, E. M. (2019). Where does the time go? An experimental test of what social media displaces and displaced activities’ associations with affective well-being and quality of day. *New Media & Society*, 21(3), 674–692.

- Henzel, V., & Håkansson, A. (2021). Hooked on virtual social life. Problematic social media use and associations with mental distress and addictive disorders. *PloS one*, 16(4), e0248406. <https://doi.org/10.1371/journal.pone.0248406>
- Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No more FOMO: Limiting social media decreases loneliness and depression. *Journal of Social and Clinical Psychology*, 37(10), 751–768
- Lambert, J., Barnstable, G., Minter, E., Cooper, J., & McEwan, D. (2022). Taking a one-week break from social media improves well-being, depression, and anxiety: a randomized controlled trial. *Cyberpsychology, Behavior, and Social Networking*, 25(5), 287-293.
- Leung L & Lee PS. (2005). Multiple determinants of life quality: the roles of Internet activities, use of new media, social support, and leisure activities. *Telemat Inform.* 22(3):161–180.
- Liao, W. (2019). Put Your Smartphone Down: Preliminary Evidence that Reducing Smartphone Use Improves Psychological Well-being in People with Poor Mental Health (Thesis, Master of Science). University of Otago. <http://hdl.handle.net/10523/9427>
- Liu, Y., Mohamad, E. M. W., Azlan, A. A., & Tan, Y. (2025). Am I Happier Without You? Social Media Detox and Well-Being: A Meta-Analysis of Randomized Controlled Trials. *Behavioral Sciences*, 15(3), 290. <https://doi.org/10.3390/bs15030290>
- Muench, C., Feulner, L., Muench, R., Carolus, A. (2020). Time to Log Off. In: Stephanidis, C., Antona, M. (eds) HCI International 2020 - Posters. HCII 2020. *Communications in Computer and Information Science*, vol 1226. Springer, Cham. https://doi.org/10.1007/978-3-030-50732-9_28
- Mursaleen, M., Shaikh, S. I., & Imtiaz, S. (2024). The Impact of Digital Detox on Mental Well-being: A Study of Psychological Resilience in the Age of Social Media. *Contemporary Journal of Social Science Review*, 2(04), 1720-1730.
- Oxford Dictionaries. (2019) Definition of digital detox in English. <http://www.oxforddictionaries.com/definition/english/digital-detox>
- Primack, B. A., Shensa, A., Sidani, J. E., Whaite, E. O., Lin, L. Y., Rosen, D., Colditz, J. B., Radovic, A., & Miller, E. (2017). Social media use and perceived social isolation among young adults in the U.S. *American Journal of Preventive Medicine*, 53(1), 1–8
- Radtke, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E. (2022). Digital detox: An effective solution in the smartphone era? A systematic literature review. *Mobile Media & Communication*, 10(2), 190–215. <https://doi.org/10.1177/20501579211028647>
- Ramadhan, R. N., Rampengan, D. D., Yumnanisha, D. A., Setiono, S. B., Tjandra, K. C., Ariyanto, M. V., Idrisov, B., & Empitu, M. A. (2024). Impacts of digital social media detox for mental

- health: A systematic review and meta-analysis. *Narra J*, 4(2), e786. <https://doi.org/10.52225/narra.v4i2.786>
- Roberts, J., & Koliska, M. (2014). The effects of ambient media: What unplugging reveals about being plugged in. *First Monday*, 19(8). <https://doi.org/10.5210/fm.v19i8.5220>
- Shakya, H. B., & Christakis, N. A. (2017). Association of Facebook use with compromised well-being: A longitudinal study. *American Journal of Epidemiology*, 185(3), 203–211.
- Sheldon P, Antony MG, Sykes B. (2020). Predictors of Problematic Social Media Use: Personality and Life-Position Indicators. *Psychological Reports*, 124(3):1110–33. Available from: doi: 10.1177/0033294120934706
- Spiel, K., Haimson, O. L., & Lottridge, D. (2019). How to do better with gender on surveys: a guide for HCI researchers. *interactions*, 26(4), 62-65.
- Tromholt M. (2016). The Facebook experiment: Quitting Facebook leads to higher levels of well-being. *Cyberpsychology, Behavior, and Social Networking*, 19(11):661–666.
- Vally Z., D’Souza C. D. (2019). Abstinence from social media use, subjective well-being, stress, and loneliness. *Psychiatric Care*. <https://doi.org/10.1111/ppc.12431>
- Vanman, E. J., Baker, R., & Tobin, S. J. (2018). The burden of online friends: The effects of giving up Facebook on stress and well-being. *The Journal of social psychology*, 158(4), 496-508.
- Van Wezel, M. M., Abrahamse, E. L., & Vanden Abeele, M. M. (2021). Does a 7-day restriction on the use of social media improve cognitive functioning and emotional well-being? Results from a randomized controlled trial. *Addictive Behaviors Reports*, 14, 100365. <https://doi.org/10.1016/j.abrep.2021.100365>
- Wilcockson, T.D., Ellis, D.A., and Shaw, H. (2018). Determining typical smartphone usage: What data do we need? *Cyberpsychology, Behavior and Social Networking*, 21 (6) (2018), pp. 395-398
- Wilcockson, T. D., Osborne, A. M., & Ellis, D. A. (2019). Digital detox: The effect of smartphone abstinence on mood, anxiety, and craving. *Addictive behaviors*, 99, 106013.
- Zillmann, D. (1988). Mood Management Through Communication Choices. *American Behavioral Scientist*, 31(3), 327-340. <https://doi.org/10.1177/000276488031003005>