



SOCKS Pilot: Reimagining Recovery: Examining Mental Illness Storytelling on Social Media

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30 March 2026
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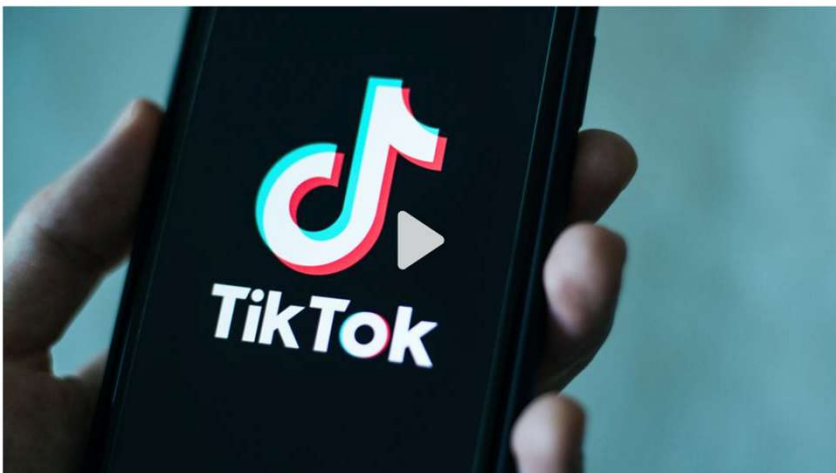
Is TikTok "Digital Fentanyl?"

JUSTIN HENDRIX / DEC 19, 2022

Justin Hendrix is CEO and Editor of Tech Policy Press. Views expressed here are his own.

TikTok is 'digital fentanyl,' incoming GOP China committee chair says

By Andrew Millman, CNN
5 min read · Updated 6:32 AM EST, Mon January 2, 2023



Video Ad Feedback

TECHNOLOGY

'Digital fentanyl': Pence calls for passage of TikTok bill

"It is essentially digital fentanyl, a 21st century technological weapon," Pence wrote. "The app is so potent and addictive that TikTok is banned within China."



"Allowing TikTok to continue operating in the United States while under CCP control is simply unacceptable," Pence wrote. | Ethan Miller/Getty Images

By CHRISTINE ZHU
03/12/2024 11:43 AM EDT



TikTok, #IUD, and User Experience With Intrauterine Devices Reported on Social Media

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New Study Could Show How TikTok's Algorithm Affects Youth Mental Health

3-Mar-2026 at 4:30 AM EST, by [Georgia Institute of Technology](#)



SHOTS - HEALTH NEWS

TikTok bans #SkinnyTok. But content promoting unhealthy eating persists

JUNE 24, 2025 · 5:00 AM ET

HEARD ON MORNING EDITION

By [Katia Riddle](#)

5 Ways TikTok's 'Floor Time' May Support Mental Health and Wellbeing

By [Sian Ferguson](#) | Published on March 03, 2026

Reviewed by [Rachel Goldman, PhD, FTOS](#)



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Do TikTok's Viral Life Hacks Actually Help Your Mental Health?

UC San Diego experts break down the science behind six of social media's most popular coping strategies and self-care trends

May 20, 2025

Social media is full of advice on how to feel calmer, happier and healthier: Just try a cortisol "cocktail," spend a day "rotting" in bed or manifest your dream life into reality. These viral trends claim to relieve stress, boost happiness and improve mental health—but do they actually?

Story by:

[Sara Bock - sbock@ucsd.edu](#)

Topics covered:

[Mental Health](#) | [Trending](#)



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Half of TikTok's Top Mental Health Videos Contain 'Misinformation': Report

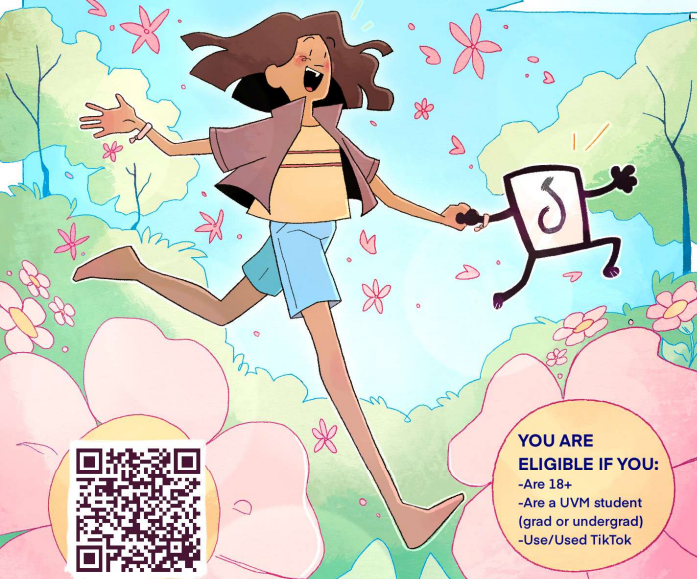
An investigation claims more than half of the top videos under TikTok's #mentalhealthtips contain "misinformation" — but the social media giant says the report "opposes free expression"

By [Cara Lynn Shultz](#) | Published on June 4, 2025 04:44PM EDT

HAVE YOU EVER USED TIKTOK?

In this research study we want to learn how young people use TikTok and what they use it for. We also want to know what you and other young people think about mental illness and how you take care of yourself. All eligible participants can complete the survey and enter for a chance to win \$20 in UVM retail points. Up to 100 people will win.

After survey completion you can also volunteer to be contacted for an interview. All interview participants will receive \$20 in UVM retail points.



YOU ARE ELIGIBLE IF YOU:
 -Are 18+
 -Are a UVM student (grad or undergrad)
 -Use/Used TikTok

HOW CAN YOU PARTICIPATE?
 Scan the QR code to complete the survey!

It will take about 20-25 Minutes
 Questions?
 Study contact: Ellen E. Kozelka, PhD
 802-656-3884 | ekozelka@uvm.edu

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Survey Results: Mindset Matters!

Agentic mindset
("I'm in control of my social media use")



- Less problematic TikTok use
- Less loneliness



Enhancement mindset
("Social media adds value to my life")



- Less loneliness
- Higher self-esteem



Survey Results: (Some) Types of Use Matter!

Escapism

("I use TikTok to escape from reality")



- More problematic TikTok use
- More loneliness
- Lower self-esteem



Habit

("I use TikTok out of habit")



- More problematic TikTok use
- Less loneliness
- Higher self-esteem





Future Directions

- Expanding our understanding of user mindsets may help us better understand why the same content, observed by different people or the same person while in different mental states, can have such variable effects on wellbeing.
- Enroll a larger sample to:
 1. Investigate what specific content is consumed
 2. Examine how users' mindset and well-being reciprocally shape their engagement with TikTok content



Thanks!

Special Thanks:

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Project RAs: Eva Therrian, Eli Reynolds, Adelaide Lenz