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The impact of social networks on adolescents' mental health: the triggers of virtual anxiety

El impacto de las redes sociales en la salud mental de los adolescentes: los desencadenantes de la ansiedad virtual

O impacto das redes sociais na saúde mental dos adolescentes: os gatilhos da ansiedade virtual

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Abstract

The aim was to raise and discuss the scientific evidence and consequences on the impact of the use of social networks on the mental health of adolescents, and to analyze the role of nurses in this regard. This is an integrative review study, of an exploratory descriptive type, with a qualitative approach. The search was carried out in the LILACS, BDENF, SciELO and MEDLINE databases. After applying the eligibility criteria, 10 articles made up the final sample. The data were analyzed using content analysis, in thematic mode. Three categories emerged from this research: anxiety and other disorders triggered using social networks in adolescents; factors that lead to anxiety related to the use of social networks in adolescents, and nurses and strategies regarding anxiety related to the use of social networks in adolescents. It appears that social networks harm adolescents when used without limits, being a gateway to the emergence and development of Anxiety and other disorders. The nurse is fundamental in developing strategies that mitigate the effects of anxiety caused using social networks by adolescents, with health education being a strong ally.

Descriptors: Adolescent; Social Network; Anxiety; Psychiatric Nursing; Mental Health.

Resumén

El objetivo fue plantear y discutir la evidencia científica y las consecuencias sobre el impacto del uso de las redes sociales en la salud mental de los adolescentes, y analizar el papel del enfermero al respecto. Se trata de un estudio de revisión integradora, de tipo descriptivo exploratorio, con enfoque cualitativo. La búsqueda se realizó en las bases de datos LILACS, BDENF, SciELO y MEDLINE. Tras aplicar los criterios de elegibilidad, 10 artículos constituyeron la muestra final. Los datos fueron analizados mediante análisis de contenido, en modalidad temática. De esta investigación surgieron tres categorías: ansiedad y otros trastornos desencadenados por el uso de redes sociales en adolescentes; factores que conducen a la ansiedad relacionada con el uso de redes sociales en adolescentes, y enfermeras y estrategias frente a la ansiedad relacionada con el uso de redes sociales en adolescentes. Parece que las redes sociales tienen un efecto negativo en los adolescentes cuando se utilizan sin límites, siendo una puerta de entrada para el surgimiento y desarrollo de la Ansiedad y otros trastornos. La enfermera es fundamental en el desarrollo de estrategias que mitiguen los efectos de la ansiedad provocada por el uso de las redes sociales por parte de los adolescentes, siendo la educación para la salud un fuerte aliado.

Descriptores: Adolescente; Red Social; Ansiedad; Enfermería Psiquiátrica; Salud Mental.

Resumo

Objetivou-se levantar e discutir as evidências científicas e as consequências sobre o impacto do uso das redes sociais na saúde mental de adolescentes, e analisar o papel do enfermeiro frente a essa temática. Trata-se de um estudo de revisão integrativa, do tipo descritivo exploratório, com abordagem qualitativa. A busca foi realizada nas bases de dados LILACS, BDENF, SciELO e MEDLINE. Após aplicados os critérios de elegibilidade 10 artigos compuseram a amostra final. Os dados foram analisados pela análise de conteúdo, na modalidade temática. Três categorias emergiram desta pesquisa: a ansiedade e outros transtornos desencadeados pelo uso das redes sociais em adolescentes; fatores que levam à ansiedade relacionados ao uso das redes sociais em adolescentes, e o enfermeiro e as estratégias frente à ansiedade relacionada ao uso das redes sociais em adolescentes. Verifica-se que as redes sociais possuem efeito negativo nos adolescentes quando utilizada sem limites, sendo porta de entrada para o surgimento e desenvolvimento da Ansiedade e outros transtornos. O enfermeiro é fundamental na elaboração de estratégias que atenuem os efeitos da ansiedade provocada pelo uso das redes sociais por adolescentes, sendo a educação em saúde um forte aliado.

Descritores: Adolescente; Rede Social; Ansiedade; Enfermagem Psiquiátrica; Saúde Mental.

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Introduction

It is known that over the years, generations have undergone significant changes and that each generation is characterized by a social historical landmark that delimits its individuals and their cultural and social actions. Generations were significantly marked by the milestone of the technological revolution, where people increasingly adapted to a change in life of constant evolutionary adaptation characterized by the advancement of the use of the Internet and its technologies[1].

The Digital Era was an explosive milestone in Brazil, where the population suffered an abrupt change in their way of life, separating an entire large population into two distinct groups: the group that had a simpler and more productive life in work fields, which proposed in their minority, to live this reality by depriving themselves a little of technology, and the group that grew up with the advancement of these technologies, who proposed to learn and make their daily lives, a school of technology, where everything was new and attractive in the eyes of this group. What strongly defined the separation of the metropolis and the simple countryside where they housed this minority that still proposed to lead a simpler life, following their customs[1].

This technological advance and its generations have been delimited between years, which can be divided into Generation Z and Generation Alpha, two generations connected with all this evolution of communication and research. Generation Z, delimited between the years 1995 – 2010, was born amid the advancement of the Digital Era, already familiar with its technologies, but constantly learning, a generation that is technologically more didactic and prepared, which is constantly evolving. The Alpha Generation, on the other hand, is delimited to the years after 2010, in which those born Alpha grow up amidst advanced technology, where everything is more accessible and ready, with technological literacy accessible since childhood, which develops more every day, being more favorable the use of its increasingly attractive technologies[1].

In this context, we have social networks, which in the virtual environment mean websites or applications operating at different levels, such as professional and relationship. They allow the sharing of information between people and/or companies. A social network is always a set of actors and their relationships[2].

Users of virtual social networks have been shaping themselves independently of their generations, and their way of socializing, learning, communicating, and relating has undergone significant changes due to their constant online lifestyle[3].

The use of social networks by teenagers is extremely common today, and these young people use this tool not only for entertainment but also as a form of communication and expression, as they constitute an important means of connecting with their peers. However, this use is not without risks[4].

Teenagers' navigation of social networks is still viewed with little awareness of the associated risks and their consequences. However, excessive use of this tool brings with it hidden dangers, including negative effects on adolescents' mental health[4,5].

According to a study[6], the uncontrolled use of social networks is directly linked to anxiety, and its symptoms are very different. Many studies on this relationship are being carried out around the world and have positive results regarding anxiety symptoms being related to adolescents' dependence on social networks.

It is also worth mentioning that teenagers naturally go through a series of changes and demands typical of this age group, such as hormonal changes, sometimes troubled interpersonal relationships, and preparation for the professional future, among other changes. In other words, these young people live under constant pressure due to the responsibilities inherent in their life cycle. At this juncture, excessive use of social media can lead to and/or worsen symptoms of anxiety among adolescents.

The anxiety resulting from the use of social networks by teenagers occurs when the exposure to photos, stories, and other digital tools stops being a distraction and becomes a daily necessity. In this context, nurses, as well as other health professionals who work with adolescents, must pay attention to educating these young people regarding the excessive use of social networks, being able to help adolescents to understand when use is excessive. Preventing this reality is increasingly important, focusing education not only on teenagers but on their families, always showing the benefits and risks linked to the use of the tool, and helping in the process of restricting use when necessary[4].

Given the above, the objective was to collect scientific evidence on the impact of the use of social networks on the mental health of adolescents, discuss anxiety because of the use of social networks on the mental health of adolescents, and analyze the role of nurses in the face of anxiety arising from the use of social networks in adolescents.

The relevance of the study for nursing lies in the possibility of this study serving to guide health professionals on the importance of welcoming adolescents and their families in the face of these young people's dependence on the Internet, favoring a strategic environment for guidance and help. It is also of great relevance to guide society on controlling the use of the Internet by its teenagers, being a preventive measure. And for the academic world, collecting scientific data that serves as a basis for future research, helping academics who are interested in the area.

Methodology

This is an integrative review study of an exploratory descriptive type with a qualitative approach, being "a method that provides the synthesis of knowledge and the incorporation of the applicability of results from significant studies in practice"[7].

The descriptive study describes the occurrence of an event, generally a disease, considering the characteristics of a person, such as sex, age, race, socioeconomic level, location, and time of an event in some important space of time. It is used when there is little data on the frequency, natural history, or determinants of a disease[8].

According to study[9], Exploratory research is research that aims to familiarize the problem to raise and address hypotheses, making the problem more explicit. The objective of this research is to improve ideas and excite intuitions about the problem highlighted, having a range of flexible possibilities regarding of the fact studied.

The integrative review carried out followed the six steps established for this type of review, namely: 1st Phase: Elaboration of the guiding question, 2nd Phase: Search or sampling in the literature, 3rd Phase: Data collection, 4th Phase: Critical analysis of the included studies, 5th Phase: Discussion of results and 6th Phase: Presentation of the integrative review[7].

This integrative review was driven by the following research question: "What is the influence of virtual social networks in triggering anxiety in adolescents?". This question was based on the PICo strategy (Chart 1), which has the sensitivity to cover qualitative research focusing on human experiences and social phenomena, with P = population, patient, or problem addressed in the study; I= phenomenon of interest; Co= context[10].

Chart 1. Application of the PICo strategy. Cabo Frio, RJ, Brazil, 2022

Acronym	Definition	Application
P	Population, patient or problem studied	Adolescents
I	Interest	Anxiety
Co	Context	Use of social networks without limitation

The databases used in this research were Latin American and Caribbean Literature in Health Sciences (LILACS), Medical Literature Analysis and Retrieval System Online (MedLine), Nursing Database (BDENF) and Scientific Electronic Library Online (SciELO).
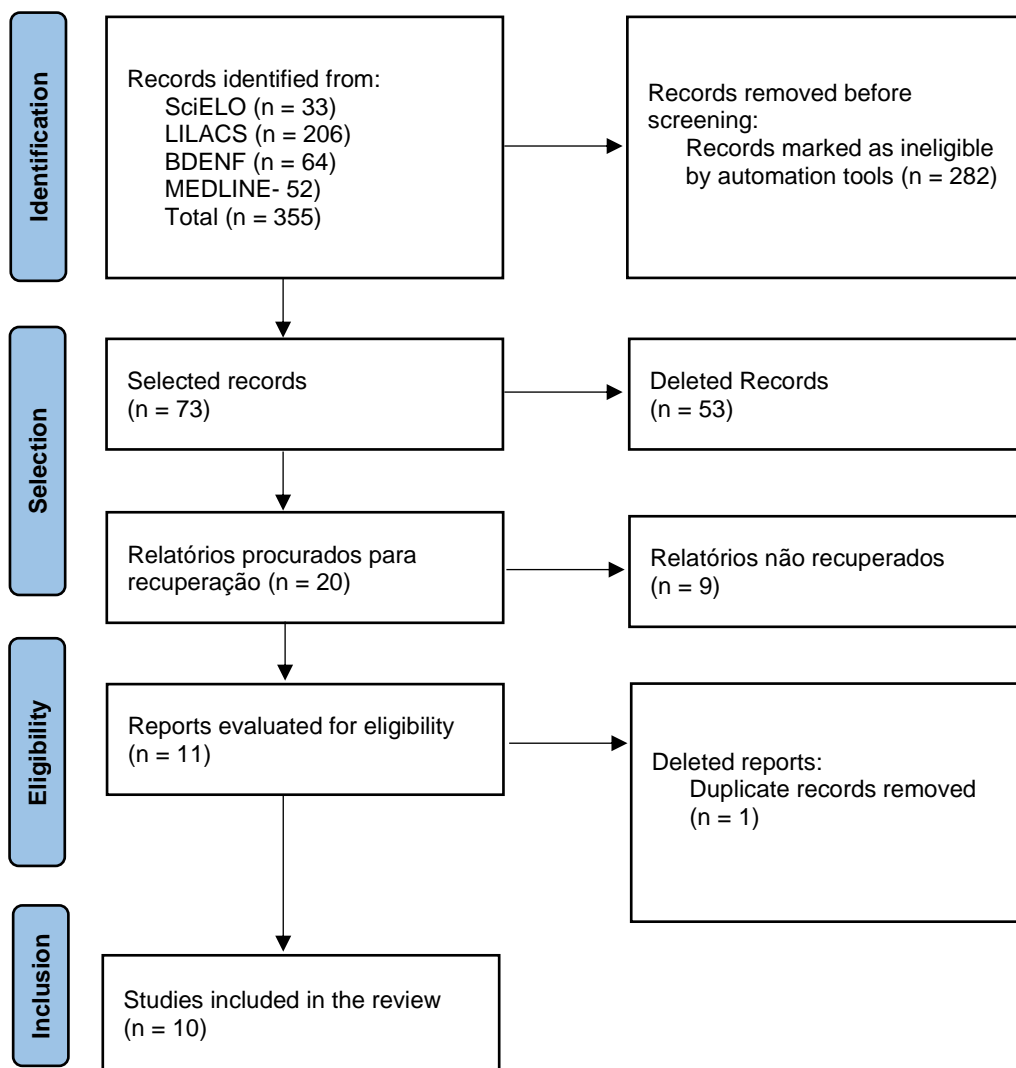
The inclusion criteria adopted for this integrative review were articles available in full, published in the last 10 years, in the Portuguese language that were related to the question and object of this research. Theses, dissertations, course completion work, books, manuals, and protocols were excluded from this search.

The descriptors used in the search and contained in the Health Sciences Descriptors (DeCS) platform were: "Adolescent", "Mental Health", "Anxiety", "Social Network", "Online Social Networks", "Internet" and "Use from Internet". These terms were combined using the Boolean operators "AND" and "OR" for greater scope in the search, being: "Adolescent" AND "Mental Health" OR "Anxiety" AND "Social Networks" OR "Online Social Networks" OR "Internet" OR "Internet Usage".

Cross-checking the descriptors identified 355 primary studies in the databases chosen for this research. Reading the titles excluded 282 studies, leaving 73 for reading the abstracts. The analysis of the abstracts excluded 53 studies, which did not meet the eligibility criteria, leaving 20 for full reading. Of these 20, 11 were consistent with the research objectives. Of these 11, one article was excluded due to duplication, with the final sample of this integrative review consisting of 10 articles. This search strategy is shown in Figure 1, which was adapted based on the flowchart of the Preferred Reporting Items for Systematic Reviews and Meta-Analysis - PRISMA checklist (Figure 1)[11].

The PRISMA checklist flowchart is a representation of the entire search and selection process for articles in the databases. This flowchart demonstrates the step-by-step search strategies used to retrieve articles, from the beginning of the search to the number of articles delimited as the final sample. Despite initially being specifically oriented towards systematic reviews, several authors have used this tool, whether an adapted or original version, in integrative literature reviews[11].

The search and selection process for studies took place between September and October 2022.

The 10 studies selected in the final sample were grouped in descending order in a table to better visualize the results. This instrument favored the grouping of key information from each selected study, building a database for the final stage of the research. The information taken from the selected articles that made up the table were: title, periodical, year of publication, authors, objectives, type of study, results, and conclusion (Chart 2).

To categorize the results achieved, after organizing the chosen articles, a thorough reading of them was carried out, beginning the stage of analysis and discussion of the results.

The data were analyzed using the Bardin Content Analysis method, a strategy that can be defined as a set of communications analysis techniques aiming to obtain, through systematic and objective procedures for describing the content of messages, indicators that allow the inference of knowledge relating to the conditions of production and reception of these messages[12].

Content analysis took place in thematic modality, according to the steps pre-established by the adopted methodological framework, namely: pre-analysis, material exploration, and data processing.

The pre-analysis included the organization of the material to be used, coming from the information extracted from the 10 selected articles. As already mentioned, the organization built an analytical framework, which included key points to be analyzed. Then, the floating literature of the empirical material was made, with an initial identification of relevant aspects that met the objectives of the study.

In the material exploration stage, units of meaning pertinent to the research context were identified, which were coded and grouped thematically, giving rise to previous analytical categories. In the third and final stage, data processing, there was interference and interpretation of the established categories, based on a reflective analysis, based on pertinent and significant theoretical references.

Thus, the analytical categories arising from the thematic content analysis were anxiety and other disorders triggered using social networks in adolescents; factors that lead to anxiety related to the use of social networks in adolescents, and the nurse and strategies regarding anxiety related to the use of social networks in adolescents.

Figure 1. Study search and selection flowchart. Cabo Frio, RJ, Brazil, 2022

Results and Discussion

Next, the results of the analyses referring to the studies that constitute the narrative review will be presented. The bibliographic search identified 10 articles that emphasize the mental health problems of adolescents, resulting from the excessive use of social networks.

Chart 2 succinctly shows the studies explored in this review, in descending order. Among the 10 selected articles, one is from 2022, two from 2021, one from 2019, two from 2017, one from 2015, one from 3013, one from 2010, and one from 2009.

Chart 2. Classification of articles involved in this review, in descending order of publication, according to periodical, year of publication, objective, result and conclusion. Cabo Frio, RJ, Brazil, 2022

Title and Type of Study	Journal Year of publication	Authors	Objectives	Results and Conclusions
Ansiedade e isolamento social na adolescência: como manejar?[13] Review Study.	Revista Científica Saúde e Tecnologia (2022).	PINHEIRO; et al.	Discuss anxiety, adolescence, social isolation, and present cognitive-behavioral therapy as a tool for managing anxiety.	Creating strategies to deal with the effects that demand have on people is urgent and necessary. Once you have autonomy and are aware of what may be happening to you in adverse situations, the management will be the permanent reduction of anxiety.
Influência de redes sociais na saúde mental e autoimagem de Adolescentes[14] Field research.	Revista de Psicologia Educação e Cultura (2021).	TABOGA; JUNIOR.	Evaluate the impact of social networks on self-image and subjective well-being in students.	A positive correlation was identified between depression indicators and time spent using social networks. It was possible to correlate the time and pattern of use of social networks with negative mental health outcomes.

Influência da rede social na ansiedade do adolescente e o papel da enfermagem: Revisão integrativa da literatura[15] Review Study.	Revista Enfermagem atual In Derme (2021).	LIMA; PRIMO.	Identify the role of nursing in the face of adolescent anxiety caused by excessive use of social networks.	Nine articles were selected, within the time frame from 2016 to 2020, which led to the discussion of three categories: Anxiety caused by the Influence of Social Networks; Early Identification of Anxiety; and Nursing Actions for Anxiety.
Impactos do uso das redes sociais virtuais na saúde mental dos adolescentes: Uma revisão sistemática da literatura[16] Review Study.	Revista Educação, Psicologia e Interfaces (2019).	SOUZA; CUNHA.	Examine the impacts of the use of digital technologies on adolescents' mental health.	The results obtained proved that there are relationships between technological dependence and the psychological health of adolescents and young people. It was also possible to note that virtual social networks can accentuate social problems and generate major impacts on anyone's life, including anxiety, depression, and addiction.
A influência das redes sociais no comportamento social dos adolescentes[17] Field research.	Revista Ciência e Sociedade (2017).	FARIAS; CRESTANI.	Investigate the influence of social networks on adolescent social behavior.	The results indicate how much the use of social networks has influenced adolescents' relationships, this can be both positive and negative, and special attention is needed when it comes to how to guide teenagers and greater attention from parents about what children do on the Internet.
Uso de redes sociais, influência da mídia e insatisfação com a imagem corporal de adolescentes brasileiras[18] Field research.	Jornal Brasileiro de Psiquiatria (2017).	LIRA; et al.	Evaluate relationships between the influence of the media and the use of social networks on the body image (CI) of female adolescents.	The 212 girls participated, the majority of whom were eutrophic (65.1%). 85.8% were dissatisfied with the IC; most wanted a smaller silhouette. Daily access of more than 10 times a day to Facebook and Instagram increased the chance of dissatisfaction by 6.57 and 4.47 times, respectively.
As redes sociais digitais e sua influência na sociedade e educação contemporâneas[3] Review Study.	Revista HOLOS (2015).	SANTOS, V; SANTOS, J.	Reflect on the presence and influence of digital social networks in society and education, seeking to identify their importance as a communication and information tool, as well as the ideological aspects inherent to this phenomenon.	The networks made possible by the Internet are being used, generating new ways of political participation, new forms of entertainment, new forms of social contact, etc., and it is a fact that their strategies need to be discussed in formal teaching environments since several aspects of human existence are under the influence of these tools.
Prevalência e padrões de transtornos psiquiátricos em adolescentes encaminhados com dependência da Internet[19] Field research.	Revista de Psiquiatria Clínica e Neurociência (2013).	BOZKURT; et al.	Investigate the prevalence and patterns of psychiatric disorders in young people with Internet addiction (IA).	The frequency of the diagnostic groups was as follows: behavioral disorder, anxiety disorder, (mood disorder, elimination disorder, (TIC disorder), and substance use disorder.
Adolescência e MSN: o arranjo tecnológico da subjetividade. Pesquisas e Práticas Psicossociais[20] Field research.	Pesquisas e Práticas Psicossociais (2010).	BARROS; NETO.	Mapping the processes of subjectivization that are emerging with the advent of new technologies, is based on research into the relationships that teenagers establish through MSN.	The results point to new subjectivization processes triggered by the adolescent-MSN agency, in three dimensions: the technological experiences of the self, the MSN as a subjective meeting place, and some present subjectivization processes.
Transtornos de ansiedade na infância e adolescência: Uma Revisão[21] Review Study.	Revista Brasileira de Terapias Cognitivas (2009).	VIANNA; CAMPOS; FERNANDEZ.	To present, focusing on childhood and adolescence, a review of the literature on current separation anxiety disorder, generalized anxiety disorder (GAD), and social anxiety disorder (SAD).	The study identified the most anxiogenic situations for pre-adolescents. Reading in the classroom; writing on the blackboard; artistic or sporting presentations; and talking to people of the same age and adults were highlighted as difficult situations to be faced by the sampled group.

The careful reading of the selected articles presented in Chart 2 allowed the topics covered to be grouped and specified in an organized way, providing a qualitative analysis of this research. Therefore, four thematic analytical categories emerged from this analysis, namely: anxiety and other disorders triggered by using social networks in adolescents; factors that lead to anxiety related to the use of social networks in adolescents, and the nurse and strategies regarding anxiety related to the use of social networks in adolescents.

Anxiety and other disorders triggered by the use of social networks in adolescents

The narrative review showed that anxiety is present in all results of mental health disorders among adolescents who use social networks, being a gateway to other psychological and social problems.

The uncontrolled use of social networks creates problems in the mental health of adolescents, and these problems reflect on the user's social environment, which can cause family conflicts, learning difficulties, social difficulties, anxiety disorders, and attention deficit. In addition to these problems, it can also cause depression, mood swings, suicide attempts, shyness, social phobia, social isolation, and emotional problems[22].

Problems related to the use of social networks are not limited only to the time of use, but also to the content consumed and the exposure of the young person's vulnerability, which is prone to various external problems such as Cyberbullying, aggression, judgments, and opposition, in addition to the problems internal anxiety and depression[23].

The consumption of the Internet and its technologies has been changing the way human beings behave, think, socialize, and feel. Changes in the way of reading, attention, communication, socialization, and mental health have been evolving more and more, as the population consumes and develops virtually. Increasingly, teenagers are seen aiming for adult life standards and attitudes, being an increasingly anti-intellectual and extremely consumerist and connected population. The connected generation is limited to anxiety and time reduction, accelerated audios, texts and videos, and the impatience of interrupted reading, which sees but does not absorb, characterizing attention deficit and anxiety[24].

Factors that lead to anxiety related to the use of social networks

The integrative review pointed out that the consumption of diverse media content in a short time can be a trigger for anxiety, as the content offered to users has been increasingly smaller, fast, and full of information, and as technologies promote this acceleration, its users adapt to it, experiencing this impatience, within their daily lives.

The American Psychological Association defines multitasking as the practice of several actions that are not successful, as the brain's attention capacity is limited, therefore, multitasking can be performed, but not always fully effective and promising. Social networks and their technologies preach the appreciation of multitasking in their virtual environment, which is mirrored in real life. For this reason, there is concern among researchers that obsessive digital behaviors may cause damage or neurological changes in users. Neuroplasticity is the act of neurons modifying themselves, and with the exaggerated consumption of media in a short time, the brain needs to follow this modification quickly and this accelerates how neurons send impulses and information to the brain and body, which can in turn in some cases, causing a "system crash", as well as machines that are often used to access virtual technologies[24].

The review also showed that the constant time spent using social networks daily causes imbalance in real life and generates frustrations and high life expectations that may never be satisfied.

The occupation of time in a largely virtual way causes silent vices that disturb the quality of life and the mental and physical health of a human being. Anxiety, depression, social phobia, fear, panic disorder, eating and sleeping disorders are serious health problems resulting from the consumption of the Internet and its technologies. This entire silent addiction is permeated by environmental, physiological, social, and psychological aspects that impact the individual user, such as environmental, physiological, social and psychological aspects, which occur due to the adolescent's need to fill gaps in their life, which real life cannot fill, the use of social networks is almost like an escape valve for real conflicts, making the user an accessible victim of mental health problems[25].

The nurse and strategies to deal with anxiety related to the use of social networks by adolescents

The integrative review showed that nurses have an important role in developing strategies that prevent anxiety in adolescents due to the use of social networks. Such strategies are based on health education, which can take place through lectures and group activities, for example. The health education process is extremely valid, as it is guided by accessible and high-impact practices, promoting a direct exchange between the professional and the community.

In this context, training nurses, the nursing team, and other health professionals from a multidisciplinary perspective that develops an exchange of knowledge about the direct influence of Internet addiction among adolescents and the impacts on the mental health of these users is essential. Developing treatment, intervention, and prevention strategies is considered effective, as firstly preparing the team to transmit this knowledge is structuring the professional to share knowledge.

Training those responsible, as well as educators, encouraging free Internet connection to this public, to provide approximation and familiarization with the virtual universe, strengthening the bonds of knowledge between children and those responsible on the subject, can fill gaps in the introduction of those responsible in their children's virtual environment, facilitating healthy monitoring of the use of social networks, and reducing imminent dangers[25].

The nurse, as a member of the multidisciplinary team, must work with active listening to adolescents with mental health problems associated with excessive use of social networks, favoring a welcoming and humanized space, making the adolescent realize and recognize the main problem, to improve your self-esteem, reduce risks and consequently, seek solutions to possible problems. Direct listening allows the nurse to act directly on the cause of the problems and, together with the adolescent, present effective solutions in their treatment, being an effective health promotion action[22].

The dialogue between the nurse and the adolescent appears to be effective in the studies reviewed. Through dialogue between both parties, a welcoming environment is promoted, as well as trust, respect, and attention favoring the possibility of effective solutions. Monitoring the evolution of adolescents with anxiety due to excessive use of social networks allows the development of social relationship strategies with other adolescents, capable of creating a satisfactory therapeutic bond. Physical intervention strategies, such as playing sports, also alleviate mental health problems in adolescents, as they have the power to occupy these adolescents' time, reducing the time spent using social networks, in addition to promoting a social environment favorable to this therapy[26].

Final Considerations

The present study achieved the proposed objectives, presenting significant data on the threats posed by social networks to the mental health of adolescent users, highlighting anxiety as a focus of attention. Risk factors were highlighted that threaten the vulnerability of adolescents exposed to the excessive use of virtual networks, and that disfavor family socialization practices and the breakdown of real relationships, in addition to triggering Anxiety, which is the gateway to other problems. such as depression, social isolation, phobia, panic, and addiction to the Internet and its technologies. The nurse plays an important role in this context, with health education as the main intervention strategy.

The use of social networks by teenagers has been causing an increasingly negative effect, where the lack of control over use, the limit of exposure, media consumption without any restrictions, and direct access to interactions with strangers, represent realities that modify the lives of these users, especially when real life ceases to exist and the security environment for this teenager becomes virtual and easily accessible by anyone. It is an imaginable universe, where users can live the life, they want and consume what they want, however, this false sense of security and freedom hides problems and risks, often not noticed by teenagers, who require monitoring by a responsible person. so that there is a healthy use of this technology.

Unfortunately, publications on the subject are still incipient, especially when related to studies focused on nursing. This represented a limitation of this research, as a greater number of articles would provide a greater range of information on the subject.

However, mental health problems are being talked about and highlighted more and more in the media, including on social networks themselves. Anxiety and depression have been studied for some time, and the observation of these problems among adolescents is a result of this exchange of knowledge between professionals and the scientific community, in addition to the search for those responsible for health care.

May this research allow us to add knowledge to the scientific community and to nurses and other health professionals, to train these individuals in the development of reception strategies for adolescents and their guardians. As presented in this study, health education actions and the provision of direct listening to adolescents and their families contribute to the prevention of anxiety and other problems that affect the mental health of adolescents who use social networks.

In short, bringing the adolescent into real life and providing interaction situations and presenting the problem, making the adolescent raise solutions to this problem with the nurse, are strategies that can generate effective responses in the control of mental health and the healthy life of adolescents.

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