

# Instagram Ranked Worst Social Network for Young People's Mental Health | Telegraph

By Telegraph UK

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[Instagram](#) is the worst social media site in terms of its impact on the mental health of young people, a report has suggested.

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Respondents were asked to score how each of the social media platforms they use impact upon issues such as anxiety, loneliness and community building.

The site with the most positive rating was YouTube, followed by Twitter. Facebook and Snapchat came third and fourth respectively.

Source: [Instagram ranked worst social network for young people's mental health | Telegraph](#)