

No evidence linking Facebook adoption and negative well-being: Oxford study | Oxford Internet Institute

By Andrew Przybylski and Matti Vuorre

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The largest independent scientific study ever conducted, investigating the spread of Facebook across the globe found no evidence that the social media platform's worldwide penetration is linked to widespread psychological harm.

The independent Oxford study used well-being data from nearly a million people across 72 countries over 12 years and harnessed actual individual usage data from millions of Facebook users worldwide to investigate the impact of Facebook on well-being.

Despite popular claims about the impact of social media on well-being, the Oxford Internet Institute research, led by [Professor Andrew Przybylski](#) and [Professor Matti Vuorre](#), found 'no evidence' Facebook's spread was consistently linked negatively to well-being – quite the opposite.

The research paper states, 'Although reports of negative psychological outcomes associated with social media are common in academic and popular writing, evidence for harms is, on balance, more speculative than conclusive.'

[...]

Source: [OII | No evidence linking Facebook adoption and negative well-being: Oxford study](#)