

Social Media Diet and Psychological Outcomes in University Students

NCT07473791

Status	RECRUITING
Phase	Not Applicable
Sponsor	Gümü_hane Unvers1ty
Enrollment	70 participants

Key Eligibility Criteria

Inclusion (5)

- Being between the ages of 18-25.
- Being a student at Gumushane University Kelkit Sema Dogan Vocational School of Health Services.
- Having a daily social media usage time of at least 2 hours (verified by smartphone screen time settings).
- Owning a smartphone (Android or iOS).
- Volunteering to participate in the study and providing written informed consent.

Exclusion (5)

- Having a diagnosed clinical sleep disorder (e.g., sleep apnea, chronic insomnia) or using prescribed sleep medication.
- Having a diagnosed psychiatric disorder that may interfere with social media use or perception of loneliness.
- Use of other digital detox or time-management applications during the study period.
- Being unable to provide weekly screen time screenshots.
- Planning to change smartphone device during the 4-week intervention period.

Locations (1 total)

Gümü_hane University, Gümü_hane, Gümü_hane Province, Turkey (Türkiye)