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Abstract

The following information is provided for the purpose of providing a general overview of the information contained in the report. It is not intended to be a substitute for the full report, which is available on the website of the Commission for the Environment and the Sea.

1. **Introduction:** The purpose of this study is to investigate the impact of social media on the mental health of teenagers. The study aims to explore the relationship between social media usage and various mental health outcomes, such as anxiety, depression, and self-esteem.

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