

David S. Lee

327 Baldy Hall, Buffalo, NY 14228
Department of Communication | University at Buffalo, SUNY
Website: <http://www.davidsjlee.com/>
Email: dslee9@buffalo.edu
Phone: (716) 645-1167

ACADEMIC EMPLOYMENT

- Associate Professor of Communication, Department of Communication, University at Buffalo, State University of New York, 2025 – Present
- Assistant Professor of Communication, Department of Communication, University at Buffalo, State University of New York, 2019 – 2025
- Affiliated Faculty, Department of Psychology, University at Buffalo, State University of New York, 2021 - Present
- Social Psychology Postdoctoral Fellow, Department of Psychology, The Ohio State University, 2016 - 2019

EDUCATION

University of Michigan

- Ph. D. in Social Psychology, 2016.
Dissertation Title: Navigating One's Social Relationships to Thrive: Uncovering and Understanding the Divergent Effects of Supportive Social Relationships
Committee: Oscar Ybarra (Chair), Ethan Kross, Phoebe Ellsworth, Jeffrey Sanchez-Burks
- M.S. in Social Psychology, 2012. Advisor: Oscar Ybarra
Thesis Title: Supportive Social Relationships Attenuate the Appeal of Choice
- B.A. in Psychology, 2009. Advisor: Oscar Ybarra
Thesis Title: Seeing Friendliness in Negative Feedback

RESEARCH INTERESTS

Social support, Social media use, Social relationships, Well-being & Health, Motivation, Social effects of inflammation

HONORS & AWARDS

- Top Paper Award in Communication Science & Biology, International Communication Association (2023).
- Daniel Katz Dissertation Fellowship in Psychology and Survey Methodology (Awarded to top dissertation proposal in Psychology at University of Michigan)
- UM Patricia Gurin Dissertation Award (\$500) (Awarded to top research on identity, diversity, self-efficacy, and control)
- UM Rackham Conference Travel Grant (\$2800)
- Society for Personality and Social Psychology Diversity Travel Award (\$500)
- UM Department of Psychology Summer Training Grant (\$3200)

- UM Rackham Graduate Fellowship

RESEARCH FUNDING AND SUPPORT

- National Institutes of Mental Health. 1R01MH135501-01. 9/15/2023 – 9/14/2028. “Passive social media use, coping, and momentary stress in geospatial context: longitudinal effects on mental health and intermediate biological pathways in a racially diverse sample of adolescents.” Role: Co-Principal Investigator (Co-PI Baldwin Way). Total cost: \$2,709,424.
- Institute for Social Research, University of Michigan (2015). “The role of social support on goal-pursuit: An interpersonal approach to understand motivation and goal-pursuit.” Role: Principal Investigator. \$22,000.
- University of Michigan Department of Psychology Dissertation Grant (2015). “The two-sided effects of social support on goal-pursuit: How you think about your social support matters.” Role: Principal Investigator. \$1000.

RESEARCH

PUBLICATIONS

denotes student co-author(s).

- **Lee, D. S.**, Jiang, T., & Way, B. M. (in press). Inflammation is Associated with Greater Social Media Use over Face-to-Face Interaction, Especially Among Individuals High in Introversion and Neuroticism. *Scientific Reports*.
- Tenzek, K.E., **Lee, D.S.**, Lattimer, T.A., Mackenzie, L., & Lapan, E. (in press). Those conversations are extremely vivid in my mind some 40+ years later. They haunt me”: Investigating reconstrual, final conversations, and posttraumatic growth in a Military context. *Death Studies*.
- Green, M. C., **Lee, D. S.**, & Raffloer, G. (2025). Social Media, Artificial Intelligence, and Digital Well-Being: Research Contributions and Policy Challenges. *Social and Personality Psychology Compass*, 19, e70107.
- #Toh, Z. & **Lee, D. S.** (2025). Interpersonal goals and social support network: examining the relation between perceived network density and burnout among nurses. *BMC Psychology*, 13, 1156.
- Li, W., **Lee, D. S.**, Stahl, J. L., & Bayer, J. B. (2025). Reflecting on Dunbar’s numbers: Individual differences in energy allocation to personal relationships. *PLOS One*, 20, e0319604.
- Li, C., Ybarra. O., **Lee, D. S.**, Adams, S., & Bi, C. (2025). Worse than a braggart: Interpersonal costs of humblebragging in China. *Asian Journal of Social Psychology*, 28, 1-18.
- **Lee, D. S.**, Jiang, T., Crocker, J., & Way, B. M. (2023). Social media use and its concurrent and subsequent relation to a biological marker of inflammation: A short-term longitudinal investigation. *Journal of Medical Internet Research*, 25, e46309.
- **Lee, D. S.** & Fujita, K. (2023). From whom do people seek what type of support? A regulatory scope perspective. *Journal of Personality and Social Psychology*, 124, 796-811.
- **Lee, D. S.**, Jiang, T., Crocker, J., & Way, B. M. (2023). Can Inflammation Predict Social Media Use? Linking a Biological Marker of Systemic Inflammation with Social Media Use Among College Students and Middle-Aged Adults. *Brain Behavior and Immunity*, 112, 1-10.

- #Yue, Z., **Lee, D. S.**, & Xiao, J. (2023). Social media use, psychological well-being and physical health during lockdown. *Information, Communication and Society*, 26, 1452-1469.
- #Toh, Z. & **Lee, D. S.** (2022). Is that Insta Worthy? Predicting Content Sharing Behavior on Social Media through Interpersonal Goals. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 16, 5.
- **Lee, D. S.**, Jiang, T., Crocker, J., & Way, B. M. (2022). Social Media Use and its Link to Physical Health Indicators. *Cyberpsychology, Behavior, and Social Networking*, 25, 87-93.
- **Lee, D. S.** & Way, B. M. (2021). Social media use and chronic inflammation: The moderating role of self-esteem. *Brain, Behavior, & Immunity – Health*, 16, 100300.
- Wong, J. C. S., Yang, J. Z., Liu, Z., **Lee, D. S.**, & #Yue, Z. (2021). Fast and Frugal: Information Processing Related to The Coronavirus Pandemic. *Risk Analysis*, 41, 771-786.
- Rhee, L., Bayer, J., **Lee, D. S.**, & Kuru, O. (2021). Social by Definition: How Users Define Social Platforms and Why It Matters. *Telematics and Informatics*, 59, 101538.
- **Lee, D. S.**, Jiang, T., Canevello, A., & Crocker, J. (2020). Motivational Underpinnings of Successful Support Giving: Compassionate Goals Promote Matching Support Provision. *Personal Relationships*, 28, 276-296.
- **Lee, D. S.**, Stahl, J. L., & Bayer, J. B. (2020). Social Resources as Cognitive Structures: Thinking about a Dense Support Network Increases Perceived Support. *Social Psychology Quarterly*, 4, 405-422.
- **Lee, D. S.**, Orvell, A., Briskin, J., #Shrapnell, T., Gelman, S., Ayduk, O., Ybarra, O., & Kross, E. (2020). When chatting about negative experiences helps—and when it hurts: Distinguishing adaptive vs. maladaptive social support in computer-mediated communication. *Emotion*, 20, 368-375.
- **Lee, D. S.** & Way, B. M. (2019). Perceived Social Support and Chronic Inflammation: The Moderating Role of Self-esteem. *Health Psychology*, 38, 563-566.
- **Lee, D. S.**, Ybarra, O., Gonzalez, R., & Ellsworth, P. (2018). I-through-We: How Supportive Social Relationships Facilitate Personal Growth. *Personality and Social Psychology Bulletin*, 44, 37-48.
- **Lee, D. S.**, & Ybarra, O. (2017). Cultivating effective social support through abstraction: Reframing social support promotes goal-pursuit. *Personality and Social Psychology Bulletin*, 43, 453-464.
- Park, J., **Lee, D. S.**, Shablack, H., Verduyn, P., Ybarra, O., Jonides, J., & Kross, E. (2016). When perceptions defy reality: The role of actual and perceived Facebook social support in depression. *Journal of Affective Disorders*, 200, 37-44.
- **Lee, D. S.**, Kim, E., & Schwarz, N. (2015) Something smells fishy: Olfactory suspicion cues improve performance on the Moses illusion and Wason rule generation task. *Journal of Experimental Social Psychology*, 59, 47-50.
- **Lee, D. S.**, Moeller, S., Kopelman, S., & Ybarra, O. (2015). Biased Social Perceptions of Knowledge: Implications for Negotiators' Rapport and Outcomes. *Negotiation and Conflict Management Research*, 8, 21-35.

- Verduyn, P., **Lee, D. S.**, Park, J., Shabrack, H., Orvell, A., Bayer, J., Ybarra, O., Jonides, J., & Kross, E. (2015). Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. *Journal of Experimental Psychology: General*, 144, 480-488.
- Kross, E., Verduyn, P., Demiralp, E., Park, J., **Lee, D. S.**, Lin, N., Jonides, J., & Ybarra, O. (2013) Facebook use predicts declines in subjective well-being in young adults. *PLOS One*, 8, 1-6.
- Ybarra, O., Kross, E., **Lee, D. S.**, Zhao, Y., Dougherty, A., & Sanchez-Burks, J. (2013). Toward a more contextual psychological and dynamic model of emotional intelligence. In A.B. Bakker (Ed.), *Advances in positive organizational psychology* (pp. 167-187). Bingley, UK: Emerald Group Publishing. [IF = n/a].
- *Ybarra, O., ***Lee, D. S.**, & Gonzalez, R. (2012). Supportive social relationships attenuate the appeal of choice. *Psychological Science*, 23, 1186-1192.
*Shared first authorship
- Ybarra, O., Park, H., Stanik, C., & **Lee, D. S.** (2012). Self-judgment and reputation monitoring as a function of the fundamental dimensions, temporal appraisal, and culture. *European Journal of Social Psychology*, 42, 200-209.

INVITED PRESENTATIONS

- Lee, D. S.** (2024). "The social effects of inflammation: Exploring the role of social media". Presented at Psychology of Media & Technology Pre-conference at the 2024 Annual Meeting for the Society of Personality and Social Psychology. San Diego, CA.
- Lee, D. S.** (2023). "Passive social media use, momentary stress and coping in geospatial context". Presented at the Meeting on Technology, Digital Media, and Development Research for the National Institute of Mental Health/National Institute of Child Health and Human Development, Virtual.
- Lee, D. S.** (2023). "Social relationships & well-being: Connecting with others adaptively in the digital age". Presented at the University of California, Davis (Department of Communication), Davis, CA.
- Lee, D. S.** (2023). "From whom do people seek what type of support? A regulatory scope perspective". Presented at the University of Maryland (Social, Decision, and Organizational Sciences (SDOS) area, Department of Psychology), College Park, MD.
- Lee, D. S.** (2023). "Social media use and inflammation". Presented at the Social Neuroscience of Affective Processes Laboratory (Dr. Rich Lopez), Worcester Polytechnic Institute, Worcester, MA.
- Lee, D. S.** (2023). "Bidirectional association between social media and inflammation". Psychology of Media & Technology Pre-conference at the 2023 Annual Meeting for the Society of Personality and Social Psychology. Atlanta, GA. (Unable to attend due to inclement weather).
- Lee, D. S.** (2020). "Thriving through social connections" Presented at the Close Relationships Laboratory (Dr. Bill Chopik), Michigan State University, East Lansing, MI.
- Lee, D. S.** (2019). "Thriving through social connections: Why we need more than supportive relationships". Presented at University at Buffalo (Department of Psychology), State University of New York, Buffalo, NY.
- Lee, D. S.** (2019). "A construal level theory perspective on social support transactions: To whom do we go for what type of support?" Presented at University at Buffalo, State University of New York, Buffalo, NY.

- **Lee, D. S.** (2018). "A construal level theory perspective on support transactions". Presented at Miami University (Social Psychology Brownbag series), Oxford, OH.
- **Lee, D. S.** (2018). "Thriving through social connections: Why we need more than supportive relationships". Presented at Miami University (Department of Psychology), Oxford, OH.
- **Lee, D. S.** (2018). "Thriving through social connections: Why we need more than supportive relationships". Presented at University at Buffalo (Department of Communication), State University of New York, Buffalo, NY.
- **Lee, D. S.** (2016). "Navigating one's social relationships to thrive: Uncovering and understanding the divergent effects of supportive social relationships," Presentation at the Social Cognition Research Group (SCRG), The Ohio State University, Columbus, OH.

PEER-REVIEWED CONFERENCE PRESENTATIONS

- **Lee, D. S.**, Jiang, T., & Way, B, M. (2025). Social Effects of Inflammation: Inflammation's Unique Link to Social Media Use and its Personality Moderators. *Association for Psychological Science (APS) Conference*, Washington, D.C.
- #Toh, Z. & **Lee, D. S.** (2025). I'm Happy For you! The Importance of Interpersonal Goals When Responding to the Good News of Others. To be presented at the *Annual Conference of International Communication Association*, Denver, CO.
- Tenzek, K.E., **Lee, D. S.**, Lattimer, T.A., Mackenzie, L., & Lapan, E. (2024). Opportunities for engagement: Reconstructual, final conversations and post-traumatic growth in a Military context. *Annual Conference of International Communication Association*, Gold Coast, Australia.
- Jeong, J., Jiang, T., **Lee, D. S.**, & Way, B. (2024). Greater social media use is associated with higher levels of intestinal permeability ("leaky gut") marker Lipopolysaccharide Binding Protein, which statistically mediates the relationship between social media use and the inflammatory marker C-Reactive Protein. *Annual Scientific Meeting of the American Psychosomatic Society*, Brighton, United Kingdom.
- **Lee, D. S.**, Jiang, T., Crocker, J., & Way, B, M. (2023). Can Inflammation Predict Social Media Use? Linking a Biological Marker of Systemic Inflammation with Social Media Use Among College Students and Middle-Aged Adults. *Annual Conference of International Communication Association*, Toronto, Canada.
- *Top Paper award in Communication Science & Biology
- #Toh, Z. & **Lee, D. S.** Interpersonal goals and cognitive social structures: Lowering burnout amongst nurses through perceived network density. (2023). *Annual Meeting of the National Communication Association Conference*, New Orleans, LA.
- Glowacki, Z.R., Barcia-Varno, N., Frank, M.G., & **Lee, D. S.** (2023). Relationship Forming: How facial displays of joy impact the formation of social relationships. *Annual Eastern Communication Association Conference*, Baltimore, MD.
- Glowacki, Z.R., Milbrand, C., Frank, M.G., & **Lee, D. S.** (2022). Do we still like honest signal givers? An evolutionary lens comparing different facial displays of joy on various traits. *Annual National Communication Association Conference*, New Orleans, LA.
- **Lee, D. S.** & Way, B. M. (2022). Does Inflammation Predict Social Media Use? Two Studies Linking Inflammation with Social Media Use Among College Students and Middle-Aged Adults. *International Conference on Social Media & Society*. Virtual.

- #Toh, Z. & **Lee, D. S.** (2022). Measuring interpersonal motivation for content sharing: A scale development using confirmatory factor analysis. *Eastern Communication Association Conference*, Pittsburgh, PA.
- #Yue, Z., **Lee, D. S.**, & Xiao, J. (2021). Social media use, psychological well-being and physical health among Wuhan residents during the COVID-19 outbreak. *Annual Conference of International Communication Association*. Virtual.
- #Toh, Z. & **Lee, D. S.** (2021). Predicting content sharing behavior on social media through interpersonal goals. *Eastern Communication Association Conference*. Virtual.
- #Yue, Z., **Lee, D. S.**, & Yang, J.Z. (2020, December). Compassionate goals, prosocial emotions and prosocial behavior during COVID-19 pandemic. *Annual Meeting of the Society for Risk Analysis*. Virtual.
- #Yue, Z., **Lee, D. S.**, Yang J.Z., Wong, C.S. J., & Liu, Z. (2020). Social identification, psychological distance, compassionate goals, and willingness to help during the COVID-19 outbreak. *Annual Meeting of the Association for Education in Journalism and Mass Communication*. Virtual.
- Wong, CS. J., Yang J.Z., Liu, Z., **Lee, D. S.**, & Yue, Z. (2020). Fast and frugal: Information processing related to the Coronavirus pandemic. *Annual Meeting of the Association for Education in Journalism and Mass Communication*. Virtual.
- Liu, Z., Yang, J.Z., Wong, CS. J., Yue, Z., & **Lee, D. S.** (2020). Information seeking and sharing during the Coronavirus Outbreak: An application of the risk information seeking and processing model. *Annual Meeting of the Association for Education in Journalism and Mass Communication*. Virtual.
- **Lee, D. S.**, Stahl, J. L., & Bayer, J. B. (2020). “Social resources as cognitive structures: Thinking about a dense support network increases perceived support.” *Annual International Communication Association (ICA) conference*, Virtual.
- Rhee, L., Bayer, J., **Lee, D. S.**, & Kuru, O. (2020). “Are social media still social? Defining the essence of platforms.” *Annual International Communication Association (ICA) conference*, Virtual.
- Stahl, J., **Lee, D. S.**, & Bayer J. B. (2019). “Situated network effects on social support.” *Midwestern Psychological Association (MPA) Conference*, Chicago, IL.
- Zee, K. S. & **Lee, D. S.** (2018). “New Insights into the Ingredients of Effective Social Support: Implications for Theory and Application”. Co-chaired symposium at *Association for Psychological Science (APS) conference*, San Francisco, CA.
- **Lee, D. S.**, Orvell, A., Briskin, J., Shrapnell, T., Gelman, S., Ayduk, O., Ybarra, O., & Kross, E. (2018). “When talking to others about negative experiences helps—and when it hurts”. *Association for Psychological Science (APS) conference*, San Francisco, CA.
- **Lee, D. S.**, Crocker, J., Kross, E., Ybarra, O., & Ayduk, O. (2017). “Why do certain social support provisions go wrong?” *Society of Experimental Social Psychology (SESP) conference*, Boston, MA.
- **Lee, D. S.**, Briskin, J., Shrapnell, T., Ayduk, O., Kross, E., & Ybarra, O. (2017). “From self-reflection to social-reflection: Processes distinguishing adaptive vs. maladaptive social support,” *International Association Relationship Research (IARR) Mini-Conference*, Syracuse University, Syracuse, NY.
- **Lee, D. S.**, Briskin, J., Shrapnell, T., Kross, E., & Ybarra, O. (2017). “Processes Distinguishing Adaptive vs. Maladaptive Social Support,” *Midwestern Psychological Association (MPA) Conference*, Chicago, IL.

- **Lee, D. S.**, & Ybarra, O. (2015). "The Two-sided Effects of Social Support on Goal-pursuit: How You Think about Your Social Support Matters," *Society of Personality and Social Psychology (SPSP) Close Relationships preconference*, Long Beach, CA.
- **Lee, D. S.**, Kim, E., Lee, W. S., & Schwarz, N. (2014). "Something smells fishy: Sensory distrust primes improve critical thinking," *Society of Personality and Social Psychology (SPSP) conference*, Austin, TX.

TEACHING & ADVISING

TEACHING EXPERIENCE

University at Buffalo, State University of New York

Interpersonal Communication (COM 225), Spring 2024, Fall 2024

Interpersonal Relationships (COM 199), Fall 2019, Fall 2020, Fall 2021

Interpersonal Relationships (COM 483), Spring 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2023, Spring 2024

Entrepreneurship & Communication (COM 481; COM 473), Spring 2020, Spring 2021, Spring 2022, Fall 2024

Graduate seminar in Social Media & Interpersonal Communication (COM 677), Fall 2020, Fall 2023

Graduate seminar in Applied Communication Theory (COM 517), Spring 2023, Spring 2025, Spring 2026

Graduate pro-seminar in Communication (COM 500), Fall 2024

Head Instructor, University of Michigan

Psychology of Entrepreneurship, Spring 2015

Graduate Student Instructor, University of Michigan

Introduction to Psychology, Winter 2014

Introduction to Social Psychology, Fall 2011, Winter 2012, Winter 2013, Fall 2013

Guest Lectures & Workshops

"Social media use, stress, and coping in geospatial context" (National Institute of Mental Health & National Institute of Child Health and Human Development)

(Workshop held by NIMH and NICHD on social media use and depression research)

"Thriving through Supportive Social Connections" (UB)

(COM 500 Graduate seminar by Dr. Mark Frank)

"Thriving through Supportive Social Connections" (Ohio State)

(An undergraduate course on Close Relationships by Dr. Lisa Libby)

Workshop on "Navigating the Postdoc Job Market" (Ohio State)

(Social Psychology colloquium at Ohio State University)

"Thriving through Supportive Relationships" (Ohio State)

(Undergraduate course on Close Relationships by Dr. Lisa Libby)

Social Contexts of Self-control and Emotion-regulation (UM)

(Graduate course on Emotion & Motivation by Dr. Ethan Kross)

Social Pressures on Intellectual Functioning (UM)

(Undergraduate course on Intelligence by Dr. Oscar Ybarra)

Social Psychology of Entrepreneurship and Intrapreneurship (UM)

(Undergraduate course on Entrepreneurship by Dr. Oscar Ybarra)

The Social and The Intellect (UM)

(1st year seminar on Intelligence by Dr. Oscar Ybarra)

Entrepreneurship and Intrapreneurship (UM)
(1st year seminar on Entrepreneurship by Dr. Oscar Ybarra)

Introduction to Social Cognition (UM)
(Introduction to Psychology by Dr. Marion Perlmutter)

Introduction to Social Behavior (UM)
(Introduction to Psychology by Dr. Marion Perlmutter)

Conducting Research at UM (UM)
(Graduate course in Social Psychology)

“Graduate Student Life” for 2015 UM Social Psychology Graduate Student Recruitment Weekend

COMMITTEES AND MENTORING

Ph. D. Advisor

2. Zena Toh (2023)
1. Zhiying (Zoey) Yue (2022)

Ph. D. Dissertation Committee

3. Yi Yin Leong (2027)
2. Zach Glowacki (2025)
1. Jody Chin Sing Wong (2022)

M.A. Advisor

1. Yifei Wang (2026)

M.A. Thesis Committee

5. Chloe Milbrand (2024)
4. Rinoa Wong (2024)
3. Natalie Barcia-Varno (2024)
2. Nancy Acosta (2022)
1. Elizabeth Barnes (2020)

Undergraduate Thesis Committee

3. Taylor Shrapnell (2016)
2. Eunjung Kim (2014)
1. Salomi Rami (2013)

PROFESSIONAL AFFILIATIONS AND SERVICES

PROFESSIONAL AFFILIATIONS

Society of Personality and Social Psychology

International Communication Association

National Communication Association

International Association Relationship Research

SERVICE

University at Buffalo, CAS Policy Committee Representative 2x (Department of COM) (term 1: 2020-2023; term 2: 2023 - ongoing)

University at Buffalo Department of Communication Brown Bag Coordinator (2021 - 2025)

University at Buffalo, Cassata Communication Department Scholarship Review Committee (2024)

Ohio State University Social Psychology Area Paid Participant Pool Coordinator (2016 - 2019)

UM Social Psychology Faculty Search Committee (2013-2014)

UM Psychology Departmental Graduate Student Associate (2013-2015)
UM Social Psychology Ph.D. Admissions Committee (2012-2013)
UM Social Psychology Graduate Student Recruitment Committee (2012)
Invited Reviewer for Israel Science Foundation
Invited Ad Hoc Reviewer

Journal of Communication, Journal of Computer-Mediated Communication, Human Communication Research, Journal of Personality and Social Psychology, Psychological Science, Personality and Social Psychology Bulletin, Computers in Human Behavior, Cyberpsychology Behavior and Social Networking, Journal of Social and Personal Relationships, Personal Relationships, Information Communication and Society, Cyberpsychology: Journal of Psychosocial Research on Cyberspace, Journal of Experimental Social Psychology, Social Psychological and Personality Science, Psychology of Popular Media, European Journal of Social Psychology, Emotion, Health Psychology, Negotiation and Conflict Management Research, American Psychologist, Social and Personality Psychology Compass, Journal of Personality, Frontiers in Psychology, Motivation and Emotion, Journal of Adolescent Health, Journal of Economic Psychology, International Journal of Psychology, Journal of Social Psychology, Journal of Happiness Studies, Self and Identity, Mindfulness, British Journal of Social Psychology, Journal of Cross-Cultural Psychology, Motivation Science, Affective Science, European Journal of Health Psychology

MEDIA COVERAGE

58. UBNOW (2026). Researchers say funding is critical to understanding effects of social media: https://www.buffalo.edu/ubnow/stories/2026/01/green-funding-social-media-research.html?utm_source=sfmc&utm_medium=email&utm_campaign=uc_ubnow&utm_content=employee_010826
57. National Geographic (2026). 12 Evidence-backed tips for reducing inflammation: <https://www.nationalgeographic.com/health/article/how-to-reduce-inflammation?loggedin=true&rnd=1767969846191>
56. Medical Xpress (2024). Study links social media use to increased inflammation over time: <https://medicalxpress.com/news/2024-01-links-social-media-inflammation.html>
55. UBNOW (2024). Study links social media use to increased inflammation over time: <https://www.buffalo.edu/ubnow/stories/2024/01/lee-social-inflammation-time.html>
54. Fast Company (2024). Social media use may cause chronic inflammation in your body, study suggests: <https://www.fastcompany.com/91019638/social-media-use-may-cause-chronic-inflammation-in-your-body-study-suggests>
53. The Time of India (2024). Social media use may increase inflammation over time: Study: <https://timesofindia.indiatimes.com/home/science/social-media-use-may-increase-inflammation-over-time-study/articleshow/107192189.cms>
52. Knowridge (2024). Social media use linked to higher inflammation, study finds: <https://knowridge.com/2024/01/social-media-use-linked-to-higher-inflammation-study-finds>
51. Medindia (2024). Social media health alert: Link with chronic inflammation and mental health: <https://www.medindia.net/news/healthwatch/social-media-health-alert-link-with-chronic-inflammation-and-mental-health-214865-1.htm>
50. Futurity (2024). Social media use and inflammation: <https://www.futurity.org/social-media-use-inflammation-3177442/social-media-use-inflammation-1600>

49. National Herald (2024). Social media may increase chronic inflammation over time: Study: <https://www.nationalheraldindia.com/science-tech/spending-more-time-on-social-media-may-increase-your-risk-of-inflammation-over-time-harming-mental-health-reveals-study>

48. Global Window (2024). Social media use may cause chronic inflammation in your body: https://www.youtube.com/watch?v=ZzR0_dV1MyM

47. Medium (2024). <https://medium.com/@melvinthomasmt123/using-social-media-more-frequently-may-raise-your-chance-of-inflammation-over-time-which-could-be-2c12aa1449dd>

46. The Healthy Indian Project (2024). Social media use may increase inflammation over time: <https://www.thip.media/news/social-media-use-may-increase-inflammation-over-time-study/58205>

45. ScienceBeta (2024). Social media use predicts higher levels of inflammation: <https://sciencebeta.com/social-media-inflammation>

44. Huffington Post UK (2024). Your social media habit could be causing this common health complaint. https://www.huffingtonpost.co.uk/entry/your-social-media-habit-could-be-causing-this-common-health-complaint_uk_65d77aece4b0cc1f2f7b1250

43. PsyPost (2024). Social media use linked to inflammation levels, study finds: <https://www.psypost.org/social-media-use-linked-to-inflammation-levels-study-finds>

42. UBNow (2023). Inflammation drives social media use, UB study finds: <https://www.buffalo.edu/ubnow/stories/2023/08/inflammation-social-media.html>

41. New York Post (2023). Inflammation can lead to an increase in social media use: <https://nypost.com/2023/08/19/inflammation-can-lead-to-an-increase-in-social-media-use-study>

40. WKRC Cincinnati, Ohio Local 12 (2023). <https://local12.com/health/health-updates/study-inflammation-higher-those-who-spend-more-time-social-media-cincinnati-facebook-instagram-x-inflammation-arthritis-physical-activity-infections-depression-personality-gender-c-reactive-protein>

39. BoingBoing (2023). Inflammation “drives social media use”: <https://boingboing.net/2023/08/21/study-inflammation-drives-social-media-use.html>

38. UBNow (2022). Social media use tied to poor physical health: <https://www.buffalo.edu/ubnow/stories/2022/01/social-media-physical-health.html>

37. News-Medical (2022). Social media use linked with worse physical health indicators among college students: <https://www.news-medical.net/news/20220118/Social-media-use-linked-with-worse-physical-health-indicators-among-college-students.aspx>

36. TRT World (2022). Is excessive social media use linked to poorer health? Researchers say yes: <https://www.trtworld.com/life/is-excessive-social-media-use-linked-to-poorer-health-researchers-say-yes-54087>

35. Business Insider (2022). College students who used social media ‘excessively’ made more trips to the doctor and had higher levels of a protein linked to cancer and cardiovascular disease, researchers say: <https://www.businessinsider.com/social-media-use-linked-to-poor-physical-health-new-study-2022-1>

34. PainWeek (2022). Social media’s impact on physical health: <https://www.painweek.org/media/news/social-medias-impact-physical-health>

33. Hidden Brain Podcast (2022). You 2.0: Befriending your inner voice: <https://hiddenbrain.org/podcast/you-2-0-befriending-your-inner-voice>

32. ZME Science (2020). Having friends who are friends with each other is the way to go, according to new research: <https://www.zmescience.com/science/have-friends-who-are-friends-23463573>

31. Leadership Today Podcast (2020). Episode 129 - Community multiplies support: <https://leadership.today/episodes/2022/3/19/episode-129-community-multiplies-support>
30. ScienceDaily (2020). Why some friends make you feel more supported than others: <https://www.sciencedaily.com/releases/2020/10/201007085609.htm>
29. News24 (2020). Some friends make you feel more supported than others, and researchers think they know why: <https://www.news24.com/life/archive/some-friends-make-you-feel-more-supported-than-others-and-researchers-think-they-know-why-20201023-6>
28. Psychology Today (2016). A new link between depression and social media use: <https://www.psychologytoday.com/us/blog/your-online-secrets/201608/new-link-between-depression-and-social-media-use>
27. Discover Magazine (2015). People are more suspicious when things smell fishy...literally: <https://www.discovermagazine.com/health/people-are-more-suspicious-when-things-smell-fishy-literally>
26. USC Dornsife (2015). The smell of suspicion: <https://dornsife.usc.edu/news/stories/the-smell-of-suspicion>
25. Today (2015). Something smells fishy! Study reveals why certain smells create suspicion: <https://www.today.com/health/something-smells-fishy-study-reveals-why-certain-smells-create-suspicion-t35361>
24. Smithsonian Magazine (2015). Smelling a fish may improve critical thinking skills: <https://www.smithsonianmag.com/smart-news/fishy-smells-may-improve-critical-thinking-skills-180955799/?no-ist>
23. Popular Science (2015). When you smell fish, you think more critically: <https://www.popsci.com/fishy-smell-boosts-distrust-and-critical-thinking>
22. MSN (2015). <https://www.msn.com/en-us/video/science/fishy-smell-shown-to-boost-critical-thinking-in-humans/vi-AAcz409>
21. Futurity (2015). Interview: <http://www.futurity.org/fishy-smell-suspicion-950312>
20. Vice (2015). Sniffing stinky fish can make you a better problem-solver: <https://www.vice.com/en/article/nz99qg/sniffing-stinky-fish-can-make-you-a-better-problem-solver>
19. New York Times (2015). On Instagram, the summer you're not having: <https://www.nytimes.com/2015/08/20/fashion/on-instagram-the-summer-youre-not-having.html>
18. Nautilus (2015). Is Facebook luring you into being depressed? <https://nautil.us/is-facebook-luring-you-into-being-depressed-235711>
17. Science (2014). Will Facebook make you sad? Depends how you use it: <https://www.science.org/content/article/will-facebook-make-you-sad-depends-how-you-use-it>
16. New York Times (2014). Is the world more depressed? <https://www.nytimes.com/2014/03/25/opinion/a-great-depression.html>
15. Berkeley Science Review (2014). Ten findings about Facebook for its 10th birthday: <https://berkeleysciencereview.com/article/2014/02/12/ten-findings-about-facebook-for-its-10th-birthday>
14. University of Michigan News (2013). Facebook use predicts declines in happiness, new study finds: <https://news.umich.edu/facebook-use-predicts-declines-in-happiness-new-study-finds>
13. CBS News Philadelphia (2013). Facebook use predicts decline in happiness: <https://www.cbsnews.com/philadelphia/news/study-facebook-use-predicts-decline-in-happiness>

12. NBC News (2013). Facebook is indeed a downer, another study suggests:
<https://www.nbcnews.com/technolog/facebook-indeed-downer-another-study-suggests-6c10916539>
11. The New Yorker (2013). How Facebook makes us unhappy:
<https://www.newyorker.com/tech/annals-of-technology/how-facebook-makes-us-unhappy>
10. CNet (2013). The more you use Facebook, the more miserable you get—study:
<https://www.cnet.com/culture/the-more-you-use-facebook-the-more-miserable-you-get-study>
9. Psychology Today (2013). Facebook depression:
<https://www.psychologytoday.com/intl/blog/21st-century-aging/201308/facebook-depression>
8. The Atlantic (2013). Facebook can be better than happiness:
<https://www.theatlantic.com/health/archive/2013/08/facebook-can-be-better-than-happiness/278705>
7. CNN (2013). Using Facebook can make you sad:
<https://www.cnn.com/2013/08/15/tech/social-media/study-facebook-blues>
6. ABC News (2013). Facebook may be making you sad:
<https://abcnews.go.com/beta/Technology/facebook-making-sad-story?storyId=19975348>
5. The Economist (2013). Get a life! <https://www.economist.com/science-and-technology/2013/08/16/get-a-life>
4. Los Angeles Times (2013). Facebook is a bummer, study says:
<https://www.latimes.com/science/la-xpm-2013-aug-14-la-sci-sn-facebook-bummer-20130814-story.html>
3. Huffington Post (2013). Researchers claim Facebook linked with unhappiness:
https://www.huffingtonpost.co.uk/2013/08/14/facebook-linked-with-unhappiness_n_3758073.html
2. NPR (2013). Facebook makes us sadder and less satisfied, study finds:
<https://www.npr.org/sections/alltechconsidered/2013/08/19/213568763/researchers-facebook-makes-us-sadder-and-less-satisfied>
1. Daily Mail (2013). All the lonely Facebook friends: Study shows social media makes us more lonely and unhappy and less sociable: <https://www.dailymail.co.uk/news/article-2419419/All-lonely-Facebook-friends-Study-shows-social-media-makes-MORE-lonely-unhappy-LESS-sociable.html>