# Potential and Challenges of TikTok as a Media for Mental Health Education for Young Generation: Literature Review

## Potensi dan Tantangan TikTok sebagai Media Edukasi Kesehatan Mental Generasi Muda: Tinjauan Literatur

**Aziza Zahrotul Adha[1]\*, Galuh Mega Kurnia [1], Mochammad Bagus Qomaruddin [2], Sri Widati [2]**

[1]Public Health Master Student, Faculty of Public Health, Airlangga University, Surabaya, 60115, Indonesia
[2]Department of Epidemiology, Biostatistics, Population Studies and Health Promotion, Faculty of Public Health, Airlangga University, Surabaya, 60115, Indonesia

**ABSTRACT**

**Background:** TikTok is a social media application that has become popular among the younger generation due to its short, creative, and straightforward content. These aspects can render TikTok a potential application for mental health education. However, the downsides of lacking credibility checks and the potential for spreading misinformation exist and can be harmful to users.

**Objectives:** This scoping review aims to explore the potential and challenges of TikTok as a medium for mental health education.

**Methods:** This study employed a scoping review approach. Three databases were employed in the data review: Science Direct, ProQuest, and PubMed. 'Mental Health' and 'TikTok' were the primary keywords. After rereading each paper with consideration for the relevance and lucidity of the findings, it was determined that 16 articles were suitable for this evaluation.

**Results:** TikTok may be used as a platform of mental health education, awareness-raising, and support due to its wide reach and interactive nature. Its effectiveness relies on the content type and quality, psychological characteristics of users, and credibility checks. Minimizing the danger of misinformation and emotional disturbance of users is a concern. There needs to be more media literacy, content regulation, and active participation of mental health professionals in content creation to harness the TikTok platform to its full potential as a mental health education tool.

**Conclusions:** TikTok can to be a powerful tool for mental health education and literacy, but its effectiveness is contingent on content quality, user characteristics, and credibility filtering. To realize maximum gains and reduce the risk of spreading misinformation and injurious content, strict moderation, regulation, and user education are required.

**Keywords:** Education, Good Health and Well-being, Mental Health, Quality Education, TikTok

***ABSTRAK***

***Latar Belakang:*** *TikTok adalah aplikasi media sosial yang telah menjadi populer di kalangan generasi muda berkat kontennya yang singkat, kreatif, dan mudah dipahami. Aspek-aspek ini dapat menjadikan TikTok sebagai aplikasi potensial untuk pendidikan kesehatan mental. Namun, kelemahan berupa kurangnya verifikasi kredibilitas dan potensi penyebaran informasi yang menyesatkan tetap ada dan dapat membahayakan pengguna.*

***Tujuan:*** *Untuk menggali potensi dan tantangan TikTok sebagai media edukasi kesehatan mental.*

***Metode:*** *Penelitian ini menggunakan pendekatan scoping review. Kajian data menggunakan tiga basis data: PubMed, ProQuest, Science Direct. Kata kunci utama yang digunakan adalah 'TikTok' dan 'Kesehatan Mental'. Semua artikel dibaca ulang dengan memperhatikan kesesuaian dan kejelasan hasil di setiap artikel dan diputuskan bahwa 16 artikel sesuai untuk tinjauan ini.*

***Hasil:*** *TikTok berpotensi menjadi media edukasi, meningkatkan kesadaran, dan mendapatkan dukungan kesehatan mental karena jangkauannya yang luas dan format yang menarik. Efektivitas platform dipengaruhi oleh jenis konten dan kualitas, karakteristik psikologis pengguna, dan pemeriksaan kredibilitas. Meminimalkan risiko disinformasi dan gangguan emosional pengguna merupakan hal yang perlu diperhatikan. Diperlukan peningkatan literasi media, regulasi konten, dan partisipasi aktif profesional kesehatan mental dalam pembuatan konten agar platform TikTok dapat dimanfaatkan secara optimal sebagai media edukasi kesehatan mental.*

***Kesimpulan:*** *TikTok berpotensi menjadi alat yang kuat untuk edukasi dan literasi kesehatan mental, namun efektivitasnya bergantung pada kualitas konten, karakteristik pengguna, dan pemeriksaan kredibilitas. Untuk memaksimalkan manfaat dan mengurangi risiko penyebaran informasi yang salah serta konten berbahaya, diperlukan moderasi yang ketat, regulasi, dan edukasi pengguna.*

***Kata kunci:*** *Edukasi, Kehidupan Sehat dan Sejahtera, Kesehatan Mental, Pendidikan Berkualitas, TikTok*

## INTRODUCTION

Mental health is a major aspect of human wellness that is underappreciated (Bodeker *et al.*, 2020; Joshanloo, 2022). Mental health diseases such as depression and anxiety plague hundreds of millions of individuals worldwide, according to data from the World Health Organization (WHO)(WHO, 2021). In Indonesia, the prevalence of mental illness also increases, especially among adolescents and young adults (Universitas Gadjah Mada *et al.*, 2022). Low mental health literacy and high social stigma against the condition are significant barriers in increasing awareness and access to mental health care (Andary et al., 2023).

Along with the development of technology and social media, platforms such as TikTok have emerged to be among the most prevalent media, especially among the youth (Peña-Fernández, Larrondo-Ureta and Moraes-i-Grass, 2022). Given its creative and interactive short video content approach, TikTok has so much potential as a site for information dissemination (Comp, Dyer and Gottlieb, 2021; Salazar-Vallejo and Rivera-Rogel, 2023). The popularity of TikTok among youth is an opportunity to teach the public about the importance of mental health better and in a more interesting way (Basch *et al.*, 2022). Mental health instructional content on TikTok has begun to emerge, but its ineffectiveness in engaging and influencing groups of audience members is yet to be studied (Yeung, Ng and Abi-Jaoude, 2022; McCashin and Murphy, 2023).

This potential also comes with challenges. Because there is no control over the quality of the content, false or misleading information about mental health can easily spread on these platforms (Yeung, Ng and Abi-Jaoude, 2022; Milton *et al.*, 2023). Opportunities for in-depth and thorough information delivery may be diminished by TikTok's tendency to promote rapid and brief interactions (Zhao and Wagner, 2023). Thus, it's critical to investigate the best ways to use TikTok as a platform for mental health education while taking into consideration both its advantages and disadvantages (Montag, Yang and Elhai, 2021; Zhao and Wagner, 2023). The purpose of this study is to investigate the potential of TikTok as a platform for mental health education and to pinpoint the obstacles that must be removed for responsible and constructive dissemination of mental health information.

While the existence of mental health content on TikTok has been the subject of a number of earlier studies, the majority have concentrated on content analysis or the veracity of clinical information (e.g., Yeung et al., 2022; Milton et al., 2023), without thoroughly investigating how audiences perceive and interact with that content. By investigating audience perception, reception, and interaction with mental health content on TikTok, especially among young users in Indonesia, this study aims to close that gap. From an academic standpoint, this study adds to the expanding corpus of multidisciplinary literature at the nexus of youth mental health, digital media studies, and health

communication. In addition to adding empirical depth to discussions on how media effectiveness shapes public understanding and attitudes toward mental health, it offers insight into how digital platforms can be used for health promotion.

## METHODS

The PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews) guidelines were consulted as a protocol for the implementation of the scoping review method, which was used to write this review. A scoping review aims to answer questions on a predetermined study topic through the investigation of different comparable studies, which are then classified and compared. For this review, searches were conducted in the ProQuest, Pubmed, and Science Direct databases. Two important search terms were "TikTok" and "mental health." The full-text publications that were used came from the 2019–2024 timeframe. A set of inclusion and exclusion criteria was used to guarantee the quality and applicability of the chosen studies. Research was eligible if it was original empirical research with qualitative, quantitative, or mixed-methods designs that was explicitly concerned with the use of TikTok for mental health awareness, education, or engagement. Priority was given to studies that focused on adolescents and young adults as their main demographic. However, studies that were editorials, opinion pieces, theoretical or conceptual papers, or literature/systematic reviews were not included. Furthermore, articles that did not specifically address mental health or TikTok were not included. The Joanna Briggs Institute (JBI) critical appraisal tools were used to assess the methodological quality of each included study based on its design.

The steps of the scoping review include: 1) defining research questions aligned with the research goals, 2) identifying relevant literature from multiple sources, 3) selecting literature pertinent to the research topic, 4) organizing and gathering the literature, 5) compiling and presenting the analysis of the selected literature, and 6) consulting with experts in the field. These steps are applied in this review as follows:

1. **Identification of the Research Questions**
   At this stage the researcher identifies research questions to be used as a reference in searching for articles.
2. **Identification of Relevant Literature Sources**
   The literature sources were obtained through searching using several search engines consisting of PubMed, ProQuest, and Science Direct. The main keywords used were 'TikTok' and 'Mental Health'. Additional keywords and combinations used were 'TikTok' and 'Adolescents', 'TikTok' and 'Mental Health Information', 'TikTok' and 'Youth', 'TikTok' and 'Psychological Well-being', 'Social Media' and 'Mental Health' dan 'Short Videos' and 'Health Communication'. Based on searches on search engines using predetermined keywords, the researchers found 2,768 articles related to the research topic. The details of the acquisition of articles from each search engine are from PubMed as many as 78 articles, ProQuest as many as 1,700 articles, and Science Direct as many as 953 articles.
3. **Literature selection**
   The articles reviewed were all articles from 2020-2024 (last 5 years), using English and available in full text. The articles discussed TikTok's potential and limitations as a platform for disseminating information about youth mental health. Based on the criteria and the suitability of the literature with the research topic, 2,618 articles were obtained. From these articles, further screening was carried out by reading the title, abstract, and fulltext. The number of suitable articles based on the title was 56 articles, the number of suitable articles based on the abstract was 19 articles, and the number of suitable articles based on the full text was 16 articles. 16 articles have been considered appropriate for this review after all articles were reread with consideration for the applicability and clarity of each article's findings. In writing this scoping review, we used the PRISMA flow diagram to detail the amount of literature identified from the search results, the screening process, the number of studies that met the eligibility criteria, and the number of studies to be included for the full review (Figure 1).
4. **Mapping and Gathering Relevant Literature**
   In this step, the researcher reviews the literature and gathers sources that align with the research topic. The findings from this categorization are then organized into a table matrix.
5. **Analyzing and Presenting Literature Findings**
   During this phase, the researcher examines, summarizes, and compiles the selected literature, then presents the findings in the results and discussion sections.
6. **Consulting with Co-Authors**
   Consultation is conducted collaboratively among authors at every stage of the review process, particularly during article selection, validation of findings, and final article writing. No external parties/non-co-authors are involved as expert panels.
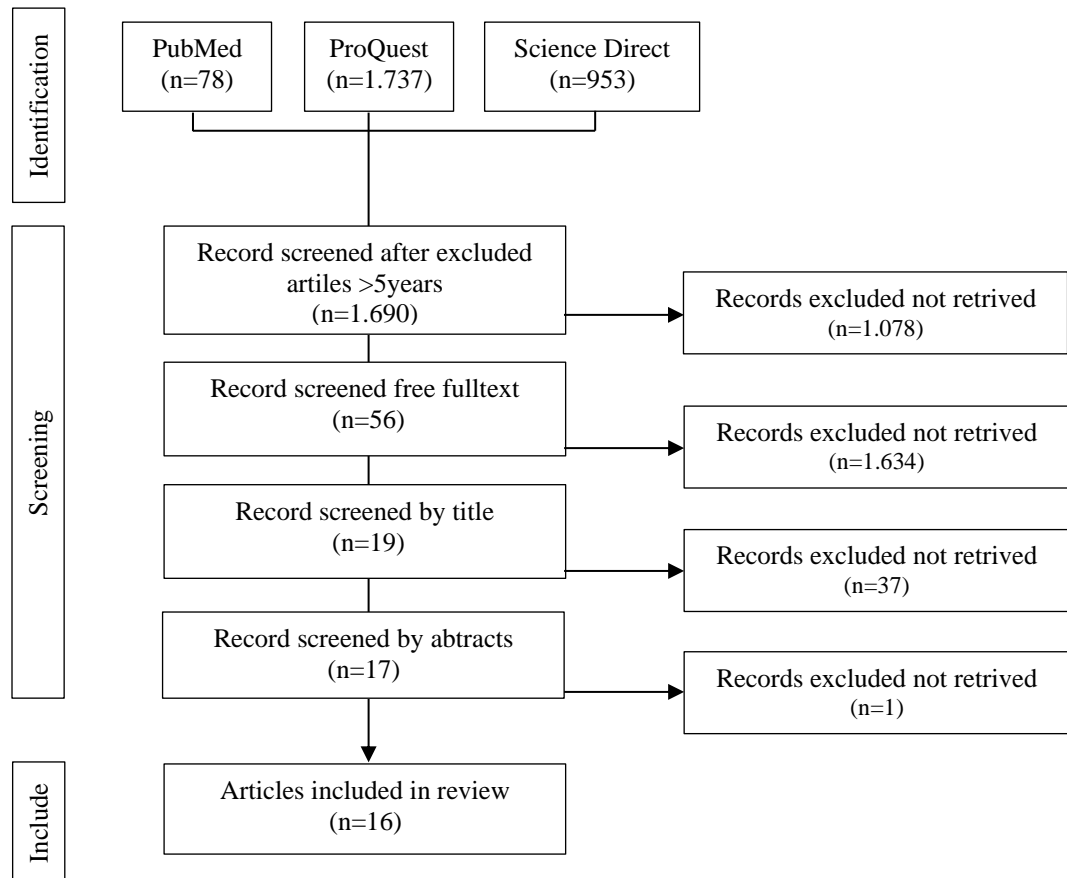
**Figure 1.** PRISMA flow diagram

## RESULTS AND DISCUSSION

The findings from sixteen journals on the potential and challenges of TikTok for mental health show that as a platform with a wide reach around the world, Tiktok can be used as a useful media option in mental health education, especially for the younger generation. Along with the promising potential, there are also challenges that need to be considered. Further studies and contributions from various parties regarding these challenges are needed. The potential and challenges are presented in the following table.

**Table 1.** The Result Articles of the Scoping Review

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| 1. | Article Title: Adolescent Anxiety and TikTok: An Exploratory Study (Zheluk, Anderson and Dineen-Griffin, 2022) | Australia | Assess the range of anxiety-related content available on TikTok in English as of December 2021, and work toward refining methods for analyzing TikTok content. | A dataset of 147 TikTok videos with the hashtag #anxiety was analyzed, comprising TikTok metadata and video content. A total of 18% of all TikToks in December 2021 that used the hashtag #anxiety are included in this dataset. | Several research questions were examined in the study: (1) In the dataset, which creator identities are represented? (2) What metadata characteristics do the TikToks in the collection have? (3) What themes emerge in the anxiety-related content? and (4) How does the dataset align with the anxiety management reference checklist? The research utilized publicly available data that could be reasonably accessed by an observer, and did not include identifiable human participants | The dataset revealed that influencers, particularly male influencers, dominate anxiety-related TikTok content in terms of reach and engagement. Notable gender differences exist in the content style and themes, with males favoring humor and inspiration, while females more often use self-disclosure. Despite the popularity of such content, evidence-based self-care strategies are rarely included. TikTok is primarily used to raise awareness and reduce stigma around anxiety, functioning more as a platform for emotional expression and self-regulation than as a source of clinically grounded mental health guidance. Gender should be carefully considered when analyzing or designing mental health content on TikTok. | This study conforms to the epidemiological data on anxiety and recent research on teenage social media use. It also provides methodological insights for researchers and clinicians who want to comprehend TikTok and produce content that speaks to the particular interests and concerns of teenage TikTok users. |
| 2. | Article Title: Attitudes and (Mis)information About Cognitive Behavioral Therapy on | United States | Investigated the social media site TikTok to learn more about CBT and the views of the general population. | The data and analysis, as well as the codebook, are available online. Additionally included were metadata such as the quantity of views, likes, and comments. The | The study employed a systematic approach to analyze the top 200 TikTok videos about Cognitive Behavioral Therapy (CBT), using thematic analysis and | While most CBT-related videos on TikTok portray the therapy positively and are uploaded by self-identified mental health professionals, videos with negative or mixed views—often from individuals with personal | The study suggests that while CBT is empirically supported, negative perceptions of its effectiveness are widespread on TikTok, particularly among individuals who may feel underserved by clinical trials. This negative content, which often gains |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | TikTok: An Analysis of Video Content (Lorenzo-Luaces, Dierckman and Adams, 2023) | | | criticisms were examined for videos that contained offensive material. | statistical tests to evaluate content tone, poster identity, and personal experience with CBT. By involving trained raters and resolving coding disagreements through a lead researcher, the methodology ensured consistency and reliability. The structured coding and use of appropriate statistical analyses highlight a rigorous framework for assessing how CBT is represented on TikTok, providing a foundation for understanding the quality and credibility of mental health information shared on the platform. | experience—tended to generate more engagement through comments. These critical perspectives highlight concerns about the effectiveness of CBT, particularly for individuals with trauma, neurodevelopmental conditions, or from minority backgrounds. This suggests a disconnect between the professional promotion of CBT and user experiences, emphasizing the need for more nuanced and inclusive representations of mental health treatments on social media. | significant engagement, may reflect genuine dissatisfaction but also risks spreading misinformation. Therefore, there is a need to bridge the gap between clinical evidence and public perception by addressing misinformation and improving the communication of CBT's benefits and limitations, especially on social media platforms like TikTok. |
| 3. | Article Title: Deconstructing TikTok Videos on Mental Health: Cross-sectional, Descriptive Content Analysis (Basch *et al.*, 2022) | United States | Explain the content of the TikTok hashtag #mentalhealth. | One hundred TikTok videos with the hashtag #mentalhealth were examined in this cross-sectional descriptive study. | Each video was reviewed and categorized based on specific content categories. Comments on the videos were also examined and coded under themes such as providing support or validation, referencing experiences with suicide or suicidal thoughts, discussing self-harm, describing mental health-related hospitalizations, | The videos studied garnered significant engagement, with an average of over 13 million views, 2.6 million likes, and nearly 25,000 comments per video. The most common content category was "general mental health." Additionally, 32% of the videos received more than the average number of likes, and among these, a majority included supportive or validating comments, as well as discussions of other mental health issues or struggles. | The TikTok videos analyzed in this study collectively garnered over 1 billion views, with nearly half of them highlighting or discussing symptoms of mental distress. Future studies should explore the potential for healthcare professionals to engage and provide interventions through social media platforms. |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | | | mentioning other mental health challenges, and sharing coping strategies, healing experiences, or methods for improving well-being. | | |
| 4. | Article Title: Healing as a Form of Expression among Malaysian TikTokers: Fostering Connections (Shamsuddin *et al.*, 2023) | Malaysia | Investigating the semiotic connotations of "#healing" as it appears in TikTok videos is the goal of this study. | The analysis focuses on the most-liked videos from March to October 2023. For each video featuring the hashtag #healing, the narration, number of views, and likes are reviewed. | This study employs a semiotics approach to speech acts to examine how TikTok videos engage with their audiences and create shared meanings between the content and its followers. From these data, the key themes are identified and highlighted. | The results show that themes like motivation, appreciation, happiness, and sadness are associated with the hashtag #healing. Our knowledge of how TikTok users employ speech acts to express themselves and create a sense of community is improved by these findings. The study also highlights that using these hashtags on TikTok creates connections among users and encourages mutual support. | These findings indicate that hashtags effectively facilitate communication by allowing users to express support for one another and create unseen connections within the online community. |
| 5. | Article Title: Procrastination Mediates the Relationship between Problematic TikTok Use and Depression among Young Adults (Rogowska and Cincio, 2024) | Poland | The study's goal is to find out how TikTok use impacts the connections between depression and procrastination in young adults. | 448 persons between the ages of 18 and 35 made up the study's sample (M=24.45, SD=3.76), of which 214 (48%) identified as male. An adapted version of the Bergen Facebook Addiction Scale (BFAS) was used to measure problematic TikTok use (PTTU), the nine-item Patient Health Questionnaire (PHQ-9) was used to screen for signs of depression, and the Pure Procrastination | A cross-sectional survey. | An independent samples t-test indicates that emerging adults (those aged 18 to 25) have more severe depressive symptoms than young adults (those aged 26 to 35). The symptoms of procrastination, PTTU, and depression did not differ by gender. Procrastination, PTTU, and symptoms of depression were found to be positively correlated, with PTTU acting as a mediator in the link between procrastination and depression. | In prevention and intervention programs designed to improve young people' mental health, procrastination and PTTU should be prioritized, and the use of specific efficacious therapy approaches is strongly advised. |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | | Scale (PPS) was used to measure procrastination. | | | |
| 6. | Article Title: Research on Adolescents Regarding the Indirect Effect of Depression, Anxiety, and Stress between TikTok Use Disorder and Memory Loss (Sha and Dong, 2021) | China | Exploring the Indirect Relationships Among TikTok Use Disorder and Adolescent Memory Loss and Depression, Anxiety, and Stress | The research included 3,036 Chinese senior high school students who were regular TikTok users in their first and second years. Memory loss was assessed using forward and backward digit span tests. | It examined the ways in which memory loss and TikTok usage disorder were mediated by stress, anxiety, and depression. Structural Equation Modeling (SEM) was employed for analysis using SPSS Amos program. | The results show that the association between forward digit span and TikTok usage disorder is partially mediated by anxiety and despair. Similarly, the relationship between TikTok use disorder and backward digit span is partially mediated by stress, anxiety, and depression. The findings also show gender disparities, with male students reporting higher rates of stress, anxiety, depression, and memory loss than female students. As a result, their mental health needs should receive more attention. | Mental health conditions like stress, anxiety, depression, and memory loss partially mediate the relationship between TikTok Use Disorder (TTUD) and memory performance. Male students report higher levels of stress, anxiety, despair, and memory loss than female students, indicating blatant gender disparities. These findings emphasize the need for targeted interventions to address the negative impacts of TTUD on cognitive function and mental health, particularly for male students. |
| 7. | Article Title: Visions of recovery: a cross-diagnostic examination of eating disorder pro-recovery communities on TikTok (Greene *et al.*, 2023) | United States | To explore and compare depictions of recovery from different eating disorders on TikTok through analysis of five specific hashtags to identify differences in how recovery is envisioned for different eating disorder diagnoses and understand the unique ways that individuals with specific diagnoses express their | This exploratory study used codebook thematic analysis to analyze 241 well-known pro-recovery TikTok videos. Five qualitative themes emerged from the analysis of the dataset: (1) the importance of food in eating disorders and recovery; (2) the appearance and experience of eating disorders; (3) recovery as a continuous process; (4) seeking and offering support; and (5) navigating diet culture during recovery. | One-way ANOVAs and chi-square tests were used to find statistically significant variations in audience engagement and the frequency of codes across the hashtags in order to support the qualitative findings and allow for cross-diagnostic comparisons. | These findings suggest that recovery on TikTok is perceived differently depending on the diagnostic hashtags used. These differences in how various eating disorders are portrayed on well-known social media platforms call for more investigation and medical care. | The examination of TikTok videos reveals the subtle variations in the representations of recovery from different eating disorders on social media, which probably affect how people view their own illnesses and methods of recovery. Gaining knowledge of these variations can help one better understand the various recovery experiences of people with various eating disorders. The study urges further investigation into the function of TikTok's pro-recovery content as well as the potential effects of diet culture and pro-eating disorder content on the audience. Furthermore, analyzing the representation of various eating |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | recovery journeys on social media. | | | | disorders on TikTok and other platforms is thought to be a crucial area for further study |
| 8. | Article Title: BIPOC Experiences of Racial Trauma on TikTok: A Qualitative Content Analysis (Hung *et al.*, 2023) | United States | In order to help clinicians and mental health professionals create more culturally sensitive therapeutic approaches and interventions, the study intends to educate them on how BIPOC clients experience and express racial trauma in digital spaces. | According to the study's findings, Black, Indigenous, and People of Color (BIPOC) can express their experiences of racial trauma and share personal narratives on TikTok. Six major themes emerged from the researchers' qualitative content analysis of #racialtrauma videos that were posted during significant racial unrest periods (March 2020– May 2022), demonstrating the variety and complexity of ways BIPOC people express and process racial trauma on social media. | Using a strict, inductive coding methodology, the study allowed themes to emerge organically from the data. By using multiple coding stages and credibility-enhancing strategies like peer debriefing, reflective journaling, and team discussions, the researchers ensured a systematic and trustworthy analysis of the video transcripts. | Six key concepts emerged from the content analysis: (1) racist experiences; (2) traumatic occurrences; (3) the effects of racial trauma; (4) expressing challenging feelings; (5) challenging and facing privilege, oppression, and denial; and (6) a call to action for raising awareness. The results give physicians important information about how their clients experience racial trauma. There is also a discussion of the clinical consequences of incorporating a more complex knowledge of racial trauma into mental health treatment. | Recent racial incidents have highlighted the ongoing problem of racism in the United States. Social media has emerged as a space where people can share their views and experiences on this issue. Mental health professionals need to be aware of the effects of racial trauma in order to have meaningful conversations with members of the BIPOC communities. This study aims to increase mental health providers' knowledge of this issue and prepare them to help people in their healing process. |
| 9. | Article Title: Evaluating the Disease-Related Experiences of TikTok Users With Lupus Erythematosus: Qualitative and Content Analysis (Wanberg and Pearson, 2024) | United States | Through qualitative and textual analysis, the purpose of this study is to assess how TikTok users with LE experience the disease. | TikTok videos were selected based on the presence of the hashtag #lupus, their availability for download, their use of English, and their focus on an individual's personal experience with Lupus Erythematosus (LE). The coding and content analysis were conducted using NVivo | A codebook was created through a standardized inductive process, involving repeated coding until no new themes emerged. An inductive thematic analysis approach was applied to identify themes within the data. | The study concludes that TikTok users with Lupus Erythematosus (LE) experience significant physical and emotional challenges, particularly due to visible symptoms, fatigue, and feelings of isolation. Negative healthcare experiences, such as perceived medical gaslighting and delayed diagnoses, contribute to strained patient-provider relationships. While users value both pharmacologic and | The study concludes that social media platforms like TikTok can provide healthcare providers with valuable insights into patient experiences, particularly for chronic conditions like lupus erythematosus (LE). Key areas of concern include mucocutaneous symptoms and negative perceptions of pharmacological treatments. The findings underscore the importance of addressing patient concerns about treatment, validating their |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | | (Lumivero), a qualitative analysis software. | | alternative treatments, they often view conventional therapies like chemotherapy negatively. Despite strong support networks, the invisible nature of LE continues to affect users' sense of being understood and validated. | experiences—especially around feelings of invisibility and medical gaslighting—and acknowledging the emotional and social dynamics patients face online. |
| 10. | Article Title: Exploring How Youth Use TikTok for Mental Health Information in British Columbia: Semistructured Interview Study with Youth (Turuba *et al.*, 2024) | Columbia | This project aims to investigate how young people utilized TikTok to receive mental health support and learn about the COVID-19 pandemic's effects on mental health. | 21 young people (ages 12 to 24) living in British Columbia, Canada, who utilized TikTok to look for information about mental health during the COVID-19 pandemic were interviewed semistructured. | An inductive, data-driven methodology was used to code and evaluate the verbatim transcriptions of the audio recordings of the interviews. | TikTok served as a valuable resource for youth mental health during the COVID-19 pandemic by providing accessible information, fostering community support, and encouraging proactive mental health behaviors. However, while the platform promoted connection and empowerment, the presence of bias and misinformation highlights the need for critical evaluation of content. | TikTok can positively impact youth mental health by raising awareness, reducing stigma, and fostering peer support, but it also poses risks through exposure to harmful or misleading content. Therefore, creating a safer digital environment requires both stricter content regulation and efforts to enhance media and health literacy among young users. |
| 11. | Article Title: #anxiety: A multimodal discourse analysis of narrations of anxiety on TikTok (Mordecai, 2023) | United States | In order to comprehend how mental health narratives are created and how public health communities are formed around the idea of anxiety. | The top ten TikTok videos with the hashtag #anxiety. | This article performs a multimodal discourse analysis | By examining in-frame content that provides context and meaning regarding mental health, I look for recurrent themes in users' statements of anxiety. These multimodal expressions enable users to engage with and address serious mental health topics through videos, text, images, and sounds that resonate with and are recognizable to others. | These characteristics and capabilities foster community networks and encourage discussions in which individuals can exchange their experiences and practices. |
| 12. | Article Title: Depression and social anxiety in relation to problematic | China | Two significant cognitive and affective traits that were investigated in this study: boredom | A total of 822 Chinese TikTok regular users were enrolled in the study through an online survey platform. Depression, | The mediating effects of boredom proneness and distress intolerance (both assessed at time 1) on the association between | The results demonstrated that boredom proneness was not a significant mediator, whereas distress intolerance had a noteworthy mediating effect. | These findings indicate that a perceived difficulty in coping with distress might play a role in the emergence of problematic TikTok use and could help explain the |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | TikTok use severity: The mediating role of boredom proneness and distress intolerance (Yao *et al.*, 2023) | | proneness and distress intolerance may operate as mediators in the relationship between depression, social anxiety, and problematic TikTok use. | social anxiety, boredom proneness, distress intolerance, and the extent of problematic TikTok use were measured at two intervals, separated by two months. | depression and social anxiety (assessed at time 1) and the degree of problematic TikTok use (assessed at time 2) were investigated using structural equation modeling. | | connection between psychopathological symptoms and excessive TikTok use. |
| 13. | Article Title: How do social and parasocial relationships on TikTok impact the well-being of university students? (Wang and Shang, 2024) | China | Verifying the elements that contribute to compulsive TikTok usage, as well as the mediating function of algorithm knowledge, and determining the predictors of well-being associated with TikTok use are the goals of this study. | A sample of 379 university students, aged 15 to 25 years (56.7% female; M=19.80; SD=1.49), participated in the research through self-reported surveys. | This study explores the significance of examining PSRs and FoMO in relation to the compulsive use of TikTok among young people | The data analysis employed serial mediation using structural equation modeling. The findings revealed significant relationships among the variables, further enhancing the understanding of how various social and parasocial motivations influence compulsive behavior and well-being. | The findings emphasize the importance of enhancing the training and education of young people on the proper and responsible use of TikTok within the university environment. |
| 14. | Article Title: Mental health professionals as influencers on TikTok and Instagram: What role do they play in mental health literacy and help-seeking? (Pretorius, McCashin and Coyle, 2022) | Ireland | Identifying the most well-known mental health practitioners who meet the criteria for being considered "influencers" and determining whether their material improves mental health literacy were the two primary goals of this study. | Instagram and TikTok's search features were used to compile a list of mental health professional accounts with over 100,000 followers. Accounts were excluded if they were not in English, private, inactive for over a year, or unrelated to the search terms. Each account was assessed based on follower count, country, | Three independent reviewers analyzed the three most recent posts (as of November 15, 2021) to evaluate their purpose and alignment with Jorm's (2000) mental health literacy dimensions. | A total of 28 influencer accounts were identified on TikTok and 22 on Instagram, with the majority (n=35) originating from the United States. More accounts on Instagram (12/22, 54.55%) included disclaimers and crisis support information compared to TikTok (8/22, 36.36%). In total, 140 posts from TikTok and 110 from Instagram were analyzed. Among these, 23.57% (33/140) of TikTok posts and 7.27% (8/110) of Instagram posts contributed to | These platforms and accounts offer a potential avenue for increasing access to mental health information; however, they are not subjected to credibility verification. It is important to carefully evaluate the influence of content produced by mental health professionals and its effectiveness in encouraging help-seeking behaviors. |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | | verification status, and disclaimer presence. | | improving the ability to identify specific mental health challenges. | |
| 15. | Article Title: The impact of #beauty and #self-compassion tiktok videos on young women's appearance shame and anxiety, self-compassion, mood, and comparison processes (Seekis and Kennedy, 2023) | Australia | This study investigated how young women's sentiments of guilt and anxiety regarding their facial appearance, self-compassion, mood, upward appearance comparisons, and related thoughts were affected by watching TikTok videos about beauty, self-compassion, or travel (as a control group). | Three TikTok video compilations featuring trip destinations, self-compassion techniques, or beauty advice were randomly allocated to 115 undergraduate women. | Since upward appearance comparisons and associated thoughts were directly linked to video exposure, post-test assessments assessed them; all other measures were gathered at both the pre-test and post-test phases. | The research revealed that the beauty group had higher levels of anxiety, bad mood, and guilt over one's appearance, and lower levels of self-compassion, compared to the travel control and self-compassion groups. The self-compassion group showed much more self-compassion than the trip control group. Women in the beauty group also made more upward appearance comparisons and gave more thought to looks than women in the other two groups. Additionally, the self-compassion group was more concerned with appearance than the trip control group. | The results expand on earlier studies by showing that young women's opinions of their appearance can be adversely affected by even brief exposure to beauty TikToks, whereas self-compassion videos can increase their self-kindness. |
| 16. | Article Title: "Infuencing the infuencers:" a feld experimental approach to promoting effective mental health communication on TikTok (Motta, Liu and Yarnell, 2024) | United States | Examine at least one essential prerequisite for these effects to take place, such as the feasibility of increasing the availability of evidence-based mental health communication on TikTok. | Our creative influencer-driven approach bridges this gap by aiming to impact TikTok artists' content production habits using a large-scale, within-subject field experiment (N=105 creators reaching over 16.9 million viewers; N=3,465 unique videos). | The randomly selected field action exposed influencers to either (a) asynchronous digital (.pdf) toolkits or (b) a combination of toolkits and live virtual training sessions designed to improve effective, evidence-based mental health interaction, as opposed to a control group that received no intervention. | The results show that creators who used our asynchronous toolkits and attended synchronous training were more likely to include evidence-based mental health content in their videos and focus on mental health issues. These effects were seen even among creators with fewer than 2 million followers. Additionally, our interventions led to significant system-wide impacts, with TikTok videos containing evidence-based content receiving over half a million more views, and general mental health content | This study concludes that by investigating how simple, affordable, influencer-driven treatments like ours can be applied more widely to mold TikTok's mental health content. |

| No. | Article Title, Author, Year | Country | Research Purposes | Material | Method | Grand Theory, Result | Conclusion |
|---|---|---|---|---|---|---|---|
| | | | | | | accumulating over three million additional views post-intervention. | |

The findings from the 16 reviewed articles indicate that TikTok holds substantial potential as well as significant challenges in supporting mental health education for young people. Its benefits include wide accessibility, high levels of engagement through interactive features, a variety of content formats, and the capacity to lower stigma while promoting mental health literacy. There are still a number of issues, though, mainly with regard to the dissemination of false information, emotional impact, and the reliability of the information.Theories of health communication and media literacy provide a better framework for understanding these findings. Access to information is only one aspect of media and health literacy; other aspects include people's capacity to comprehend, assess, and use health-related information to enhance their wellbeing. Viral content on TikTok isn't always a sign of reliable or accurate information. As a result, users who are less literate are particularly susceptible to misunderstandings or making poor decisions based on false information.

Frameworks like the Theory of Planned Behavior (TPB) and the Health Belief Model (HBM) emphasize how social norms, perceived advantages, and obstacles affect people's health behaviors from the standpoint of health communication. According to a number of studies, TikTok encourages peer support and self-expression, which helps create a more accepting social norm for conversations about mental health among teenagers and young adults (Zheluk et al., 2022; Turuba et al., 2024). This shows that TikTok may be a useful platform for raising awareness of mental health issues and encouraging people to seek help. However, the absence of systematic moderation and credibility verification is one of the primary limitations noted. Because anyone can produce content on TikTok, including those without formal training, the platform is susceptible to false information, including derogatory depictions of research-proven treatments like Cognitive Behavioral Therapy (CBT) (Lorenzo-Luaces et al., 2023). Additionally, when content is emotionally charged and devoid of context, TikTok may encourage self-diagnosis behaviors without professional evaluation (Greene et al., 2023). This highlights how urgently the platform needs evidence-based health communication strategies.

**Practical Implications:**
1. It is imperative that platform regulators and policymakers create moderation systems tailored to mental health content, incorporating mental health experts in the verification of content accuracy.
2. For mental health professionals, TikTok can be a valuable channel for outreach and education if the content is adapted to digital communication styles and embraces participatory, youth-centered approaches.

3. For educators and parents, strengthening digital media literacy among adolescents is essential to help them critically assess mental health information and avoid misinformation or emotional harm.

**Academic Implications:**
1. These findings highlight the importance of interdisciplinary research bridging public health, communication studies, and digital psychology to assess the real-world impact of social media platforms on mental health behavior.
2. There is a pressing need to develop measurement tools that assess media and health literacy within social media environments to better understand how users interpret and act upon digital mental health content.

**TikTok Potensials**

The scoping review of the 16 articles showed that TikTok has potential and challenges for young people's mental health (Table 1). The existing potential can be developed so that it can help solve mental health problems in the younger generation. The potential of TikTok includes, 4 articles state that TikTok has potential in terms of wide accessibility, 5 articles highlight TikTok's potential for social connections and peer support, 3 articles emphasize its effectiveness in delivering messages through diverse content formats, 4 articles mention its potential for mental health literacy and professional intervention, and 4 articles discuss raising awareness and reducing stigma. Based on the research design, there were 7 articles of the qualitative content analysis type, 5 articles of the cross-sectional quantitative study type, while the others were experimental field study, discourse analysis, and mixed method. 7 articles came from the United States, 3 articles from China, and the others came from Australia, Malaysia, Colombia, Poland, and Ireland.

1. **Wide Accessibility**
   TikTok is a social media platform with a global reach and a large user base of teens and young adults. Through the app, anyone can easily and affordably access educational materials about mental health at any time and from any location. Because of its vast user base, TikTok is a powerful tool for reaching a broad audience, particularly young people who are active on social media (Rogowska and Cincio, 2024). TikTok is a strategic tool for providing direct and individualized mental health information because of its popularity among young people (Basch et al., 2022).

2. **Social Connections and Peer Support**
   TikTok's interactive features like comments, hashtags, and collaborative content, facilitate user support and communication (Mohd Shamsuddin *et al.*, 2023). Virtual communities

of people with similar experiences help those with mental health issues feel more connected and emotionally supported. This community support is essential to lowering the stigma associated with mental health issues and establishing a safe space where users can talk about their struggles. This form of social support can boost confidence as well as encourage an individual to seek professional help (Rogowska and Cincio, 2024).

3. **Effectiveness in Delivering Messages through Diverse Content Formats**

   TikTok's dynamic short video format combines sound, text, music and visuals to effectively convey a message. This format has proven to appeal to younger generations and makes it easier for them to understand complex information in a lighter and more engaging way. Creatively packaged educational content also tends to go viral more easily, resulting in a wider reach of information (Zheluk, Anderson and Dineen-Griffin, 2022).

4. **Potential for Mental Health Literacy and Professional Intervention**

   TikTok also provides a space for mental health professionals to play an active role in disseminating credible information. With active participation from psychologists, psychiatrists, and healthcare institutions, educational content can be developed based on valid scientific evidence. Such interventions can improve mental health literacy and help distinguish between informative and misleading content (Pretorius, McCashin and Coyle, 2022a; Wanberg and Pearson, 2024; Wang and Shang, 2024).

5. **Raising Awareness and Reducing Stigma**

   TikTok has played an important role in opening up discussion about mental health issues that have been considered taboo, such as individual BIPOC. Many users share personal stories about experiences of trauma, discrimination, depression, anxiety, or other disorders in an honest and touching way. This contributes to destigmatization efforts, as viewers become more open and do not feel alone in their struggles (Hung et al., 2023).

**TikTok Challenges**

   While Tik Tok as a medium for mental health education has promising potential, there are also challenges. If these challenges can be properly addressed, the effectiveness of TikTok as a media education for mental health will increase. These challenges include, there are 4 articles stating that TikTok faces challenges in terms of the risk of misinformation, 3 articles stating that TikTok's challenges lie in the lack of content moderation, 4 articles stating negative emotional impact, 4 articles stating challenges in algorithms for content and

content perception, and 3 articles stating potential overemphasis on self-diagnosis.

1. **Risk of Misinformation**

   One of TikTok's major drawbacks is that much of the content is created by non-professionals, such as former patients or influencers with no health background. The lack of strict content moderation and credibility checks on TikTok leads to the spread of misinformation about the diagnosis or treatment of mental disorders. Negative narratives and inaccurate portrayals of mental health interventions (e.g., CBT) can skew public perceptions and potentially discourage help-seeking behavior. Such content sometimes focuses more on hype or personal experiences rather than accurate scientific explanations (Lorenzo-Luaces, Dierckman and Adams, 2023).

2. **Lack of Moderation and Content Credibility Checks**

   The quality of mental health content on TikTok is inconsistent. Some creators may not include clear sources of information or references. Many users present medical information without providing credentials or a disclaimer emphasizing the limitations of the content. The lack of moderation of mental health content may mislead audiences, especially adolescents who are looking for quick solutions to their psychological problems (Pretorius, McCashin and Coyle, 2022a; Motta, Liu and Yarnell, 2024).

3. **Negative Emotional Impact**

   Some users express traumatic experiences, extreme anxiety or specific emotional problems. If not accompanied by balancing educational content, this can create new emotional distress for viewers and adversely affect the mental health of the younger generation (Sha and Dong, 2021; Mordecai, 2023). In addition, TikTok's algorithm may amplify exposure to such content without adequate mental health filters. Therefore, content regulation is a critical need (Sha and Dong, 2021; Yao et al., 2023).

4. **Algorithms for Content and Perception**

   Young users are particularly vulnerable to both positive and negative influences on TikTok. The content and delivery style of mental health content is often influenced by the gender of the content creator. For example, male content creators more often use humor or motivation, while women tend to share through emotional disclosure. On the other hand, TikTok's algorithm prioritizes attention-grabbing content, rather than the quality or veracity of the information, so viral information is not necessarily the most useful (Pretorius, McCashin and Coyle, 2022b; Zheluk, Anderson and Dineen-Griffin, 2022; Seekis

and Kennedy, 2023; Motta, Liu and Yarnell, 2024).

5. **Potential Overemphasis on Self-Diagnosis**

TikTok is not an ideal platform for diagnosis or referral to primary care. The information provided is general and not personalized to each individual's condition. The platform's focus on relevant content and self-expression can sometimes lead to an overemphasis on self-diagnosis. Users may begin to identify themselves with mental health labels without professional evaluation, potentially misinterpreting symptoms and delaying appropriate treatment (Turuba *et al.*, 2024). For example, eating disorders may be described differently to anxiety or depression, resulting in a lack of unified messages about mental health care. Therefore, TikTok content should be seen as a supplement to education, not a substitute for consultation with a healthcare professional (Greene *et al.*, 2023).

This scoping review has several limitations that must be acknowledged. First off, the study mostly uses secondary data from published articles, which might restrict how deeply it can understand user experiences and perceptions. Second, only English-language publications from the previous five years were included in the review, which might have left out pertinent research from earlier or other languages. Third, studies that were indexed elsewhere might have been overlooked as a result of the databases chosen (PubMed, ProQuest, and ScienceDirect). Lastly, the review does not take into account contextual or cultural factors that may influence how various audiences receive and interpret mental health information, nor does it include an empirical assessment of the actual impact of TikTok content on mental health outcomes.

## CONCLUSION

TikTok's broad accessibility, high user engagement, and ability to create supportive communities make it a promising platform for mental health education among the younger generation. The platform's distinctive fusion of interactive features, peer support, and content production allows it to reach a wide audience, increase mental health awareness, and de-stigmatize discussions about mental health. TikTok can give young users a sense of connection and emotional support by emphasizing self-expression and sharing personal experiences, which lessens isolation and encourages healthy mental health practices.

But even with these advantages, TikTok presents serious problems as a tool for mental health education. It is vulnerable to false information due to the absence of organized content moderation and verification procedures, which may result in misunderstandings regarding therapies and treatments for mental health issues. This is made worse by the propensity for deceptive or negative content to garner more interaction, which may distort public opinion and affect behaviors related to seeking assistance. Furthermore, vulnerable users may be especially harmed by exposure to emotionally charged content, which emphasizes the necessity of strong content regulation and support mechanisms.

Targeted training for content creators, content moderation, and strategic interventions are crucial to maximizing TikTok's potential while reducing its risks. Ensuring that the information shared is accurate, pertinent, and supportive of positive mental health outcomes can be achieved by putting evidence-based content guidelines into practice. Furthermore, increasing users' media literacy will enable them to assess the information they come across critically and make well-informed decisions regarding their wellbeing. Providing crisis support resources and unambiguous referral channels on the platform can help people who might be in psychological distress right away. By working together, we can make TikTok a more secure and trustworthy platform for mental health advocacy and education.

This study's ability to assess causality or the efficacy of interventions is naturally constrained because it is a scoping review. Additionally, it depends on a limited selection of databases and inclusion criteria, which might have left out pertinent studies that weren't within the parameters. Further restricting the depth of understanding of user experience and engagement dynamics is the review's primary reliance on secondary data rather than direct feedback from TikTok users or content creators.

In order to empirically evaluate the influence of TikTok-based mental health content on user knowledge, attitudes, and behaviors, future research should go beyond descriptive analysis. This could involve qualitative research examining the lived experiences of users and creators, experimental designs evaluating the efficacy of messages, or content analyses employing computational tools. Developing evidence-based strategies for maximizing TikTok as a responsible and effective medium for mental health communication also requires studies assessing the efficacy of platform-level interventions, such as media literacy campaigns, algorithmic content filtering, or in-app crisis response features.

## Acknowledgment

**Conflict of Interest dan Funding Disclosure**

The authors have no conflict of interest with any party.

**Author Contributions**

AZA: project administration and funding; GMK: translating; AZA, GMK: conceptualization, data curation, methodology, formal analysis, writing original draft, and editing; IR, MBQ: reviewing and supervising the writing of the draft. All authors contributed to and have approved the final manuscript.

**REFERENCES**

Andary, S., Bassani, J., Burrell, G., Cole, E., Evans, R., Redman, E. and Kumar, S. (2023) 'Barriers and Enablers to Access and Utilization of Mental Health Care Services Across Southeast Asia: A Preliminary Scoping Review', *Asia-Pacific Psychiatry*, 15(4). Available at: https://doi.org/10.1111/appy.12549.

Basch, C.H., Donelle, L., Fera, J. and Jaime, C. (2022) 'Deconstructing TikTok Videos on Mental Health: Cross-sectional, Descriptive Content Analysis', *JMIR Formative Research*, 6(5), p. e38340. Available at: https://doi.org/10.2196/38340.

Bodeker, G., Pecorelli, S., Choy, L., Guerra, R. and Kariippanon, K. (2020) 'Well-Being and Mental Wellness', in *Oxford Research Encyclopedia of Global Public Health*. Oxford University Press. Available at: https://doi.org/10.1093/acrefore/9780190632366.013.162.

Comp, G., Dyer, S. and Gottlieb, M. (2021) 'Is TikTok the Next Social Media Frontier for Medicine?', *AEM Education and Training*, 5(3). Available at: https://doi.org/10.1002/aet2.10532.

Greene, A.K., Norling, H.N., Brownstone, L.M., Maloul, E.K., Roe, C. and Moody, S. (2023) 'Visions of Recovery: A Cross-Diagnostic Examination of Eating Disorder Pro-Recovery Communities on TikTok', *Journal of Eating Disorders*, 11(1), p. 109. Available at: https://doi.org/10.1186/s40337-023-00827-7.

Hung, Y.H., Miles, A.L., Trevino, Z., Daniello, C., Wood, H., Bishop, A. and Monshad, Z. (2023) 'BIPOC Experiences of Racial Trauma on TikTok: A Qualitative Content Analysis', *Contemporary Family Therapy*, 45(3), pp. 298–308. Available at: https://doi.org/10.1007/s10591-023-09669-6.

Joshanloo, M. (2022) 'Mental Balance in 116 Nations: Where It Is Experienced and Valued', *International Journal of Environmental Research and Public Health*, 19(19), p. 12457. Available at: https://doi.org/10.3390/ijerph191912457.

Lorenzo-Luaces, L., Dierckman, C. and Adams, S. (2023) 'Attitudes and (Mis)information About Cognitive Behavioral Therapy on TikTok: An Analysis of Video Content', *Journal of Medical Internet Research*, 25(1), pp. 1–5. Available at: https://doi.org/10.2196/45571.

McCashin, D. and Murphy, C.M. (2023) 'Using TikTok for Public and Youth Mental Health – A Systematic Review and Content Analysis', *Clinical Child Psychology and Psychiatry*, 28(1), pp. 279–306. Available at: https://doi.org/10.1177/13591045221106608.

Milton, A., Ajmani, L., DeVito, M.A. and Chancellor, S. (2023) '"I See Me Here": Mental Health Content, Community, and Algorithmic Curation on TikTok', in *Proceedings of the 2023 CHI Conference on Human Factors in Computing Systems*. New York, NY, USA: ACM, pp. 1–17. Available at: https://doi.org/10.1145/3544548.3581489.

Mohd Shamsuddin, C., Che Musa, N., Mat Saad, S. and Mohamad Rizal, N.E.H. (2023) '#healing as a Form of Expression among Malaysian TikTokers: Fostering Connections', *3L The Southeast Asian Journal of English Language Studies*, 29(4), pp. 99–117. Available at: https://doi.org/10.17576/3L-2023-2904-07.

Montag, C., Yang, H. and Elhai, J.D. (2021) 'On the Psychology of TikTok Use: A First Glimpse from Empirical Findings', *Frontiers in Public Health*, 9.641673. Available at: https://doi.org/10.3389/fpubh.2021.641673.

Mordecai, C. (2023) '#anxiety: A Multimodal Discourse Analysis of Narrations of Anxiety on TikTok', *Computers and Composition*, 67, p. 102763. Available at: https://doi.org/10.1016/j.compcom.2023.102763.

Motta, M., Liu, Y. and Yarnell, A. (2024) '"Influencing the Influencers:" A Field Experimental Approach to Promoting Effective Mental Health Communication on TikTok', *Scientific Reports*, 14(1), p. 5864. Available at: https://doi.org/10.1038/s41598-024-56578-1.

Peña-Fernández, S., Larrondo-Ureta, A. and Moraes-i-Grass, J. (2022) 'Current affairs on TikTok. Virality and Entertainment for Digital Natives', *El Profesional de la información* [Preprint]. Available at: https://doi.org/10.3145/epi.2022.ene.06.

Pretorius, C., McCashin, D. and Coyle, D. (2022a) 'Mental Health Professionals as Influencers on TikTok and Instagram: What Role do They Play in Mental Health Literacy and Help-Seeking?', *Internet Interventions*, 30, p. 100591. Available at: https://doi.org/10.1016/j.invent.2022.100591.

Rogowska, A.M. and Cincio, A. (2024) 'Procrastination Mediates the Relationship between Problematic TikTok Use and Depression among Young Adults', *Journal of Clinical Medicine*, 13(5), p. 1247. Available at: https://doi.org/10.3390/jcm13051247.

Salazar-Vallejo, G. and Rivera-Rogel, D. (2023) 'TikTok as a Platform for Educational Dissemination in Ecuador and Peru', in *2023 18th Iberian Conference on Information Systems and Technologies (CISTI)*. IEEE, pp. 1–6. Available at: https://doi.org/10.23919/CISTI58278.2023.10211763.

Seekis, V. and Kennedy, R. (2023) 'The Impact of #beauty and #self-compassion Tiktok Videos on Young Women's Appearance Shame and Anxiety, Self-Compassion, Mood, and Comparison Processes', *Body Image*, 45, pp. 117–125. Available at: https://doi.org/10.1016/j.bodyim.2023.02.006.

Sha, P. and Dong, X. (2021) 'Research on Adolescents Regarding the Indirect Effect of Depression, Anxiety, and Stress between TikTok Use Disorder and Memory Loss', *International Journal of Environmental Research and Public Health*, 18(16), p. 8820. Available at: https://doi.org/10.3390/ijerph18168820.

Turuba, R., Cormier, W., Zimmerman, R., Ow, N., Zenone, M., Quintana, Y., Jenkins, E., Ben-David, S., Raimundo, A., Marcon, A.R., Mathias, S., Henderson, J. and Barbic, S. (2024) 'Exploring How Youth Use TikTok for Mental Health Information in British Columbia: Semistructured Interview Study with Youth', *JMIR Infodemiology*, 4, p. e53233. Available at: https://doi.org/10.2196/53233.

Universitas Gadjah Mada, The University of Queensland, Johns Hopkins Bloomberg School of Public Health and Kementerian Kesehatan RI (2022) *Indonesia-National Adolescent Mental Health Survey (I-NAMHS)*. Yogyakarta.

Wanberg, L.J. and Pearson, D.R. (2024) 'Evaluating the Disease-Related Experiences of TikTok Users with Lupus Erythematosus: Qualitative and Content Analysis', *JMIR Infodemiology*, 4, p. e51211. Available at: https://doi.org/10.2196/51211.

Wang, X. and Shang, Q. (2024) 'How do Social and Parasocial Relationships on Tiktok Impact the Well-Being of University Students? The Roles of Algorithm Awareness and Compulsive Use', *Acta Psychologica*, 248, p. 104369. Available at: https://doi.org/10.1016/j.actpsy.2024.104369.

WHO (2021) *Mental Health Atlas 2020*. Geneva.

Yao, N., Chen, J., Huang, S., Montag, C. and Elhai, J.D. (2023) 'Depression and Social Anxiety in Relation to Problematic Tiktok Use Severity: The Mediating Role of Boredom Proneness and Distress Intolerance', *Computers in Human Behavior*, 145, p. 107751. Available at: https://doi.org/10.1016/j.chb.2023.107751.

Yeung, A., Ng, E. and Abi-Jaoude, E. (2022) 'TikTok and Attention-Deficit/Hyperactivity Disorder: A Cross-Sectional Study of Social Media Content Quality', *The Canadian Journal of Psychiatry*, 67(12), pp. 899–906. Available at: https://doi.org/10.1177/07067437221082854.

Zhao, H. and Wagner, C. (2023) 'How TikTok Leads Users to Flow Experience: Investigating the Effects of Technology Affordances with User Experience Level and Video Length as Moderators', *Internet Research*, 33(2), pp. 820–849. Available at: https://doi.org/10.1108/INTR-08-2021-0595.

Zheluk, A.A., Anderson, J. and Dineen-Griffin, S. (2022) 'Adolescent Anxiety and TikTok: An Exploratory Study', *Cureus* [Preprint]. Available at: https://doi.org/10.7759/cureus.32530.