

# Quitting Facebook Doubles Your Health, Study Shows

Just five days without Facebook is enough to reduce one's levels of the stress hormone cortisol.

HEALTH

CARL COURT / GETTY IMAGES

According to *Statista*, Facebook currently has more than **2 billion** active monthly users, which makes it the most popular social network by a large margin. The much-discussed Cambridge Analytica scandal may have damaged Facebook's reputation, as well as its shares — which have, as *Time* noted, **posted their steepest drop** since 2015 — but how does Facebook affect our mental health and well-being?

Eric Vanman and Rosemary Baker from the University of Queensland, and Stephanie Tobin from the Australian Catholic University have attempted to answer this question. In a study recently **published** in the *Journal of Social Psychology*, titled “The Burden of Online Friends,” the authors explore the effects of giving up Facebook on stress and well-being.

For the experiment, Vanman, Baker and Tobin recruited 138 active Facebook users. Participants were then separated into two groups, which the authors have decided to refer to as “Facebook Normal” and “No Facebook.” Sixty participants were instructed to quit Facebook for five days, and 78 of them were instructed to continue using it as normal. Each individual was surveyed prior and after the experiment. Vanman and his colleagues measured salivary cortisol, perceived stress, and well-being, and asked each participant a series of questions regarding mood, loneliness, and life satisfaction.

The researchers concluded the following.

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“Relative to those in the Facebook Normal condition, those in the No Facebook condition experienced lower levels of cortisol and life satisfaction. Our results suggest that the typical Facebook user may occasionally find the large amount of social information available taxing, and Facebook vacations could ameliorate this stress — at least in the short-term.”

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Perhaps not surprisingly, those in the “No Facebook” control group spent more face-to-face time with their friends.

Interestingly, however, after taking a five day break from Facebook, many participants were happy to return to it, even though using the social network caused stress. In other words, the reduction in cortisol levels was evident even after five days, but some individuals felt like they were “missing out.”

Marcio Jose Sanchez / AP Images

Lead author of the study Eric

Vanman **told *PsyPost*** that the effects of Facebook on one's cortisol levels and overall mental health and well being need to be explored more. "We don't know long it takes to get this reduction in cortisol or when it would start to increase again before someone decided to get back on Facebook."

For example, it could be that being off Facebook for the first few days reduces stress, but, the longer one feels like he or she is missing out, cortisol starts to increase again.”

This is popularly referred to as FoMO — the Fear of Missing Out. A 2013 [study on this subject](#), published in *Computers in Human Behavior*, defined the phenomenon as a “pervasive apprehension that others might be having rewarding experiences from which one is absent, characterized by the desire to stay continually connected with what others are doing.”

Vanman and his colleagues suspect these effects are not unique to Facebook, but also assert that a much bigger study, in which the effects of social media on cortisol levels would be studied, is needed. Their preliminary findings, however, suggest that there is indeed an interesting link between stress and social media. That is why, Australian researchers claim, short breaks or “vacations” from Facebook might be a good idea.

**Well I finally did it... I closed my FB account. Feels like when I stop smoking weed, have a**

**clearer mind and I am at peace.** (whatever)

submitted 6.2 hours ago by [sguevar](#)

Though I enjoyed triggering multiple progressives I still had as contacts on that wretched site, I simply got tired of the programation that these people suffers.

I am tired of the selfie culture, or should I say selfish culture that all these SM promote. Self glorifying themselves because they do good deeds instead of doing it in glory of the Lord:

**Matthew 6:1-4 King James Version (KJV)**

**6] 1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.**

**2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.**

**3 But when thou doest alms, let not thy left hand know what thy right hand doeth:**

**4 That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.**

The scandal of Cambridge Analytica was already foreseeable as FB has been caught manipulating the mood of it's users in several occasions with the different trends and "news" it promotes.

I am tired of seeing people attacking conservatives just because they think differently and say all conservatives - **specially christians** - are ignorants, homophobic - **as if the term existed when it really doesn't. It is etymologically incorrect. No one has an irrational fear to people that resembles to them. Plus it is a term created by a ((psychologist))**. - and transphobic because we do not want to encourage a mental illness nor sodomy with same sex marriages when they are clearly an attack to the traditional values my country (Costa Rica) was founded on.

I have also encouraged my fiancée to do the same. It is simply sickening what that SM in specific has hurt the social fabric of our societies.

But then again I get to remember this passage:

**John 16:33 King James Version (KJV)**

**33 These things I have spoken unto you, *that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.***

So, to sum up, will be sharing more and more here.  
Thank you guys for all the red pills.

26 comments

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[–] [Highonfire](#) 5 points (+5|-0) 4.7 hours ago

Fuckin took you long enough faggot

[permalink](#)

[–] [sguevar](#) [S] 1 points (+2|-1) 4.6 hours ago

Hahahahaa yes I know, triggering leftist progressive is kind of addictive.

But well it's done. Thanks for the cheers.

[permalink](#) [parent](#)

[–] [DefenderOfTruth](#) 3 points (+3|-0) 5.5 hours ago (edited 5.5 hours ago)

Nice. I need to do it next. Did you just delete it or did you “clean up the data” first?

Edit: also, great scriptures! We need more Bible on Voat. I can tell there's at least a few of us who are Christians and don't throw curse words around to get out point across.

[permalink](#)

[–] [sguevar](#) [S] 0 points (+1|-1) 5.3 hours ago

I just closed it.

Couldn't care less about my data already shared there. With time it will really don't matter and I will focus on other things as well.

I sometimes use cursewords but not when quoting the bible. But I am working on using less and less and with time will leave them aside.

[permalink](#) [parent](#)

[–] [DefenderOfTruth](#) 1 points (+1|-0) 5.2 hours ago

My thing that has held me back from deleting FB is the events. My friends still use FB to share events. I guess any real friends would invite me personally though.

[permalink](#) [parent](#)

[1 reply](#)

[–] [ImperialGreaseMonkey](#) 1 points (+1|-0) 46 minutes ago

To hell with facebook. I finally deleted that about a month ago after downloading all my info.

[permalink](#)



[–] [Holonomic](#) 1 points (+1|-0) 57 minutes ago

Good job OP. Do the things that lift you up, not take you into turmoil.

[permalink](#)

[–] [Zalmoxis](#) 1 points (+1|-0) 1.7 hours ago

Man I wish I could do that. Unfortunately I need it for work. I have a marketing agency and Facebook and Twitter are an integral part of it. I'm actively trying to convince clients to use alternatives and work extra hard to bring the same traffic and everything, but no matter the results they still want Facebook and Twitter. So I need it... because everyone is on it. Suggestions?

[permalink](#)

[–] [sguevar](#) [S] 0 points (+0|-0) 28 minutes ago

Well if you need it then use it, just arm yourself of patience about it.

Remember these scriptures:

John 16:33 King James Version (KJV)

33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Matthew 11:28 King James Version (KJV)

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

If you use it for work, that is the way you bring food to the table and support your family. So I will not tell you to get rid of it. So I can only suggest you to arm yourself of patience and trust the Lord.

[permalink](#) [parent](#)

[–] [digitalentity1497](#) 1 points (+1|-0) 3.7 hours ago

Way to go. They all called me crazy a few years back for closing my account. Who crazy now?

[permalink](#)

[–] [sguevar](#) [S] 1 points (+1|-0) 3.7 hours ago

hahahaha yes, my sister even send me a text message asking if everything was ok because I deleted my account. But well I am happy with the choice.

Thanks by the way.

[permalink](#) [parent](#)

[–] [aria\\_taint](#) 0 points (+0|-0) 37 minutes ago

They called me crazy in 2006 when I flat out refused to even get one! "Come on we all have one it's soo kew!"..Fuck all of you!

[permalink](#) [parent](#)

[–] [chrisman01](#) 1 points (+1|-0) 4.6 hours ago (edited 4.3 hours ago)

I have this same feeling from deleting my reddit account. Had 470k karma and was addicted for years.

I have no idea how so many retards can go running back to Reddit. The censorship is blatant, T\_D is controlled opposition, and just because they brought gundeals back doesn't mean they're suddenly all for free speech.

The idiots that went back are the very definition of fucks. I'm glad to be free of that shithole.

On the flip side now that they're gone it means voat's running better again.

[permalink](#)

[–] [sguevar](#) [S] 1 points (+1|-0) 4.5 hours ago

I never had a reddit account to be honest. I recently created one to share a message that I shared here a while ago:

<https://voat.co/v/politics/2272577>

But I am glad I have never lurked there.

They defend too much degeneracy and I am clearly not for that.

[permalink](#) [parent](#)

[–] [i\\_scream\\_trucks](#) 1 points (+1|-0) 5.4 hours ago

That literally feels the opposite to how i feel not smoking weed.

Lucky for me it looks very much like we are going to be the next to legalise it.

[permalink](#)

[–] [sguevar](#) [S] -1 points (+0|-1) 5.3 hours ago

Well that is because you are dependent on weed. It is your way to chill. But chill doesn't mean to

have a clearer mind nor to be at peace. You basically use it as a way to distract yourself. I smoked for 15 years. I know how it is. And believe me, I am at peace now.

[permalink](#) [parent](#)

[–] [mrgreenjeans9](#) 1 points (+1|-0) 4.9 hours ago

serious question: could your sense of peace now be the result of using cannabis for 15 years? that if you hadn't used it, you'd be in a much less peaceful state of mind and place in life? without time travel it's unknowable but something to consider.

[permalink](#) [parent](#)