

# INSTAGRAM FILTERS AND OUTCOMES ON MENTAL HEALTH

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## introduction

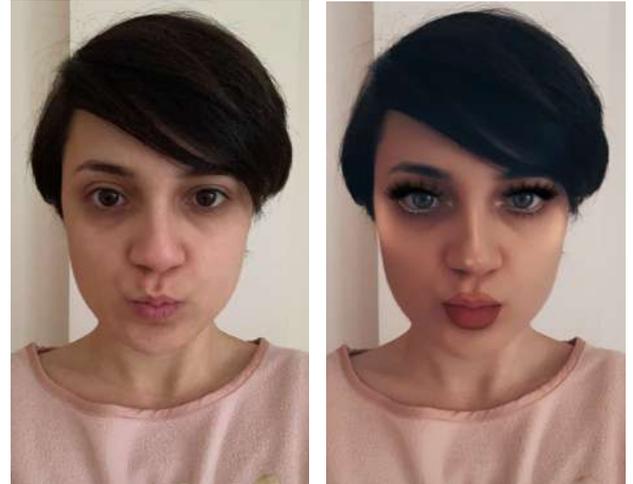
The paper explores the nature, limits and potentiality of a methodological framework designed to analyze the possible outcomes that the use of "filters and camera effects" on Instagram stories can determine on users.

In literature many studies underline the Instagram negative impact on mental health by highlighting the risk factors and possible symptomatic drifts in the users, such as: depression, anxiety, eating disorders, distortion of body image, feeling of inadequacy and low self-esteem.

## methods

The analysis is carried out along two methodological framework:

- 1) Review and classification of specialistic literature of Instagram impact on mental health;
- 2) Classification of the most frequent disorders and risk factors related to the use of the specific "effects and filters" option for Instagram stories. The analysis is mainly focused on different Instagram stories effects and filters that allow to alter and modify the body and physiognomy: particular emphases will be given to "plastic surgery effects" and their potential harmful effect.



## keywords

Instagram  
Filters and Camera Effects  
Mental Health

## results

The use of Instagram filters and camera effects, especially the "plastic surgery effects", can develop a distorted representation of oneself and others' image. It's also possible to find repercussions on self-esteem, concept of personal identity, embodiment, mood and anxiety of users.



## conclusion

From the analysis of the different variables described above, the conclusions of the paper will therefore concern the methodological formalization of an analytical framework for the identification, prevention and management of risk factors related to the symptomatic onset of disorders linked to the use of Instagram stories filters and camera effects.

## Novelty of the Research

The analysis focuses on the use of some Instagram tools capable of modifying body and physiognomy. This feature allows us to analyze their potential impact on mental health and related risk factors.