

# INPLASY PROTOCOL

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**Corresponding author:**  
Bizhong Chen

2021010161c@mails.ccnu.edu.cn

**Author Affiliation:**  
Central China Normal  
University.

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Foundations.

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submission:** Formal screening  
of search results against  
eligibility criteria.

**Conflicts of interest:**  
None declared.

## INTRODUCTION

**Review question / Objective:** What are the magnitudes and directions of the association between social media fatigue and multidimensional social media use (passive use, problematic use and general use)? Do the association between social media fatigue and multidimensional social

## Do users with social media fatigue really escape? A meta-analysis on the association between social media fatigue and multidimensional social media use

Chen, B<sup>1</sup>; Zhang, Q<sup>2</sup>; Sun, X<sup>3</sup>; Yao, L<sup>4</sup>.

**Review question / Objective:** What are the magnitudes and directions of the association between social media fatigue and multidimensional social media use (passive use, problematic use and general use)? Do the association between social media fatigue and multidimensional social media use may differ by moderator variables (i.e., gender, culture, dimension of social media use, social media platform and publication status)?

**Information sources:** PsycINFO, Web of Science, ScienceDirect, Google Scholar, and China National Knowledge Infrastructure (CNKI).

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 26 March 2022 and was last updated on 26 March 2022 (registration number INPLASY202230147).

media use may differ by moderator variables (i.e., gender, culture, dimension of social media use, social media platform and publication status)?

**Condition being studied:** In the past decade, the number of global social media users has risen rapidly from 420 million to 4.62 billion. However, behind the

skyrocketing number of users is the gradual decline of their attraction. A large number of users have reduced their attention to social media due to various negative online experiences and entered the bottleneck period of psychological involvement of social media. A survey of global Facebook users showed that 31% of social media enthusiasts began to get tired of social media, and 24% of respondents said they used their favorite social media platform less frequently than when they registered. A qualitative research from WeChat platform also found that users had psychological experiences such as anxiety and loss of interest in the process of using social media, and usually used social media passively. The above phenomena all prove the universality of social media fatigue. In the context of social media fatigue gradually spreading, a large number of studies have explored the antecedents and consequences of social media fatigue. Among them, the relationship between social media fatigue and social media use is one of the focuses of researchers, but the conclusions are inconsistent and even contradictory. On the one hand, some studies have found that social media fatigue was positively correlated with use discontinuance, while others have found that the correlation between the two was not significant. On the other hand, research showed that social media fatigue was positively correlated with maladaptive social media use; However, the relationship with general social media use was more complex, with positive correlation, negative correlation and insignificant correlation. Thus, people with high social media fatigue may have a kind of burnout paradox, that is, they still use social media with high intensity despite their discontinuous intention and negative attitude towards social media. Therefore, in order to solve the disputes in this field and draw more general and accurate conclusions from larger samples, this study intends to adopt the method of meta-analysis to explore the magnitudes and directions of the relationship between social media fatigue and social media use (passive use, general use and problematic use) and potential moderator variables. We hope that this

study can provide a preliminary answer to the question of whether the social media fatigue paradox exists, and provide a theoretical basis and practical guidance for the relevant research in the field of social media use.

## METHODS

**Search strategy:** Relevant articles were retrieved through five computerized literature search of the electronic databases of PsycINFO, Web of Science, ScienceDirect, Google Scholar, and China National Knowledge Infrastructure (CNKI) for studies published prior to March 31, 2022. The search string comprised four elements: (a) social media fatigue, (b) passive social media use, (c) general social media use, and (d) problematic social media use. Primary studies were written in English or Chinese. The searches will be re-run before the final analyses and further studies retrieved will be included.

**Participant or population:** There was no sample restrictions.

**Intervention:** The focus of the study is to examine the magnitudes of the associations between social media fatigue and multidimensional social media use, as well as the potential moderator variables.

**Comparator:** Not applicable.

**Study designs to be included:** Cross-sectional or longitudinal studies.

**Eligibility criteria:** Primary studies were eligible for the review when they: (a) were empirical and quantitative literature; (b) investigated social media fatigue; (c) examined social media use; (d) provided the Pearson's correlation coefficients between social anxiety and social media use; (e) used an objective measure of social media fatigue and social media use; and (f) were written in English or Chinese.

**Information sources:** PsycINFO, Web of Science, ScienceDirect, Google Scholar, and China National Knowledge Infrastructure (CNKI).

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**Main outcome(s):** The magnitudes of the associations between social media fatigue and multidimensional social media use.

**Additional outcome(s):** The effects of moderator variables (i.e., gender, culture, dimension of social media use, social media platform and publication status) on the associations between social media fatigue and multidimensional social media use.

**Quality assessment / Risk of bias analysis:** Two review authors will independently assess the research quality in included studies using the National Institutes of Health's Quality Assessment Tool for Observational Cohort and Cross-Sectional Studies. Discrepancies between the review authors in particular studies will be resolved by discussion, with consulting a third reviewer where necessary.

**Strategy of data synthesis:** We will provide a quantitative syntheses of the associations between social media fatigue and multidimensional social media use. We will provide summaries of each study by calculating Pearson's  $r$ . We will pool the results using a random-effects models, and calculate 95% confidence intervals and two-sided  $p$  values for each outcome. All analyses were conducted using Comprehensive Meta-Analysis (CMA) version 3 and R software. Heterogeneity will be assessed using the  $Q$  statistic and  $I^2$  statistic and we will also assess potential publication bias.

**Subgroup analysis:** If the necessary data are available, subgroup analyses will be conducted in terms of age (adolescents, adults), culture (Eastern, Western), publication status (published, unpublished), social media platforms (Facebook, WeChat, etc).

**Sensitivity analysis:** None.

**Country(ies) involved:** China.

**Keywords:** social media fatigue; social media use; meta-analysis.

**Contributions of each author:**

Author 1 - Bizhong Chen.

Author 2 - Qilin Zhang.

Author 3 - Xiaojun Sun.

Author 4 - Liangshuang Yao.