

CWSF 2013 - Lethbridge, Alberta



Arin MacNeill

Stress and Social Media

Challenge: Health

Category: Senior

Region: Chignecto East

City: Pictou, NS

School: Pictou Academy-Dr. T. McCulloch School

Abstract: Many studies have been conducted on the effects that social media have on mental health, however few have studied the physical effects. This project used a self evaluation, a blood pressure test, and a pupil dilation test to determine if using more Twitter, Facebook, and text messaging has an effect on adrenal health and cortisol levels of teens between 15 and 18 years of age.

Biography

My name is Arin MacNeill and I am a grade 12 student at Pictou Academy in Pictou, Nova Scotia. In the fall, I plan to attend St. Francis Xavier University in Antigonish, Nova Scotia, and intend to apply to the Forensic Psychology course in my second year. The inspiration for my project came from my research into the amount of social media that society uses, and how it seems to be affecting people. I have received 80's club honors every year from grade 9 to grade 11 and I am on track to receive a medal again this year. Over the years I have enjoyed archery, hockey, badminton, and horseback riding. To other students thinking about doing a science fair project, I would suggest keeping extremely organized and giving yourself plenty of time to complete your project.