From:	Bethany de Gant[/O=THEFACEBOOK/OU=EXTERNAL (FYDIBOHF25SPDLT)/CN=RECIPIENTS/CN=831147D191FA4974AE26A29D3934EAAC]
Sent:	Wed 10/23/2019 2:23:14 AM (UTC)
To:	Judy Jinn[judyjinn@fb.com]; Shruti Bhutada[shruti@fb.com]; Bethany de Gant[bethanyd@fb.com]; Anneke Buffone[anneke@fb.com]
Subject:	Message summary [{"otherUserFbId":null,"threadFbId":2431575643626316}]
Attachment:	50302908_1172843669563410_797869090961096704_n.gif
Attachment:	50423850_1848490548594860_4733716136774860800_n.gif
Attachment:	73513650_1685611961570860_5814654779774730240_n.jpg
Attachment:	72955469_409191043054573_8569558652967452672_n.png
Attachment:	21126243_2047100038854836_3481165366724395008_n.gif
Attachment:	23299765_10215626628445941_2596356345166823424_n.gif
Attachment:	64494574_479030489511747_142788661656682496_n.gif



Bethany de Gant (10/22/2019 07:57:42 PDT):
>hello! i'm going to try to enter in our definitions to a high level glossary document by tomorrow. Does it seem feasible to each of you to finish the reviews you're working on by tomorrow?



Anneke Buffone (10/22/2019 08:00:27 PDT):
>I don't really have much of any definitions. None of the papers on PU so far have had definitions.

Anneke Buffone (10/22/2019 08:00:37 PDT):
>It's too new of a construct I think.

Anneke Buffone (10/22/2019 08:01:14 PDT):
>I will add more references today but a lot of the most cited are in.

Bethany de Gant (10/22/2019 08:09:34 PDT):
>Gotcha, thanks for digging into them. I just chatted with Eden a bit more about this and she said that the goal of the doc is to help the presenters who will go in the room with Mark make sure that everyone is using the words consistently. She said she likes picking something that will feel defensible, so if it's a paper on PU that has a solid definition /operationalization and is highly cited, that would be good.

Bethany de Gant (10/22/2019 08:09:57 PDT):
>Is it that It's just not defined at all, or that it's defined differently in different places?

Anneke Buffone (10/22/2019 08:10:13 PDT):
>So far no such paper :(

Bethany de Gant (10/22/2019 08:10:19 PDT):
>For chronic vs transient loneliness i'm finding varied definitions, so will have to choose one

Bethany de Gant (10/22/2019 08:10:35 PDT):
>Oh wow :(How are they looking into it without defining it?

Anneke Buffone (10/22/2019 08:10:49 PDT):
>None at all for PU. There is a lot of debate that there is no consistency in measurement and no clear definition

Anneke Buffone (10/22/2019 08:10:53 PDT):
>It's just a new construct

Anneke Buffone (10/22/2019 08:11:09 PDT):
>They use criteria that are super broad like craving etc.

Anneke Buffone (10/22/2019 08:11:22 PDT):
>See the tab in the sheet

Anneke Buffone (10/22/2019 08:11:55 PDT):

>I copied and pasted things that remotely get at defining criteria but it's nowhere near a clear definition and even further for a consistent one between papers

Anneke Buffone (10/22/2019 08:14:06 PDT):
>I will ask Davina to help get our own definition into better shape

Bethany de Gant (10/22/2019 08:14:43 PDT):
>Hm yeah the most cited ones are about 'addiction' not pu. Do you think that distinction matters?

Bethany de Gant (10/22/2019 08:14:49 PDT):
>Thank you so much Anneke!

Anneke Buffone (10/22/2019 08:15:11 PDT):
>Issue is that social media addiction is probably PU

Anneke Buffone (10/22/2019 08:15:28 PDT):
>The operationalization is closer to PU

Anneke Buffone (10/22/2019 08:15:35 PDT):
>Look at that column

Anneke Buffone (10/22/2019 08:15:53 PDT):
>Would even argue a lot to that is not EVEN PU

Anneke Buffone (10/22/2019 08:16:01 PDT):
>Like "I turn to FB when I feel down"

Anneke Buffone (10/22/2019 08:16:06 PDT):
>How is that anything ?

Anneke Buffone (10/22/2019 08:16:18 PDT):
>Ugh sorry I am so annoyed by the academic lit on PU

Anneke Buffone (10/22/2019 08:16:22 PDT):
>It's quite terrible

Bethany de Gant (10/22/2019 08:17:01 PDT):
>I understand, it's really amazing to see it laid out like this -- there's like no consistency in the terms or operationalization

Bethany de Gant (10/22/2019 08:17:34 PDT):
>I think this will be enough to show that there just isn't an external clear definition, and we can rely on our internal definition instead

Anneke Buffone (10/22/2019 08:18:02 PDT):
>Lol. I said at the meeting with PF Leads that one challenge is that even academics don't have the answers so it's a real opportunity for us. We may even define it and be the ones creating the measurement framework

Anneke Buffone (10/22/2019 08:18:28 PDT):
>I will dig more but so far there's nothing amazing. Even been looking at old lit reviews

Bethany de Gant (10/22/2019 08:18:44 PDT):
>Seriously, this could be a really cool opportunity to create the definition and framework!

Judy Jinn (10/22/2019 08:19:00 PDT):
>Anneke, almost all of the papers I looked at when looking invite addiction and loneliness were about internet "addiction"/PU. Could you look up internet addiction and see those definitions?

Anneke Buffone (10/22/2019 08:19:22 PDT):
>Yeah that's what I am trying!

Bethany de Gant (10/22/2019 08:19:31 PDT):
>Eden said we should rely on the academic literature most heavily for the loneliness terms, so at this point I think we

could just lean more heavily on the internal definition

Anneke Buffone (10/22/2019 08:19:33 PDT):
>I think internet addiction won't cut it. It's much more broad

Judy Jinn (10/22/2019 08:19:55 PDT):
>I think that's important to include here though

Anneke Buffone (10/22/2019 08:19:56 PDT):
>that's about like feeling lost if not near your cell phone etc.

Anneke Buffone (10/22/2019 08:20:25 PDT):
>It's not even close to anything we are measuring though. There is a scale based in it but it's really not the same thing

Shruti Bhutada (10/22/2019 08:21:21 PDT):
>I ll try to do it by today!

Anneke Buffone (10/22/2019 08:21:32 PDT):
>I actually worry this will lead us too far. It's like citing research on meth addiction for alcoholism. Already the existing scales for Pu are about are mixing up other things into PU

Anneke Buffone (10/22/2019 08:21:41 PDT):
>Like social support on FB etc.

Judy Jinn (10/22/2019 08:21:49 PDT):
>It's okay, just focus on problematic use. I'll add in an internet addiction definition

Anneke Buffone (10/22/2019 08:21:57 PDT):
>I am looking broadly at internet addiction. And PU though

Anneke Buffone (10/22/2019 08:22:18 PDT):
>No need- I am using papers on both!

Anneke Buffone (10/22/2019 08:22:45 PDT):
>All problematic use papers start of with internet addiction

Anneke Buffone (10/22/2019 08:23:18 PDT):
>It goes...there is internet addiction... for social media it's sometimes called PU.

Shruti Bhutada (10/22/2019 08:23:37 PDT):
>I wonder if because of a lack of co existent definitions some academics just use it as a buzzword for : "so many problems with facebook". Then maybe choosing a stricter definition would actually help guide our conversations in this space better? "Like PU is actually internet addiction and here are reasons why we dont think this is a gigantic problem for FB but could be for gaming?"

Judy Jinn (10/22/2019 08:23:44 PDT):
>Okay I think it's useful to include both. The glossary is because all these terms are confusing and so we should have at least an informed opinion on if there are any differences or if it's a mess

Shruti Bhutada (10/22/2019 08:24:01 PDT):
>Consistent* I have no idea what co existent means

Judy Jinn (10/22/2019 08:24:13 PDT):
>We have that stance

Judy Jinn (10/22/2019 08:24:38 PDT):
>Although not really calling it internet addiction

Anneke Buffone (10/22/2019 08:25:10 PDT):
>But internet addiction or PU are not considered yet as part of DSM because it's not yet clearly defined. I think that's the MAJOR part to communicate. I worry that heavily relying on internet addiction will be distracting. I may write up a short paragraph on all of this

Judy Jinn (10/22/2019 08:25:22 PDT):
>Yeah you should

Anneke Buffone (10/22/2019 08:26:11 PDT):
>As long as we clearly state internet addiction is it's own thing and has specific different criteria like nomophobia

Judy Jinn (10/22/2019 08:26:19 PDT):
>I'm running into the same problem with the addiction definition, as well as anxiety, well-being, etc. It's all a mess really which is why the glossary is necessary

Anneke Buffone (10/22/2019 08:26:53 PDT):
>Yes!!! That's exactly right!! It's mixed up with "I go to FB for support." "I go to FB when I feel down."

Judy Jinn (10/22/2019 08:27:02 PDT):
>Add internet addiction as another row in the main sheet to define

Anneke Buffone (10/22/2019 08:27:15 PDT):
>That's not even PU in my opinion.

Shruti Bhutada (10/22/2019 08:27:19 PDT):
>Yup mental health is the same. But most clinical psychologists and psychiatrists I spoke with pointed me to WHO so I am sticking with that since that should be as valid a source as any

Judy Jinn (10/22/2019 08:27:34 PDT):
>Same with well-being

Judy Jinn (10/22/2019 08:27:52 PDT):
>Just do your best y'all lol

Anneke Buffone (10/22/2019 08:27:56 PDT):
>Mental health is just a blanket term for so many things. WB is just studied so differently

Anneke Buffone (10/22/2019 08:28:04 PDT):
>It's gonna be fine

Judy Jinn (10/22/2019 08:28:07 PDT):
>It's better than the non existent definitions we have now

Shruti Bhutada (10/22/2019 08:28:57 PDT):
>I know this doesn't help but this makes me feel a bit better- I thought I was doing something egregiously wrong but I guess we are just working in a newer space

Judy Jinn (10/22/2019 08:29:21 PDT):
>Nope =) I've been struggling for days!

Shruti Bhutada (10/22/2019 08:30:31 PDT):

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Judy Jinn (10/22/2019 08:32:44 PDT):
>I think the thing to remember is that whatever definitions we end up picking will go in front of Mark and may be *the* definitions carrying forward in the company. So the chosen definition should be defensible. Maybe we'll need to footnote the heck of out the really confusing ones though.

Anneke Buffone (10/22/2019 08:32:47 PDT):
>Haha I was so frustrated by the bad scales and the inconsistent default

Bethany de Gant (10/22/2019 08:32:51 PDT):
>Same!!

Anneke Buffone (10/22/2019 08:32:52 PDT):

>Definitions

Anneke Buffone (10/22/2019 08:33:23 PDT):
>Yeah no I don't think we should give one for PU

Anneke Buffone (10/22/2019 08:33:29 PDT):
>We are not there yet.

Anneke Buffone (10/22/2019 08:33:33 PDT):
>Unless we use our own

Bethany de Gant (10/22/2019 08:33:46 PDT):
>thank you for wading into this quagmire with us

Anneke Buffone (10/22/2019 08:33:49 PDT):
>There is no paper that is good enough with a good enough definition.

Judy Jinn (10/22/2019 08:33:52 PDT):
>I think we should use our own then and be really clear that there's no consensus in literature

Anneke Buffone (10/22/2019 08:33:58 PDT):
>Yes agreed

Anneke Buffone (10/22/2019 08:50:24 PDT):
>"
>To date, there is no consensus among researchers regarding the definition of problematic social media use due to the conceptual confusion surrounding the classification of problematic internet use. "

Judy Jinn (10/22/2019 08:50:48 PDT):
>Ah fun..

Anneke Buffone (10/22/2019 08:51:56 PDT):
>Haha my blood is slightly boiling lol.

Anneke Buffone (10/22/2019 08:52:10 PDT):
>When is this Mark meeting, what is the agenda and what is the purpose?

Anneke Buffone (10/22/2019 08:52:32 PDT):
>I feel like I want to spend more time with all of this mess of a literature

Judy Jinn (10/22/2019 08:53:52 PDT):
>Definitely take your best stab at it. Either use your own definition or one that jives with you the most. I see a similar statement for well-being and anxiety but all the attempts to define the constructs circle around a same central theme so in the end I leaned towards the more cited and eloquently worded definitions.

Anneke Buffone (10/22/2019 08:54:14 PDT):
>How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?
>- How often do you neglect household chores to spend more time online?
>- How often do you feel that you should decrease the amount of time spent online?
>- How often do you daydream about the Internet?
>- How often do you spend time online when you'd rather sleep?
>- How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed?

Bethany de Gant (10/22/2019 08:54:21 PDT):
>The review with Mark is on 10/31

Anneke Buffone (10/22/2019 08:55:09 PDT):
>I mean srsly? Some of these are plain weird "I fantasize about the internet"?

Anneke Buffone (10/22/2019 08:55:48 PDT):
>Only silver lining is that ALL of the scales are frequency based

Shruti Bhutada (10/22/2019 09:00:26 PDT):
>this seems geared towards addiction/ mental illness-y (doing something to such an extent that it gets in the way of your daily life) so maybe they are trying to measure something similar to internet addiction?

Anneke Buffone (10/22/2019 09:19:34 PDT):
>Ok: We define problematic use as lack of perceived control or feelings of guilt over Facebook usage resulting in negative life impact in at least one of these areas: sleep, parenting & family, social relationships, or productivity. In order for a user to qualify as affected by problematic use, they have to experience both difficulty controlling their Facebook usage or feeling guilty about their usage and perceive that Facebook has a negative impact in a key area.

Anneke Buffone (10/22/2019 09:21:00 PDT):
>This is our team's newest. Just updated with Davina

Anneke Buffone (10/22/2019 09:22:50 PDT):
>Just FYI - these are other scale items that I am dealing with. I do not agree this captures PU as either a social psychologist or what I know from clinical: I have used Facebook to talk with others when I was feeling isolated; I have used Facebook to make myself feel better when I was down; I have used Facebook to make myself feel better when I've felt upset; When I haven't been on Facebook for some time, I become preoccupied with the thought of going on Facebook; I would fell lost if I was unable to go on Facebook

Bethany de Gant (10/22/2019 09:26:34 PDT):
>Thanks for noting this - can you comment in the doc too wherever you feel a definition is wrong or insufficient?

Bethany de Gant (10/22/2019 09:26:57 PDT):
>Maybe just where they're clearly wrong... I imagine you'd be commenting on every line for insufficient

Anneke Buffone (10/22/2019 09:28:03 PDT):
>Yeah mostly they don't even define it in any clear way like in our definition.

Anneke Buffone (10/22/2019 09:29:53 PDT):
>Bethany tbh this is a bit more work than I can do today. I have a lot of meetings. But I will work with you for the remainder of the week to make sure what we end up with is solid. I don't want to deliver something half-baked with this lit review.

Anneke Buffone (10/22/2019 09:30:15 PDT):
>Not the commenting bit - making sure that all relevant papers are included. :)

Bethany de Gant (10/22/2019 10:07:32 PDT):
>Totally understand, thanks for letting me know Anneke! I'll add in our internal def for now

Anneke Buffone (10/22/2019 13:11:57 PDT):
>This is gold " Two schools of thought have emerged: those authors who believe that Internet addiction merits classification as a new or emerging psychiatric disorder in its own right, and those who define certain individuals as having problematic Internet use in relation to specific online activities, such as gambling, email or pornography. Despite a total lack of methodologically sound research, the evidence appears to support the second perspective. It appears that individuals who are premorbidly vulnerable, especially with a history of impulse control and addictive disorders, are especially at risk of using the Internet in a problematic way."

Anneke Buffone (10/22/2019 13:12:18 PDT):
>Despite a total lack of methodologically sound research,

Anneke Buffone (10/22/2019 13:12:22 PDT):
>Lol

Judy Jinn (10/22/2019 13:12:40 PDT):
>Haha amazing.

Anneke Buffone (10/22/2019 13:13:00 PDT):
>I read it and was like BHAM

Anneke Buffone (10/22/2019 13:13:04 PDT):

>Hehe

Judy Jinn (10/22/2019 13:13:07 PDT):
>I actually have come across similar statements for anxiety claiming that anxiety diagnoses only occurred after somebody popularized the word anxiety

Anneke Buffone (10/22/2019 13:13:19 PDT):
>Yeah anxiety is vague.

Anneke Buffone (10/22/2019 13:13:27 PDT):
>Neuroticism is one thing etc.

Anneke Buffone (10/22/2019 13:13:36 PDT):
>Even stress people argue over whether it exists.

Judy Jinn (10/22/2019 13:13:52 PDT):
>Ughh psychology. Y u do dis? lol

Anneke Buffone (10/22/2019 13:13:59 PDT):
>Though at least that is physiologically defined. So THAT community has a def.

Anneke Buffone (10/22/2019 13:14:16 PDT):
>Haha I know. I say this all the time...

Judy Jinn (10/22/2019 13:14:46 PDT):
>Lol I just read this "However, very early on in the research Ryff and Keyes (1995) identified that ‚the absence of theory-based formulations of well-being is puzzling' (pp. 719–720). The
>question of how wellbeing should be defined (or spelt) still remains largely unresolved, which"

Anneke Buffone (10/22/2019 13:15:06 PDT):
>lol ...puzzlimng

Anneke Buffone (10/22/2019 13:15:12 PDT):
>Academic for WTF

Judy Jinn (10/22/2019 13:15:58 PDT):
>Sometimes it's a wonder that the world has even advanced as far as it has lol

Anneke Buffone (10/22/2019 13:15:59 PDT):
>BTW for what it's worth: https://www.nber.org/papers/w15911

Anneke Buffone (10/22/2019 13:16:40 PDT):
>Trust and well-being - making the case that they are extremely related. I am trying to pitch hard on this as one of our foci in the future

Judy Jinn (10/22/2019 13:16:48 PDT):
>I just read that paper actually

Judy Jinn (10/22/2019 13:17:21 PDT):
>(no definition of well-being lol) But i do think it's important to look at.

Judy Jinn (10/22/2019 13:17:45 PDT):
>Maybe we just start weaving the question in with our other well-being studies from now on or something...

Anneke Buffone (10/22/2019 13:18:04 PDT):
>Yeah

Anneke Buffone (10/22/2019 13:18:05 PDT):
>Nope

Anneke Buffone (10/22/2019 13:18:12 PDT):
>No defs ever

Anneke Buffone (10/22/2019 13:19:14 PDT):
>I think that is a good idea, but I am still working on a measurement framework for trust. It is less clear what the best questions are and what the exact trust people problems. Hoping to kick something about it off next half if I can get Chandra bought in ...and you guys ;)

Anneke Buffone (10/22/2019 13:20:00 PDT):
>https://www.authentichappiness.sas.upenn.edu/learn/wellbeing

Anneke Buffone (10/22/2019 13:20:47 PDT):
>Marty's def: Here then is well-being theory: well-being is a construct; and well-being, not happiness, is the topic of positive psychology. Well-being has five measurable elements (PERMA) that count toward it:
>
>Positive emotion (Of which happiness and life satisfaction are all aspects)
>Engagement
>Relationships
>Meaning and purpose
>Accomplishment
>No one element defines well-being, but each contributes to it. Some aspects of these five elements are measured subjectively by self-report, but other aspects are measured objectively.

Judy Jinn (10/22/2019 13:21:02 PDT):
>Ah yeah PERMA. Very similar to Ryff

Anneke Buffone (10/22/2019 13:21:14 PDT):
>Well being is a thing and the thing is what positive psychology studies. AWESOME def

Anneke Buffone (10/22/2019 13:21:15 PDT):
>Lol

Judy Jinn (10/22/2019 13:22:02 PDT):
>Except this is also a narrow definition more akin to subjective well-being, not well-being broadly which big orgs like WHO, OECD, etc also include objective measures

Anneke Buffone (10/22/2019 13:22:16 PDT):
>Yeah...it is a mess

Judy Jinn (10/22/2019 13:22:26 PDT):
>Yeah it's so confusing.

Judy Jinn (10/22/2019 13:22:56 PDT):
>I actually think most of the time when people say well-being they're mostly thinking of subjective well-being.

Anneke Buffone (10/22/2019 13:23:32 PDT):
>OMG

Anneke Buffone (10/22/2019 13:23:33 PDT):
>According to wikipedia well-being is:
>
>"a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual, or medical state; high well-being means that, in some sense, the individual or group's experience is positive, while low well-being is associated with the negative."

Anneke Buffone (10/22/2019 13:23:49 PDT):
>Does wikipedia do a better job defining WB than papers.

Judy Jinn (10/22/2019 13:23:59 PDT):
>Yes it does haha

Anneke Buffone (10/22/2019 13:24:04 PDT):
>Shoot me

Judy Jinn (10/22/2019 13:24:35 PDT):
>Gallup has the best I've seen so far

Judy Jinn (10/22/2019 13:24:42 PDT):
>Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives: Career Wellbeing, Social Wellbeing, Financial Wellbeing, Physical Wellbeing, and Community Wellbeing.

Anneke Buffone (10/22/2019 13:24:52 PDT):
>I want to wack all of these academics.

Judy Jinn (10/22/2019 13:24:59 PDT):
>Except it then uses the word wellbeing in its definition of wellbeing. Great

Anneke Buffone (10/22/2019 13:25:19 PDT):
>Srsly this should be hammered into any grad student. First thing in a paper: DEFINE YOUR CONSTRUCT.

Anneke Buffone (10/22/2019 13:25:50 PDT):
>Well-Being is defined ...as well-being

Judy Jinn (10/22/2019 13:27:17 PDT):
>Bethany and I talked about this and we think it's totally fair to make a definition from a person's assessments (like the survey). Just need to paraphrase their assessment into a more legible definition. That's what I think I will ultimately do for the clinical def of addiction.
>
>Then I think if we can define internet "addiction" in a clear way that shows why it is different than addiction to substances/gambling I think that will make our point clear.

Judy Jinn (10/22/2019 13:28:13 PDT):
>We may end up needing to kind of massage all these different "definitions" we find into a single one that makes sense.

Anneke Buffone (10/22/2019 13:28:42 PDT):
>Yes doing that in a quip. First saying that both defs and measurement are inconsistent and mostly subpar. Then going into the common elements and how it informs our framework and def

Shruti Bhutada (10/22/2019 14:13:24 PDT):
>I added mental health and will add illness later today

Shruti Bhutada (10/22/2019 14:14:06 PDT):
>WHO's page which defines mental health is literally titled: mental health: a state of well-being

Shruti Bhutada (10/22/2019 14:14:12 PDT):
>Like what?!

Anneke Buffone (10/22/2019 14:15:59 PDT):
>I have never met you, Shruti, but I like you!

Shruti Bhutada (10/22/2019 14:16:42 PDT):

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Judy Jinn (10/22/2019 15:34:43 PDT):
>I saw that too. I was like "great." haha

Bethany de Gant (10/22/2019 16:58:44 PDT):

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Bethany de Gant (10/22/2019 16:58:54 PDT):
>Social comparison is no better....

Bethany de Gant (10/22/2019 16:59:10 PDT):

>You know it's bad when they're talking about squirrels

Bethany de Gant (10/22/2019 17:00:08 PDT):

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Bethany de Gant (10/22/2019 17:00:13 PDT):
>again with better clarity

Judy Jinn (10/22/2019 17:00:57 PDT):
>omfg lol

Bethany de Gant (10/22/2019 17:01:43 PDT):
>Is this real life... what...

Judy Jinn (10/22/2019 17:02:08 PDT):
>Is that a really old paper? I feel like pre 1970 science writing was so flowery and had random quips like that

Anneke Buffone (10/22/2019 17:02:47 PDT):
>Is this from social psychologists? They often had weird jokes back in that time!

Anneke Buffone (10/22/2019 17:03:15 PDT):
>One paper I recall mentioned that some data being lost due to a goat entering a classroom

Shruti Bhutada (10/22/2019 17:05:22 PDT):
>I guess at least they had fun with research back then? @@

Bethany de Gant (10/22/2019 17:06:19 PDT):
>2000!!

Bethany de Gant (10/22/2019 17:06:22 PDT):
>so not that old!

Shruti Bhutada (10/22/2019 17:06:38 PDT):
>Squirrel tracks....

Shruti Bhutada (10/22/2019 17:06:48 PDT):

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Bethany de Gant (10/22/2019 17:06:51 PDT):
>but yes social/clinical psych

Anneke Buffone (10/22/2019 17:08:06 PDT):
>Yeah huge let down when I started and things became too serious. So now I am here so I can be a part of this thread. ;)

Judy Jinn (10/22/2019 17:08:18 PDT):

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Judy Jinn (10/22/2019 17:08:36 PDT):
>(irrelevant gif, just hilarious)

Shruti Bhutada (10/22/2019 17:09:00 PDT):
>I know... this thread is giving me life! I was breaking my head against the wall thinking there must be something wrong with my googling skills that I could not find a straight definition of mental health....

Anneke Buffone (10/22/2019 17:09:05 PDT):

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Anneke Buffone (10/22/2019 17:09:07 PDT):

>Squirrel well-being

Bethany de Gant (10/22/2019 17:09:33 PDT):
>Same!!

Anneke Buffone (10/22/2019 17:09:44 PDT):
>Leave it to the German to begin complaining. One of our finest qualities. LOL

Shruti Bhutada (10/22/2019 17:09:45 PDT):
>Squirrel well-being sounds like something Facebook should definitely care about!

Anneke Buffone (10/22/2019 17:09:55 PDT):
>Me too!

Anneke Buffone (10/22/2019 18:17:12 PDT):
>@silent: First pass :) https://fb.quip.com/6Lu2AgegMv0c

Anneke Buffone (10/22/2019 18:17:12 PDT):

Anneke Buffone (10/22/2019 18:52:05 PDT):
>@silent
https://docs.google.com/spreadsheets/d/1oN18spEwlRmlrU7Sp3nV1CnljC7ajz8TVsMMP0SQCmQ/edit#gid=1019640559 see PU Tab, happy to keep chugging away at this more.

Anneke Buffone (10/22/2019 18:52:06 PDT):

Judy Jinn (10/22/2019 18:52:58 PDT):
>@silent Awesome work. Thank you!

Judy Jinn (10/22/2019 18:53:27 PDT):
>@silent I think as long as you're fairly satisfied with what you have so far, there's no need to delve deeper into the literature than what you have so far.

Judy Jinn (10/22/2019 18:54:37 PDT):
>@silent do you still have time to tackle the internet addiction definition?

Anneke Buffone (10/22/2019 18:59:56 PDT):
>@silent Yes can work on that tomorrow but I did add those into the PU sheet. Should they be separate?

Anneke Buffone (10/22/2019 19:00:16 PDT):
>@silent UGH I am a researcher...I can never be satisfied

Judy Jinn (10/22/2019 19:04:58 PDT):
>@silent oh I see. I can just rename that particular tab PU/Internet addiction. Do you have a general definition of internet addiction you can plop into the first tab of the spreadsheet?

Judy Jinn (10/22/2019 19:05:48 PDT):
>@silent gah i din't read what you just said haha okay will wait till tomorrow

Anneke Buffone (10/22/2019 19:05:54 PDT):
>@silent ...same issue as with PU. Will see what the best one is but often they define only addiction more generally which is less useful

Anneke Buffone (10/22/2019 19:06:33 PDT):
>@silent still working actually but have to respond to survey review tasks. Fun times. I am oncall tomorrow, too.

Judy Jinn (10/22/2019 19:07:04 PDT):
>@silent Jeez. Busy schedule.

Bethany de Gant (10/22/2019 19:21:57 PDT):

>Just chatted with Eden as she was heading out - she mentioned that they're hoping to have the glossary by EOD tomorrow and that it doesn't have to be perfect. The reason is that Emily Dalton's team is presenting to (I think Antonio) at 4pm and they just want to be able to say what the difference is between loneliness and sadness, loneliness and SC, etc in case it gets asked.

Bethany de Gant (10/22/2019 19:22:19 PDT):
>So as long as we have some definitions by EOD tmo it's okay

Bethany de Gant (10/22/2019 19:22:27 PDT):
>she also said she'll ask alessandra to help us tmo1

Judy Jinn (10/22/2019 19:22:30 PDT):
>Awesome

Anneke Buffone (10/22/2019 19:22:56 PDT):
>Sounds good to me. :)

Anneke Buffone (10/22/2019 19:23:14 PDT):
>Just ping me for help in whichever way is most useful. Adding internet addiction now




WHO




WHAT




WHEN




HOW



































































































A Selective History of Classic and Neo-Social Comparison Theory

JERRY SULS AND LADD WHEELER

is brief history of the field from 1950 to the early 1980s, Wheeler (1991) observed t

> Social comparison theory has a most peculiar history. Pictorially, the history is like the tracks of a squirrel in my snow-covered backyard. The tracks zig and zag unpredictably and then disappear near an elm, to be next seen near a maple, or the tracks may be obscured by those of other squirrels, or rabbits. (p. 3)

is chapter, we provide a historical context for the chapters in this handbook. Although w cover some of the same ground as the previous brief history, we also provide an update elopments during the 1980s and 1990s. Perhaps with almost 20 additional years of researc

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In his brief history of the field from 1950 to the early 1980s, Wheeler (1991) observed that

> Social comparison theory has a most peculiar history. Pictorially, the history is like the tracks of a squirrel in my snow-covered backyard. The tracks zig and zag unpredictably and then disappear near an elm. As he next seen near a maple, or the tracks may be obscured by those of other squirrels, or rabbits. (p. 1)























































































































































































































































































































































