

# How ‘Ghosting’ Is Linked to Mental Health

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Check your phone. Are there any unanswered texts, snaps or direct messages that you’re ignoring? Should you reply? Or should you “ghost” the person who sent them?

Ghosting happens when someone cuts off all online communication with someone else without an explanation. Instead, like a ghost, they just vanish. The phenomenon is common on social media and dating sites, but with the isolation brought on by the pandemic — forcing more people together online — [it happens now more than ever](#).

I am a [professor of psychology](#) who studies the role of technology use in interpersonal relationships and well-being. Given the negative psychological consequences of thwarted relationships — especially in [the emerging adulthood years](#), ages 18 to 29 — I wanted to understand what leads college students to ghost others, and if ghosting had any perceived effects on one’s mental health.

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