

# Facebook Users: Ruminating or Savoring?

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In case you missed it, the cameras were rolling at the APS 23rd Annual Convention in Washington, DC. Watch Sara M. Locatelli of the Department of Veterans Affairs and Loyola University, Chicago present her poster session research on “Facebook Use, Rumination, Savoring, and Personality: Influence on Health and Life Satisfaction.”

Locatelli and her coauthors examined Facebook use among college students — specifically status updates — to look for links among Facebook use, rumination, savoring, and specific health outcomes. They found a connection between Facebook use and rumination but no link between Facebook use and savoring. Their survey also indicated that Facebook is associated with increased depression, decreased life satisfaction, and increased physical symptoms.

For more on Facebook and mental health, read [research from \*Psychological Science\*](#) on why Facebook might be bad for users with low self-esteem.