Data Article

Data set concerning the use of social networking sites and mental health problems among the young generation in Bangladesh

Md. Rabiul Islam, PhD\textsuperscript{a,}\textsuperscript{*}, Md. Ismail Tushar\textsuperscript{b}, Sanjida Jannath\textsuperscript{a}, Amena Ahmed Moona\textsuperscript{a}, Shahinur Akter\textsuperscript{a}, Sardar Mohammad Ashraful Islam\textsuperscript{a}

\textsuperscript{a} Department of Pharmacy, University of Asia Pacific, 74/A Green Road, Farmgate, Dhaka 1205, Bangladesh
\textsuperscript{b} Department of Pharmaceutical Sciences, North South University, Bashundhara, Dhaka 1229, Bangladesh

\begin{abstract}
The article depicts a unique dataset of responses from 791 adults to a self-made questionnaire of five sections sent via Google survey tool (Google form) from February 4, 2021, to March 18, 2021 [1]. We collected responses for establishing a paradigm of the relationship between the social networking sites (SNS) use and four dimensions of psychological distress including depression, anxiety, loneliness, and sleep disturbances. Facebook is the most popular social media in Bangladesh, we observed 669 Facebook users and 122 non-Facebook-users aged between 15 to 40 years in this data set. We analyzed the collected data using the Microsoft Excel (version 2016) and presented as frequencies and percentages based on responses to the whole survey. The survey contained items focusing on (i) sociodemographic information, (ii) usage patterns of SNS, (iii) assessment of mental health problems. We collected responses from all across the country regardless of sociodemographic background. Therefore, government authorities and healthcare providers can use this data for dealing with the mental health issues concerning the use of SNS.
\end{abstract}

\textsuperscript{*} Corresponding author.
E-mail addresses: robi.ayaan@gmail.com (Md.R. Islam), ashraf@uap-bd.edu (S.M.A. Islam).

https://doi.org/10.1016/j.dib.2021.107593
2352-3409/© 2021 The Author(s). Published by Elsevier Inc. This is an open access article under the CC BY license (http://creativecommons.org/licenses/by/4.0/)
Specifications Table

| Subject          | Social science |
|------------------|----------------|
| Specific subject area | Social media, Psychology |
| Type of data     | Table and figure |
| How data were acquired | Google survey tools (Google Forms) |
| Data format      | Raw and analysed |
| Parameters for data collection | Respondents were chosen based on convenient sampling technique. We collected responses from participants aged between 15–40 years who were Bangladeshi ethnicity and living in Bangladesh. Inclusion criteria were social media users who were willing to participate in this study irrespective of background or socio-demographic variables. |
| Description of data collection | We conducted this concurrent cross-sectional study from February 4, 2021, to March 18, 2021 using Google survey tools (Google Forms). A self-reported questionnaire was sent to the participants through e-mail, Facebook, Messenger, WhatsApp, Instagram, etc. The structured questionnaire was designed to collect the general information about the participants. We applied different scales (UCLA-8, PHQ-9, GAD-7, and PSQI) for psychometric measurements. The survey questionnaire and all the answers to the questions in English have been provided as supplementary files 1 and 2. |
| Data source location | Researchers from University of Asia Pacific, Dhaka, have collected data from across the Bangladesh. |
| Data accessibility | Data is within this article |
| Related research article | M.R. Islam, S. Jannath, A.A. Moona, S. Akter, M.J. Hossain, S.M.A. Islam. Association between the use of social networking sites and mental health of young generation in Bangladesh: A cross-sectional study, J. Community Psychol. 49(7) (2021) 2276–2297. [https://doi.org/10.1002/jcop.22675](https://doi.org/10.1002/jcop.22675) |

Value of the Data

- This data set contains responses from people of a target age limit (15–40) who belong to the young generation. The data set shows the vulnerability of mental health of the young generation in Bangladesh due to the use of SNS.
- The data can help researchers finding out the factors for poor mental health concerning the use of SNS among the young Bangladeshi population.
- Government authorities and non-government organizations can use this data set as part of their policymaking and developing models to improve mental health related to the use of social media.
- This evidence-based study can utilize in designing prevention programs for mental health issues like loneliness, anxiety, depression, and sleep disturbances by policymakers.
- The data set can provide in-depth insights into the impacts of social media in our lives by causing mental health problems.

1. Data Description

Social media has transformed our way of communication and interaction with people. It explicitly holds a major contributing factor for killing time. Is it good or bad in our day-to-day
Table 1
Distribution of responses based on the UCLA Loneliness Scale-8 (UCLA-8).

| S. No. | English Statements | Frequency (n) | Percentage (%) |
|--------|-------------------|---------------|----------------|
| 1      | I lack companionship |               |                |
|        | I never feel this way | 213 | 26.93          |
|        | I rarely feel this way | 220 | 27.81          |
|        | I sometimes feel this way | 267 | 33.76          |
|        | I often feel this way | 91  | 11.50          |
| 2      | There is no one I can turn to |       |                |
|        | I never feel this way | 286 | 36.16          |
|        | I rarely feel this way | 214 | 27.05          |
|        | I sometimes feel this way | 217 | 27.43          |
|        | I often feel this way | 74  | 9.36           |
| 3      | I am an outgoing person |       |                |
|        | I never feel this way | 180 | 22.76          |
|        | I rarely feel this way | 164 | 20.73          |
|        | I sometimes feel this way | 269 | 34.01          |
|        | I often feel this way | 178 | 22.50          |
| 4      | I feel left out |       |                |
|        | I never feel this way | 264 | 33.38          |
|        | I rarely feel this way | 189 | 23.89          |
|        | I sometimes feel this way | 253 | 31.98          |
|        | I often feel this way | 85  | 10.75          |
| 5      | I feel isolated from others |       |                |
|        | I never feel this way | 259 | 32.74          |
|        | I rarely feel this way | 176 | 22.25          |
|        | I sometimes feel this way | 251 | 31.73          |
|        | I often feel this way | 105 | 13.28          |
| 6      | I can find companionship when I want it |       |                |
|        | I never feel this way | 138 | 17.45          |
|        | I rarely feel this way | 176 | 22.25          |
|        | I sometimes feel this way | 268 | 33.88          |
|        | I often feel this way | 209 | 26.42          |
| 7      | I am unhappy being so withdrawn |       |                |
|        | I never feel this way | 244 | 30.85          |
|        | I rarely feel this way | 194 | 24.53          |
|        | I sometimes feel this way | 265 | 33.50          |
|        | I often feel this way | 88  | 11.12          |
| 8      | People are around me but not with me |       |                |
|        | I never feel this way | 212 | 26.80          |
|        | I rarely feel this way | 187 | 23.64          |
|        | I sometimes feel this way | 271 | 34.26          |
|        | I often feel this way | 121 | 15.30          |

life - is a big question for us. It is rational to conduct studies on its relation to our mental health condition. As an attempt, this cross-sectional study was planned, designed, and carried out. We constructed the survey questionnaire in separate sections to measure four mental illnesses by following internationally validated scales: the UCLA Loneliness Scale-8 (UCLA-8), Patient Health Questionnaire-9 (PHQ-9), 7-item Generalized Anxiety Disorder (GAD-7) Scale, and Pittsburgh Sleep Quality Index (PSQI) [2–5].

The survey data set provides insights about the usage pattern and triggering factors for mental health problems due to the use of SNS. It also provides perceptions of what people think about social media and SNS-induced depression, anxiety, loneliness, and sleep disorders. We obtained responses from authentic users of a specified age limit and different sociodemographic backgrounds in Bangladesh. The data set comprises (i) assessment of loneliness (UCLA-8) in Table 1, (ii) Assessment of depression (PHQ-9) in Table 2, (iii) Assessment of anxiety (GAD-7) in Table 3, (iv) Assessment of sleep disturbances (PSQI) in Table 4. It also presents a flowchart of the collection and exclusion procedure of data (viii) Fig. 1. Based on the present dataset, it
Table 2
Distribution of responses based on the Patient Health Questionnaire-9 (PHQ-9).

| How often the respondents bothered by any of the below problems since last 2 weeks? | Frequency (n) | Percentage (%) |
|---|---|---|
| Little interest or pleasure in doing things |  |  |
| Not at all | 208 | 26.30 |
| Several days | 375 | 47.41 |
| More than half of the days | 115 | 14.54 |
| Nearly everyday | 93 | 11.75 |
| Feeling down, depressed, or hopeless |  |  |
| Not at all | 257 | 32.49 |
| Several days | 334 | 42.23 |
| More than half of the days | 86 | 10.87 |
| Nearly everyday | 114 | 14.41 |
| Trouble falling or staying asleep, or sleeping too much |  |  |
| Not at all | 286 | 36.16 |
| Several days | 296 | 37.42 |
| More than half of the days | 99 | 12.52 |
| Nearly everyday | 110 | 13.90 |
| Feeling tired or having little energy |  |  |
| Not at all | 207 | 26.17 |
| Several days | 346 | 43.74 |
| More than half of the days | 109 | 13.78 |
| Nearly everyday | 129 | 16.31 |
| Poor appetite or overeating |  |  |
| Not at all | 300 | 37.93 |
| Several days | 297 | 37.55 |
| More than half of the days | 107 | 13.53 |
| Nearly everyday | 87 | 10.99 |
| Feeling bad about yourself or that you are a failure or have let yourself down |  |  |
| Not at all | 359 | 45.39 |
| Several days | 234 | 29.58 |
| More than half of the days | 79 | 9.99 |
| Nearly everyday | 119 | 15.04 |

(continued on next page)
Table 2 (continued)

| Problem                                                                 | Frequency (n) | Percentage (%) |
|-------------------------------------------------------------------------|---------------|----------------|
| How often the respondents bothered by any of the below problems since last 2 weeks? |               |                |
| Trouble concentrating on things                                         |               |                |
| Not at all                                                              | 337           | 42.61          |
| Several days                                                            | 231           | 29.20          |
| More than half of the days                                              | 83            | 10.49          |
| Nearly everyday                                                          | 140           | 17.70          |
| Moving or speaking so slowly that other people could have noticed? Or the opposite |               |                |
| Not at all                                                              | 392           | 49.56          |
| Several days                                                            | 268           | 33.88          |
| More than half of the days                                              | 73            | 9.23           |
| Nearly everyday                                                          | 58            | 7.33           |
| Thoughts that you would be better off dead or of hurting yourself in some way |               |                |
| Not at all                                                              | 472           | 59.67          |
| Several days                                                            | 198           | 25.03          |
| More than half of the days                                              | 58            | 7.33           |
| Nearly everyday                                                          | 63            | 7.97           |
Table 3
Distribution of responses based on the 7-item Generalized Anxiety Disorder (GAD-7) Scale.

| Feeling nervous, anxious, or on edge | Frequency (n) | Percentage (%) |
|--------------------------------------|---------------|----------------|
| Not at all                           | 291           | 36.78          |
| Several days                         | 328           | 41.47          |
| More than half of the days           | 82            | 10.37          |
| Nearly everyday                      | 90            | 11.38          |
| Not being able to stop or control worrying |          |                |
| Not at all                           | 270           | 34.13          |
| Several days                         | 289           | 36.54          |
| More than half of the days           | 104           | 13.15          |
| Nearly everyday                      | 128           | 16.18          |
| Worrying too much about different things |         |                |
| Not at all                           | 245           | 30.97          |
| Several days                         | 289           | 36.54          |
| More than half of the days           | 111           | 14.03          |
| Nearly everyday                      | 146           | 18.46          |
| Felt trouble in relaxing             |               |                |
| Not at all                           | 295           | 37.29          |
| Several days                         | 289           | 36.54          |
| More than half of the days           | 85            | 10.75          |
| Nearly everyday                      | 122           | 15.42          |
| Being so restless that it's hard to sit still |        |                |
| Not at all                           | 352           | 44.50          |
| Several days                         | 258           | 32.62          |
| More than half of the days           | 97            | 12.26          |
| Nearly everyday                      | 84            | 10.62          |
| Becoming easily annoyed or irritable |               |                |
| Not at all                           | 266           | 33.63          |
| Several days                         | 294           | 37.17          |
| More than half of the days           | 86            | 10.87          |
| Nearly everyday                      | 145           | 18.33          |
| Feeling afraid as if something awful might happen | |                |
| Not at all                           | 331           | 41.85          |
| Several days                         | 262           | 33.12          |
| More than half of the days           | 68            | 8.60           |
| Nearly everyday                      | 130           | 16.43          |

is difficult to conclude whether the mental health of the young Bangladeshi population is affected by the use of SNS or the COVID-19 pandemic. Moreover, the COVID-19 pandemic and its responses have enormously impacted individuals’ mental health, social life, physical health, etc., in Bangladesh [6–14]. People were heavily involved with SNS than ever due to the ongoing COVID-19 responses. Therefore, frequent use of SNS during the COVID-19 period might create additional mental health problems.

2. Experimental Design, Materials and Methods

It was not feasible to carry on a face-to-face population-based study due to the ongoing COVID-19 pandemic. Therefore, we designed a self-administered questionnaire using google survey tools (Google Forms) and sent it to the participants through various means like Facebook messenger, email, Instagram, WhatsApp, etc. Inclusion criteria were: any Bangladeshi within 15–40 years who has a social media account or SNS user. Initially, we received 826 responses from February 4, 2021, to March 18, 2021. After careful evaluation of data, we discarded 35 responses due to the partial or incomplete information. We involved people from different education levels, economic statuses, and occupations in this study. Also, we kept the required option for each question in the Google Form. The survey questionnaire contained five sections. The first sec-
Table 4
Distribution of responses based on the Pittsburgh Sleep Quality Index (PSQI).

| Sleep quality measurement parameters during last month | Frequency (n) | Percentage (%) |
|---------------------------------------------------------|---------------|----------------|
| When you have usually gone to bed at night?             |               |                |
| 8.00 PM to 10.00 PM                                     | 47            | 5.94           |
| 10.01 PM to 12.00 AM                                    | 405           | 51.20          |
| 12.01 AM to 2.00 AM                                     | 232           | 29.33          |
| 2.01 AM to 5.00 AM                                      | 107           | 13.53          |
| How long (in minutes) has it usually takes you to fall asleep each night? |     |                |
| Within 15 min                                           | 322           | 40.71          |
| 16–30 min                                               | 281           | 35.52          |
| 31–60 min                                               | 95            | 12.01          |
| More than 60 min                                        | 93            | 11.76          |
| When have you usually gotten up in the morning?         |               |                |
| Within 5.00 AM                                          | 61            | 7.71           |
| 5.01 AM to 7.00 AM                                      | 286           | 36.16          |
| 7.01 AM to 9.00 AM                                      | 245           | 30.97          |
| After 9.00 AM                                           | 199           | 25.16          |
| How many hours of actual sleep did you get at night?    |               |                |
| Less than 4 h                                           | 64            | 8.09           |
| 4 to 6 h                                                | 440           | 55.63          |
| 7 to 8 h                                                | 254           | 32.11          |
| More than 8 h                                           | 33            | 4.17           |
| How many hours you spend in bed?                        |               |                |
| Less than 5 h                                           | 13            | 1.64           |
| 5 to 7 h                                                | 389           | 49.18          |
| 8 to 10 h                                               | 340           | 42.99          |
| More than 10 h                                          | 49            | 6.19           |
| Trouble sleeping because you cannot get to sleep within 30 min |     |                |
| Not during last month                                   | 386           | 48.80          |
| Less than once a week                                   | 177           | 22.38          |
| Once or twice a week                                    | 102           | 12.89          |
| Three or more in week                                   | 126           | 15.93          |
| You wake up in the middle of night or early in the morning |         |                |
| Not during last month                                   | 294           | 37.17          |
| Less than once a week                                   | 226           | 28.57          |
| Once or twice a week                                    | 142           | 17.95          |
| Three or more in week                                   | 129           | 16.31          |
| You have to get up to use the bathroom                  |               |                |
| Not during last month                                   | 304           | 38.43          |
| Less than once a week                                   | 208           | 26.30          |
| Once or twice a week                                    | 153           | 19.34          |
| Three or more in week                                   | 126           | 15.93          |
| Trouble in sleep because you cannot breathe comfortably  |               |                |
| Not during last month                                   | 466           | 58.91          |
| Less than once a week                                   | 177           | 22.38          |
| Once or twice a week                                    | 92            | 11.63          |
| Three or more in week                                   | 56            | 7.08           |
| Trouble in sleep because of cough or snore loudly       |               |                |
| Not during last month                                   | 427           | 53.98          |
| Less than once a week                                   | 195           | 24.65          |
| Once or twice a week                                    | 79            | 9.99           |
| Three or more in week                                   | 90            | 11.38          |
| Trouble in sleep because of feeling too cold            |               |                |
| Not during last month                                   | 362           | 45.76          |
| Less than once a week                                   | 208           | 26.30          |
| Once or twice a week                                    | 139           | 17.57          |
| Three or more in week                                   | 82            | 10.37          |

(continued on next page)
tion was regarding the socio-demographic profiles and the usage pattern of social media in the respondents. Seven questions regarding socio-demographic profile followed by names of social media use, time spent, number of friends and groups, what they think of social media affecting their mental health, etc. questions were involved.

The second section had eight questions about “how often the respondents feel the below statements descriptive of you in the past 30 days?” to figure out loneliness. Each question had four options: I never feel this way, I rarely feel this way, I sometimes feel this way, I often feel this way. The third section had nine questions about “how often the respondents bothered by any of the below problems since last two weeks?” with four options: not at all, several days, more than half of the days, nearly every day to figure out depression among the participants. The fourth section had seven questions about “how often the respondents were bothered by the following problems in the last two weeks?” with the options - not at all, several days, more than half of the days, and nearly every day to measure anxiety among them. The final section was to measure sleep disturbances. This section contained nineteen structured questions about their overall sleep quality during the last month. Finally, these nineteen questions were grouped into seven components to calculate the sleep equally score on a four-point scale [15–18].
After the collection of data, we analyzed them using Microsoft Excel (version 2016). We calculated the frequency and percentage of collected data and presented it in table format. However, the collected information using electronic platforms may not always be representative of the population.

**Ethics Statement**

Committee for Advanced Studies at the Department of Pharmacy, University of Asia Pacific approved this study protocol (No. UAP/Pharm/2021/01004). We obtained electronic informed consent from all participants for this study. Also, we took informed consent from legal guardians in the case of minors who participated in the study.

**Declaration of Competing Interest**

The authors do not have any conflict of interest to declare.

**CRediT Author Statement**

Md. Rabiul Islam: Visualization, Data curation, Writing – original draft, Supervision; Md. Ismail Tushar: Data curation, Formal analysis, Writing – original draft; Sanjida Jannath: Data curation, Formal analysis, Writing – original draft; Amena Ahmed Moona: Visualization, Data curation, Writing – original draft, Supervision, Formal analysis; Shahinur Akter: Data curation, Formal analysis, Writing – original draft; Sardar Mohammad Ashraful Islam: Visualization, Data curation, Writing – original draft, Supervision.
Acknowledgments

All the authors are thankful to the participants for their cooperation in this study.

Supplementary Materials

Supplementary material associated with this article can be found in the online version at doi:10.1016/j.dib.2021.107593.