



# Facebook “mommy groups”: Upward and downward social comparison

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## Foreword

Submitted in partial fulfilment of the requirements of the BSc Psychology degree, Reykjavik University, this thesis is presented in the style of an article for submission to a peer-reviewed journal.

### Abstract

Facebook is a growing community for support groups for mothers but little is known about who participates in these groups and what impact they may have on mothers' well-being and self-esteem. The aims of the present study were, therefore, to: 1) examine if mothers that participated in “mommy groups” differed from those that did not and 2) investigate, within, the “mommy group”, the impact of upward and downward social comparison on symptoms of depression and anxiety and self-esteem. Participants (n=136), recruited through Facebook, were mothers who had a child under the age of three years. Participants completed a survey assessing self-esteem, symptoms of depression and anxiety, and tendency to use upward and downward social comparison. The findings indicated that there were no differences between mothers that were in “mommy groups” and mothers that were not in those groups on demographic characteristics, depressive and anxiety symptoms or self-esteem. Mothers, within the “mommy groups”, that used high levels of upward social comparison had higher levels of depressive and anxiety symptoms and lower levels of self-esteem than mothers that used low levels of upward social comparison. Although majority of the mothers (58.8%) reported that the “mommy group” provided them with companionship over 20% experienced negative discussions within the group like competition between mothers (23.6%). The findings suggest that mothers who compare themselves to mothers that they perceive are doing better than themselves might benefit less from Facebook “mommy groups” than other mothers.

*Keywords:* Facebook, “mommy groups”, social comparison, self-esteem, depression, anxiety

### Útdráttur

Samfélagsmiðillinn Facebook er vaxandi vettvangur stuðningshópa fyrir mæður. Lítið er vitað um hverjir þátttakendur slíkra hópa eru og áhrif hópanna á vellíðan og sjálfsálit mæðra. Markmið þessarar rannsóknar voru í fyrsta lagi að rannsaka hvort munur hafi verið á mæðrum sem voru þátttakendur í mömmuhópum og mæðrum sem voru það ekki. Í öðru lagi að rannsaka, innan mömmuhópsins, áhrif félagslegs samanburðar við mæður sem eru annars vegar betur settar og hins vegar verr settar, á kvíða- og depurðareinkenni og sjálfsálit. Þátttakendur voru 136 mæður barna undir þriggja ára aldri sem fundnar voru í gegnum Facebook. Þátttaka fól í sér að fylla út könnun sem mat sjálfsálit, einkenni depurðar og kvíða og tilhneigingu til þess að bera sig félagslega saman við mæður sem voru betur settar og mæður sem voru verr settar. Niðurstöður rannsóknarinnar gáfu til kynna að enginn munur var á bakgrunnsupplýsingum, kvíða- og depurðareinkennum og sjálfsáliti mæðra sem annars vegar voru þátttakendur í mömmuhóp og hins vegar mæðra sem voru það ekki. Mæður innan mömmuhópsins sem báru sig mikið saman við betur staddar mæður voru með meiri einkenni depurðar og kvíða og lægra sjálfsálit en þær sem báru sig minna saman við betur staddar mæður. Þrátt fyrir að meirihluti mæðranna (58,8%) töldu að mömmuhópurinn veitti þeim félagsskap, upplifðu yfir 20% þeirra einnig neikvæðar umræður innan hópsins svo sem samkeppni á milli mæðra (23,6%). Þessar niðurstöður benda til þess að mæður sem bera sig saman við aðrar mæður, sem þær upplifa sem betur staddar, gætu því haft minni ávinning af þátttöku í mömmuhópum á Facebook en aðrar mæður.

*Lykilhugtök:* Facebook, mömmuhópar, félagslegur samanburður, sjálfsálit, depurð, kvíði

## Facebook “mommy groups”: Upward and downward social comparison

Facebook is now one of the most popular social networking sites in the world. It was launched in 2004 and in 2015 it had over a billion users active daily (Anderson, Fagan, Woodnutt, & Chamorro-Premuzic, 2012; Facebook, 2015). Facebook offers their users a large variety of ways for communication. For example it allows people to create their own profile, which they use to interact with their friends, co-workers and family, or to meet new people. Facebook users can view other people’s profiles to learn about their interests, hobbies, and relationship status. It also allows people to communicate with their friends by posting comments on their activities (Ellison, Steinfield, & Lampe, 2007) wish them a happy birthday, upload photos, and see what their friends have been up to by scrolling through their newsfeed (Knowles, Haycock, & Shaikh, 2015). Despite all the positive effects that Facebook has, it also has its downside.

Social networking sites provide new opportunities for people to compare themselves to others and that can have negative effect on peoples well being (Feinstein et al., 2013). Researches have shown that people tend to present the positive aspects of their lives to their friends on social media rather than the negative ones to show more positive social image. Therefore people seem happier than they might actually be in real life when viewed on social networking sites such as Facebook (Qui, Lin, Leung, & Tov, 2012). This can increase negative comparison between Facebook users, cause envy, and even lead to depression (Appel, Gerlach, & Crusius, 2016).

People are constantly comparing themselves to other people, especially to people who they are similar to. They evaluate their ability by comparing their performance to other people’s performance, looking for acceptance and sense of belonging to a group (Festinger, 1954). New researches suggest that people do not only use social comparison for evaluating

their ability, acceptance and sense of belonging, but also to maintain their self-esteem and manage their emotions (Aspinwall & Taylor, 1993).

The process when an individual compares himself to someone who is superior to him in some way is called upward social comparison (Heckhausen & Krueger, 1993; Vogel, Rose, Roberts, & Eckles, 2014). Research on social comparison and self-esteem on social media have shown that people who are exposed to upward comparison on social media have lower self-esteem than those who are exposed to downward comparison and that those who are more active on social media are more likely to experience upward comparison (Vogel et al., 2014).

Research have shown that social comparison on Facebook, where people experience themselves negatively, can cause people to engage more in rumination, which is when people start focusing more on their own distress, which can lead to depression (Feinstein et al., 2013). People who are unhappy, have low self-perception and self-esteem are also more likely to engage in negative social comparison than happier people, so the affect of social comparison on Facebook can vary among users (de Vries & Kühne, 2015; Vogel, Rose, Okdie, Eckles, & Franz, 2015)

There are also some evidence that indicate that the more active individuals are on Facebook, the more likely they are to think that their Facebook friends are happier than themselves, especially if they do not know these friends personally (Chou & Edge, 2012). According to Rosenberg and Egbert (2011), the fact that people who use social networking sites, such as Facebook, can choose what information they would like to post about themselves gives them an opportunity to affect the way their friends perceive their personalities and lives through the Internet.

Other researchers have discovered that there seems to be an age difference in tendency to engage in social comparison. Callan, Kim and Matthews (2015) tested if older

adults had less tendency to socially compare their abilities and opinions than younger adults, using the Iowa-Netherlands Comparison Orientation Measure (INCOM) and Personal Relative Deprivation Scale (PRDS), to measure social comparison. Their results showed that social comparison decreases with age; older adults were significantly less likely to engage in social comparison than younger adults (Callan et al., 2015).

Facebook is also a growing community for support groups for mothers because becoming a mother is a big change in a woman’s life. It causes a change in lifestyle and often isolation from others, especially the first few weeks after giving birth, but may last much longer. Mothers are often under a lot of stress, they are physically and mentally tired and these problems sometimes lead to postnatal depression (Gibson & Hanson, 2013). Gibson & Hanson (2013) did a research on how technology supports new mothers. By listening to and interviewing mothers participating in group meetings for mothers they discovered that many of the mothers experienced Facebook as a desirable option for socializing and advise seeking because they could use it on their smartphone, which made the access to the information much easier. The results from Gibson and Hanson’s research showed that many mothers used Facebook for seeking support and socialize in groups made by their community. They also relied on these groups for asking questions and receiving responses and advice.

A large group of Icelandic mothers participate in Facebook “mommy groups”. The participants in these groups are women from a different social status, at a different age, and the only thing they have in common is the due date of their child. These groups are created to be some kind of a support group for mothers and help them communicate with other women that also are expecting, or have a child at the same age (Jónsdóttir, 2015). Jónsdóttir (2015) did a research about social support for young single mothers who were participants in these “mommy groups”. Her research was qualitative and the results were interpreted from the interviews she took with five young single mothers. Jónsdóttir’s results showed that these

girls experienced a great support from these groups and that they formed friendship with the other mothers in the group. She also noted that since all communications go through the Internet the mothers could choose what information to post about them selves, and therefore control what idea the other mothers had of them. This is also a problem that Rosenberg and Egbert (2011) reported about Facebook.

Previous research has shown that Facebook participation can increase social comparison and have negative affect on people’s self-esteem and well-being and they also show that Facebook support groups for mothers are showing to be have positive effects on the mothers, however, it has never before been tested if participation in Facebook “mommy groups” can have some of the negative effects that have been shown to come from Facebook use. Also it has not been examined if mothers that participate in “mommy groups” differ from mothers that do not participate in those groups.

Based on that above limitations the purpose of this study was. First to examine if mothers in “mommy groups” differed from those that do not on demographic factors, symptoms of depression or anxiety and self-esteem. As this has not been studied no specific hypotheses were made. Second, determine if mothers, within the “mommy groups” that use upward social comparisons to mothers in their group have higher levels of anxiety, depression and lower self-esteem. Third, those within “mommy group” that have high levels of downward comparison will report less anxiety and depression and higher self-esteem. Fourth, mothers who are more active within the “mommy group” are more likely to use upward social comparison.

## **Method**

### **Participants**

Icelandic mothers (n=136) of children under the age of three years participated in the study. Majority of the mothers or 45% were 25-39 years old, 23% were 30-34



years old, 14,2% were 18-24 years old, 12,7% 35 -39 years old and only 3,7% were over the age of 40. The age groups were combined in to two groups, younger mothers aged 18-29 years and older mothers aged 30 years and over, because of uneven distribution in all age groups.

### **Instrument and measures**

The survey, which contained 16 questions, was presented online using Google Forms. It contained six demographic questions asking about participant’s age, marital status, level of education, number of children and children’s age (see Appendix A, page 23).

Participation in Facebook “mommy groups” was measured using two questions which asked if the women were participants in “mommy groups” and if they had ever participated in “mommy groups” with possible answers being “yes” or “no” (See Appendix A, page 24).

The researcher called five mothers who she knew that participated in Facebook “mommy groups” and asked them what they thought were the main topics in their “mommy group”. From their answers the researcher created a question consisting of five Likert-type items which was used to ask participants about the content of the discussions that took place within the “mommy groups”; “My experience of the discussion taking place within the “mommy group” is that they contain; advise, companionship, medical advice, competition between mothers and criticism on mothers”. The answers ranged from 1 (strongly disagree) to 5 (strongly agree) and option 6 was for mothers who did not participate in “mommy groups” on Facebook (see Appendix A, page 24).

Two questions were used to ask about the frequency of the mother’s participation in the Facebook “mommy groups” ranging from 1 (daily) to 5 (once or week or less) and option 6 was for mothers who did not participate in “mommy groups” on Facebook (see Appendix A, page 24).

The SCL 90 depression scale was used for measuring symptoms of anxiety and depression, ranging from 1 ((almost) never) to 4 (strongly agree) (Aben, Verhey, Lousberg, Lodder, & Honig, 2002). Five items assessed anxiety (Cronbach’s  $\alpha = .898$ ) and 10 items assessed depression (Cronbach’s  $\alpha = .794$ ) (see Appendix A, pages 24-25).

An Icelandic version of the Rosenberg trait self-esteem scale, translated from English by the author was used for measuring the participants’ self-esteem with the total score spanning from 0-30 (Cronbach’s  $\alpha = .900$ ) (see Appendix A, page 25).

Two questions were used for the participants to self-evaluate if they were prone to use upward social comparison or downward social comparison derived from Vogel et al. (2014) but changed so it compared mothers participating in Facebook “mommy groups” to other mothers in their group: “When comparing to other mothers from the “mommy group” in what way do you compare yourself to mothers who do better than you?” (1 = Not at all, 5 = a great deal); “When comparing to other mothers from the “mommy group” in what way do you compare yourself to mothers who are worse off than you?” (1 = Not at all, 5 = a great deal) (See Appendix A, page 25).

Finally three questions were chosen from the Family Empowerment Scale to measure how the mothers evaluated how well they were doing as mothers (Holtz, Smock, & Reyes-Gastelum, 2015) “I believe in my ability to help my child grow and mature.” (1 = wrong, 5 = very true); “I believe that I can solve problems concerning my child when they come up.” (1 = wrong, 5 very true); “I think that I am a good parent.” (1 = wrong, 5 = very true) (See Appendix A, page 26).

## **Procedure**

The survey was at first shared on researchers Facebook page asking for mothers of children under the age of three years to participate in a study researching factors affecting the well-being of mothers of young children. The original post with the survey was shared by 28

other people to their Facebook pages. The goal was to get 100 participants, but 136 women volunteered to participate in the study. The survey was open for answers for eight days and was shared on Facebook regularly while it was open.

When participants opened the survey, using their private computer, they were taken to the first page of the survey, which explained the purpose of the study, explained that they could skip any question they did not feel comfortable with answering and asked for their consent for participation (see Appendix B, page 27).

### **Design**

The data was transferred from Google Forms to Microsoft Word Excel, and transferred from there to IBM SPSS statistics. The relationship between demographic variables and participation in Facebook “mommy groups” was tested using chi-square. A one-way ANOVA was used to test difference between mothers in “mommy groups” and mothers not in these groups on trait self-esteem, symptoms of anxiety and depression. One-way ANOVA was also used to test if there was a significant difference between younger and older mothers on social comparison orientation. Finally a two-way ANOVA was used within participants in a “mommy group” to test if there was a significant difference on scores on upward and downward social comparison based on age and activity, and possible interaction of these variables.

### **Results**

The distribution of all demographic factors for mothers participating in Facebook “mommy groups” and mothers who do not participate in such groups can be seen in Table 1.

Table 1.

*Distribution on demographic factors for all participants*

Demographics			
	In "mommy group"	Not in "mommy group"	Chi square
Age:			0.163
18-24 years	18 (15.9%)	1 (4.8%)	
25-29 years	53 (46.9%)	8 (38.1%)	
30-34 years	27 (23.9%)	5 (23.8%)	
35-39 years	12 (10.6%)	5 (23.8%)	
40 years +	3 (2.7%)	2 (9.5%)	
Marital status:			0.304
Single	9 (8%)	2 (9.5%)	
In cohabitation	78 (69%)	11 (52.4%)	
Married	26 (26%)	8 (38.1%)	
Education:			0.237
Primary education	15 (13.3%)	2 (9.5%)	
Secondary school	40 (35.4%)	4 (19%)	
Apprenticeship	10 (8.8%)	1 (4.8%)	
University degree	48 (42.5%)	14 (66.7%)	
No. of children:			0.488
1	57 (50.9%)	10 (47.6%)	
2	35 (31.2%)	9 (42.8%)	
3	17 (15.2%)	1 (4.8%)	
4 or more	3 (2.7%)	1 (4.8%)	

Mothers participating in Facebook “mommy groups” did not differ from mothers who were not participating in age  $X^2(4) = 6.527, p = 0.163$ , marital status  $X^2(2) = 2.380, p = 0.304$ , education  $X^2(3) = 4.238, p = 0.237$  or number of children  $X^2(3) = 2.431, p = 0.488$ .

A one-way ANOVA showed that there were no differences between the groups in self-esteem ( $F(1,129) = 0.975, p = 0.325$ ), anxiety ( $F(1,131) = 0.528, p = 0.469$ ) and depression ( $F(1,132) = 1.234, p = 0.269$ ) (see Table 2).

Table 2.

*Difference in mean scores on self-esteem, anxiety and depression for mothers’ participation in Facebook “mommy groups” and mothers who do not*

	Between groups comparison	
	In "mommy group"	Not in "mommy group"
Self-esteem	22.9	23.6
Anxiety	9.7	9.1
Depression	16.7	15

The next set of analyses examined mothers in “mommy groups”. The participants’ opinion of what was discussed within their Facebook “mommy group” can be seen in Table 3.

Table 3.

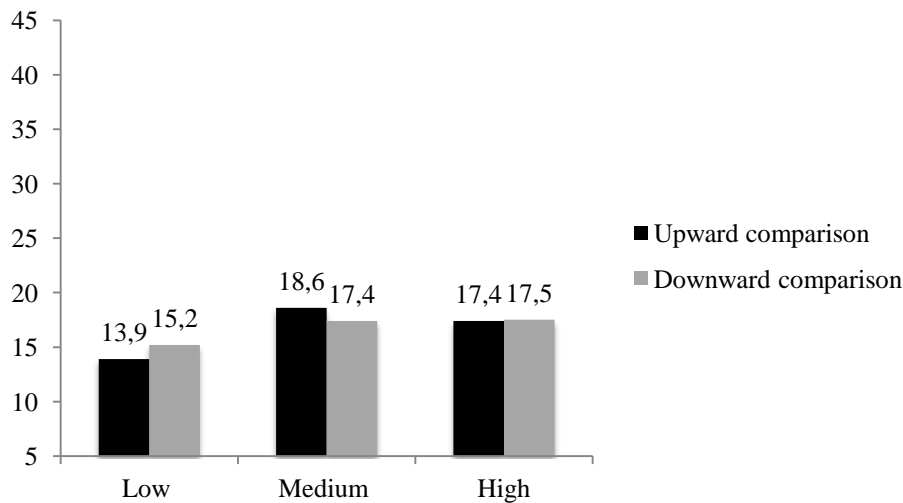
*Content of discussions within the Facebook “mommy groups”*

	The content of the discussions within the groups				
	Strongly disagree	Disagree	Neither	Agree	Strongly agree
Advice	17 (12.5%)	2 (1.5%)	3 (2.2%)	40 (29.4%)	59 (43.4%)
Companionship	17 (12.5%)	3 (2.2%)	21 (15.4%)	37 (27.2%)	43 (31.6%)
Medical advice	14 (10.3%)	18 (13.2%)	36 (26.5%)	43 (31.6%)	10 (7.4%)
Competition	27 (19.9%)	43 (31.6 %)	19 (14.0%)	24 (17.6%)	8 (5.9%)
Criticism	32 (23.5%)	51 (37.5%)	15 (11%)	17 (12.5%)	6 (4.4%)

The majority, or 72.8% of the participants, thought that the discussions involved advice, 58.8% thought they focused on companionship and 39% that they involved medical advice. Minority of the participants, but still a considerably high number of participants, experienced negative discussions within the group like competition between mothers, 23.5% and criticism of mothers, 16.9%.

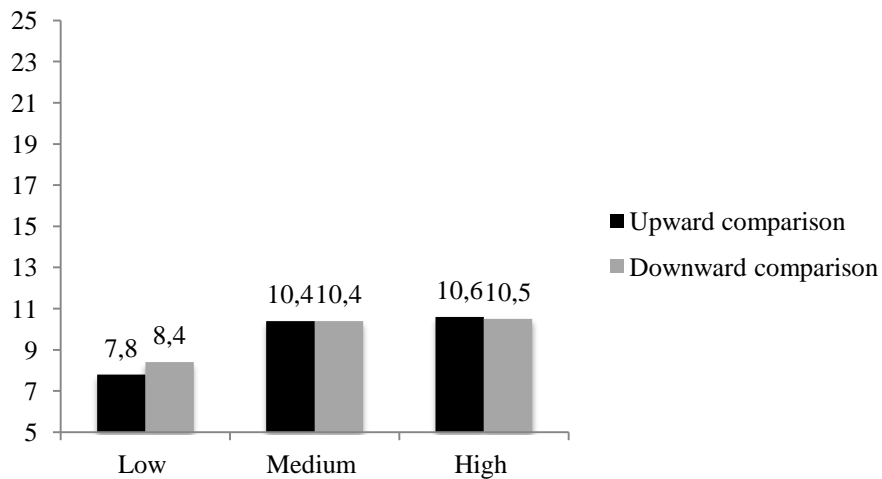
A one-way ANOVA was conducted to examine if upward social comparison to other mothers in the “mommy group” affected symptoms of depression. The independent variable or social comparison had three levels high medium and low. The results were significant ( $F(2,112) = 6.036, p = 0.003$  with mothers who scored low on upward comparison reporting lower levels of depressive symptoms than those that scored in the medium or high range of upward comparison (see Figure 2). A one-way ANOVA was also conducted to measure if downward comparison to other mothers in the “mommy group” was associated with

symptoms of depression but results were not significant ( $F(2,111) = 1.728, p = 0.182$ ). The differences in symptoms of depression between mothers using upward social comparison and mothers using downward social comparison can be seen in Figure 1.



*Figure 1.* Mean scores on symptoms of depression for groups low, medium and high on upward and downward social comparison.

A one-way ANOVA was conducted to measure if upward comparison to other mothers in the “mommy group” was associated with symptoms of anxiety. The results were significant ( $F(2,113) = 7.406, p = 0.001$ ) with mothers low on upward comparison reporting less symptoms of anxiety than other mothers. A two-way ANOVA was used to control for age and results were not altered ( $F(2,113) = 6.847, p = 0.002$ ). A one-way ANOVA was also conducted to measure if downward comparison to other mothers in the “mommy group” was associated with symptoms of anxiety. The results were significant ( $F(2,111) = 4.541, p = 0.013$ ) with mothers low on downward comparison reporting less symptoms of anxiety than other mothers. A two-way ANOVA was used to control for age and results were not altered ( $F(2,114) = 4.125, p = 0.019$ ). The differences in symptoms of anxiety between mothers using upward social comparison and mothers using downward social comparison can be seen in Figure 2.



*Figure 2.* Mean scores on symptoms of anxiety for groups low, medium and high on upward and downward social comparison.

A one-way ANOVA was conducted to measure if upward comparison to other mothers in the “mommy group” was associated with self-esteem. The results were significant ( $F(2,84) = 3.620, p = 0.031$ ) with mothers low on upward comparison reporting higher self-esteem than other mothers. A two-way ANOVA was used to control for age and results were altered to non significant, ( $F(2,84) = 3.083, p = 0.051$ ). A one-way ANOVA was conducted to measure if downward comparison to other mothers in the “mommy group” decreased trait self-esteem. The results were not significant ( $F(2,82) = 1.220, p = 0.301$ ) with mothers low on downward comparison reporting higher self-esteem than other mothers. A two-way ANOVA was used to control for age and results were not altered ( $F(282) = 1.065, p = 0.350$ ). The differences scores on trait self-esteem between mothers using upward social comparison and mothers using downward social comparison can be seen in Figure 3.



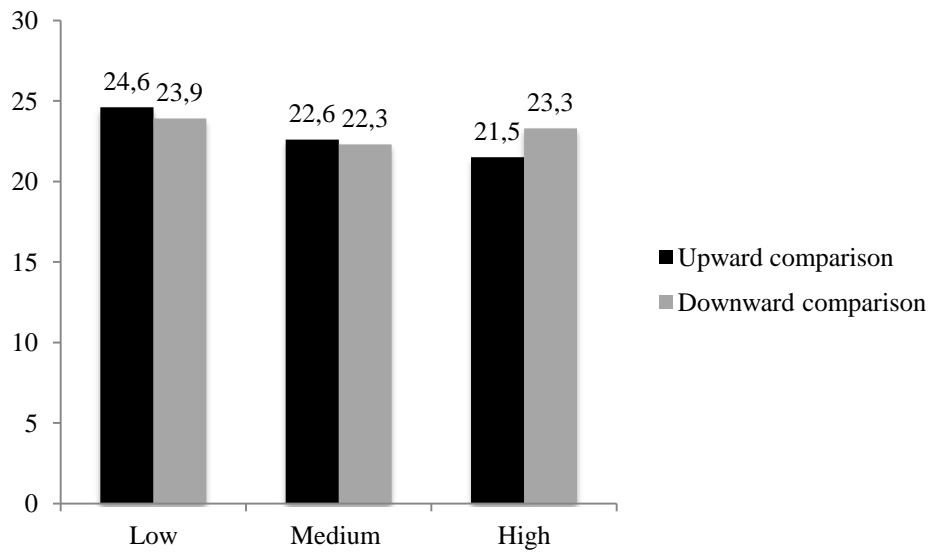


Figure 3. Mean scores on trait self-esteem for groups low, medium and high on upward and downward social comparison.

A two-way ANOVA was conducted to measure if there was a significant difference on upward social comparison between activity in Facebook “mommy groups” and age of the mothers participating in such groups. Results showed that activity did not significantly affect upward social comparison ( $F(1,110) = 0.752, p = 0.388$ ) and that no interaction was found between activity and age ( $F(1,110) = 1.854, p = 0.176$ ). Age did significantly effect upward social comparison ( $F(1,110) = 5,531, p = 0.021$ ) with younger mothers being more likely to use upward social comparison than older mothers. A two-way ANOVA was also conducted to measure if there was a significant difference on downward social comparison between activity in Facebook “mommy groups” and age of the mothers participating in these groups. Results showed that activity did not significantly affect upward social comparison ( $F(1,110) = 1.636, p = 0.204$ ) and that no interaction was found between activity and age ( $F(1,110) = 0.860, p = 0.356$ ). Age did significantly affect downward social comparison ( $F(1,110) = 5.107, p = 0.026$ ) with younger mothers being more likely to use downward comparison than older mothers.

## Discussion

The aims of this study were to examine if mothers that participated in Facebook “mommy groups” differed from mothers who did not participate in those groups on demographic variables, symptom of depression and anxiety and self-esteem. The study also examined, within the “mommy groups” if mothers that used upward social comparison to other mothers had higher levels of anxiety and depression and lower levels of self-esteem than mothers that used downward social comparison. The findings indicated that there were no differences between mothers that were in “mommy groups” and mothers that were not in those groups. Mothers that that used moderate or high levels of upward social comparison reported higher levels of anxiety and depression and had less self-esteem than mothers that were low on upward social comparison.

To the best of our knowledge this is the first study to examine if mothers who participate in “mommy groups” differed from mothers who do not participate in these groups. The findings showed that there was no difference between these groups in demographic characteristics, symptoms of depression and anxiety, and self-esteem. However this finding needs to be interpreted with caution because of a small sample size of mothers not participating in “mommy groups”.

The results for mothers within Facebook “mommy groups” suggested that mothers who used upward social comparison had lower self-esteem. This supports the findings of Vogel et. al. (2014) which also reported that individuals with lower self-esteem were more likely to use upward social comparison.

The hypothesis that “mommy group” mothers who used downward social comparison would feel better was not supported. The findings showed no relationship between downward comparison, depression and self-esteem while those low in downward comparison reported less anxiety. These results are inconsistent with the results of Vogel et.al. (2014),

but they reported that people who use downward social comparison were more likely to have higher self-esteem and less symptoms of depression.

Previous research on Facebook “mommy groups” have shown that mothers find them to be supportive (Jónsdóttir, 2015). The findings in the present research support this finding as 58.8% reported that the “mommy group” provided them with companionship. However, a considerably high number of participants, experienced negative discussions within the group like competition between mothers, 23.5% and criticism of mothers, 16.9%.

The biggest strength of this study is that it examined the difference between mothers participating in Facebook “mommy groups” and mothers who do not participate in these groups. It also tested if there participation in such groups could have some negative effects like other Facebook use is known to have. Previous researches on support groups for mothers have only examined the benefits participation in such groups has on mothers, but not if there could be negative effects, especially in the support groups taking place on Facebook.

This research also had its limitations. First the groups varied greatly in sizes with 113 mothers participating in Facebook “mommy groups” and only 21 women not participating in such groups. Second is that since the survey was advertised on Facebook all participants were Facebook users, this caused difficulties in controlling for the effects general Facebook use could have on mothers feelings and well-being.

These findings indicate that even though participation in “mommy groups” is beneficial to mothers, there is a subgroup of mothers who find the discussions within the group negative or critical and those that tend to uses upward social comparisons or compared them self to mothers that are doing better than themselves might benefit less from participating in these groups than those that do not use such comparison.

Facebook support groups are relatively new and more studies are needed to examine the impact of these groups on mother’s well-being.

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## Appendix A

## The Survey

**Demographic questions**

1. Átt þú barn undir þriggja ára aldri?
  - a) Já
  - b) Nei
2. Hvað ertu gömul?
  - a) 18-24
  - b) 25-29
  - c) 30-34
  - d) 35-39
  - e) 40 ára eða eldri
3. Hver er hjúskaparstaða þín?
  - a) Einhleyp
  - b) Í sambúð
  - c) Gift
4. Hvaða menntun hefur þú lokið?
  - a) Grunnskólaprófi
  - b) Framhaldsskólaprófi
  - c) Háskólaprófi
5. Hvað áttu mörg börn?
  - a) 1
  - b) 2
  - c) 3
  - d) 4
  - e) 5 eða fleiri
6. Á hvaða aldri eru börnin þín? Vinsamlegast merktu við fyrir hvert barn sem þú átt.
  - 0-1 árs
  - 1-2 ára
  - 3-4 ára

- 4-5 ára
- 6-10 ára
- 11-15 ára
- 16-20 ára
- 20 ára eða eldri

### Questions about participation and activity in Facebook “mommy groups”

7. Ert þú þátttakandi í mömmuhóp á Facebook?
  - a) Já
  - b) Nei
8. Hefur þú einhverntíman verið þátttakandi í mömmuhóp á Facebook?
  - a) Já
  - b) Nei
9. Mín upplifun af umræðum innan mömmuhópsins er sú að þær innihalda (hverri fullyrðingu svarað á skalanum 1 = mjög ósammála til 5 = mjög sammála. Valmöguleiki 6 = Á ekki við, ég er ekki þátttakandi í mömmuhóp).
  - a) Ráðleggingar
  - b) Félagsskap
  - c) Læknisráð
  - d) Samkeppni á milli mæðra
  - e) Gagnrýni á mæður
10. Hversu oft á viku kíkirðu á umræður innan mömmuhópsins?
  - a) Daglega
  - b) Annan hvern dag
  - c) Þriðja hvern dag
  - d) Einu sinni í viku eða sjaldnar
  - e) Á ekki við, ég er ekki þátttakandi í mömmuhóp
11. Hversu oft setur þú þráð inn á mömmuhópinn þinn?
  - a) Daglega
  - b) Annan hvern dag
  - c) Þriðja hvern dag
  - d) Einu sinni í viku eða sjaldnar
  - e) Á ekki við, ég er ekki þátttakandi í mömmuhóp

### Anxiety and depression

12. Hversu oft varðst þú vör við eftirfarandi vanlíðan eða óþægindi síðastliðna viku?

(Nær) aldrei    Sjaldan    Stundum    Oft

- a) Höfuðverk
- b) Verk í maga
- c) Taugaóstyrk
- d) Skyndilega hræðslu án nokkurrar ástæðu
- e) Þú varst uppspennt



- f) Þú varst leið eða hafðir lítinn áhuga á að gera hluti
- g) Þú hafðir litla matarlyst
- h) Þér fannst þú einmana
- i) Þú grést auðveldlega eða langaði til að gráta
- j) Þú áttir erfitt með að sofna eða halda þér sofandi
- k) Þú varst niðurdregin eða döpur
- l) Þú varst ekki spennt fyrir að gera nokkurn hlut
- m) Þér fannst þú vera hægfara eða hafa lítinn mátt
- n) Þér fannst framtíðin vonlaus

### Rosenberg trait self-esteem

13. Hversu sammála ertu eftirfarandi staðhæfingum?

Mjög ósammála Ósammála Sammála Mjög sammála

- a) Ég er ánægð með sjálfa mig
- a) Stundum finnst mér ég einskis virði
- b) Mér finnst ég hafa marga góða eiginleika
- c) Ég get gert margt jafn vel og aðrir
- d) Mér finnst ekki hafa margt til að vera stolt af
- e) Stundum finnst mér ég sannarlega vera gagnlaus
- f) Mér finnst ég vera að minnsta kosti jafn mikils virði og aðrir
- g) Ég vildi óska að ég gæti borið meiri virðingu fyrir sjálfri mér
- h) Þegar allt kemur til alls finnst mér ég misheppnuð
- i) Ég hef jákvæða afstöðu til sjálfrar mín

### Upward and downward social comparison within Facebook “mommy groups”.

14. Hversu vel eiga þessar staðhæfingar við um þig?

Að engu leyti Að litlu leyti Að nokkru leyti né Að miklu leyti

Að mjög miklu leyti Á ekki við, ég er ekki þátttakandi í mömmuhóp

- a) Þegar þú berð þig saman við aðrar mæður í mömmuhópnum að hvaða leiti einblínir þú á mæður sem eru betur staddar en þú?
- b) Þegar þú berð þig saman við aðrar mæður í mömmuhópnum að hvaða leiti einblínir þú á mæður sem eru verr staddar en þú?

**Family empowerment**

15. Hversu vel eiga þessar staðhæfingar við um þig?

Rangt Að mestu leyti rangt Að einhverju leyti rétt Að mestu leyti rétt

Mjög rétt leyti

- a) Ég hef trú á getu minni til þess að hjálpa barninu mínu að vaxa og þroskast
- b) Ég trúi því að ég geti leyst vandamál tengd barninu mínu þegar þau koma upp
- c) Mér finnst ég vera gott foreldri

## Appendix B

## Information about the study and informed consent

Kæri þátttakandi,

þakka þér fyrir að taka þátt, vinsamlegast lestu vel eftirfarandi upplýsingar áður en þú svarar spurningunum.

Þessi könnun er á vegum Guðrúnar Helgu Guðlaugsdóttur, sálfræðinema við Háskólann í Reykjavík vegna B.Sc. lokaverkefnis. Ábyrgðarmaður rannsóknarinnar er Heiðdís B. Valdimarsdóttir, prófessor við Háskólann í Reykjavík (heiddisb@hr.is). Lokaverkefni mitt fjallar um að kanna áhrif félagslegs samanburðar og/eða þátttöku í mömmuhóp á vellíðan mæðra.

Dú ert beðin um að svara spurningum um bakgrunn þinn og vellíðan eftir bestu getu, en þér er frjálst að sleppa þeim spurningum sem þú vilt ekki svara. Rannsóknin tekur um 10-15 mínútur. Þátttaka í rannsókninni er ekki talin fela í sér áhættu. Könnunin er nafnlaus og ekki verður hægt að rekja svör til einstakra þátttakenda. Öllum gögnum verður eytt að rannsókn lokinni.

**ATHUGIÐ:** Þátttakendur verða að eiga barn sem er yngra en þriggja ára.

Ef það koma upp einhverjar spurningar eða vangaveltur varðandi verkefnið má hafa samband í gegnum tölvupóst á netfangið:

gudrunhg10@ru.is

Takk fyrir,

Guðrún Helga

Ég hef kynnt mér ofangreindar upplýsingar og veiti samþykki mitt fyrir þátttöku

Já ég samþykki