



scite_

升級推理模型 x 全新表格介面
文獻探索快又準

Scite為旗下的學術助理**Scite Assistant**隆重推出兩項重大功能升級，協助研究者更精準迅速地爬梳文獻，提升研究的量能與品質：

1. 具備推理能力的OpenAI **o3-mini**模型
2. 廣受歡迎的表格模式



Scite 為機構版用戶整合了 o3-mini 推理模型，搭配 **Scite** 既有的獨特數據，以及對學術全文的獨家存取權，大幅提昇 **Scite Assistant** 的能力：

- ✓ 更迅速地歸納複雜的學術文獻
- ✓ 更精確地辨別論述中的細微差異，找出矛盾處
- ✓ 提供邏輯清楚的解釋，凸顯研究脈絡
- ✓ 生成更高品質的內容，減少人工驗證的負擔

推理模型是什麼？

不同於一般生成式AI，推理模型經過專門訓練，能有條理地解決多層次問題：

- 在回答前先思考問題
- 考慮多種解決問題的可能方法
- 評估各個答案的準確性
- 規劃連貫、有結構的回應



表格回應模式

研究者可自定義欄位內容，讓AI分析多篇文獻內的特定資訊，
文獻比對、系統探討，一目瞭然：

scite_

AssistantProduct Solutions

3

Current Chat

Chat History

Help

Ask me another question

Ask

Assistant Settings are being used for this session. [View Settings](#)

Does social media impact mental health?

#	Reference	Response	Abstract	Outcomes	Study Types
1	<p>Effect of Social Media Addiction on Mental Health of Emerging Adults P. Yamini, Lata Pujar 2022 ijee</p> <div><div>6</div><div>0</div><div>5</div><div>0</div></div> <p>View full text Add to dashboard Cite</p>	<p>The reference Yamini & Pujar (2022) provides comprehensive evidence regarding the impact of social media on mental health. The study specifically examines social media addiction among emerging adults and documents a clear negative relationship between high social media use and mental health status. It identifies issues such as online harassment, poor sleep, low self-esteem, and negative body image as consequences of excessive social media usage, which all contribute to mental health difficulties. Furthermore, the findings indicate that increased social media engagement adversely affects academic performance and interpersonal relationships, specifically noting anxiety and despair resulting from this addiction. These insights directly support the inquiry into the effects of social media on mental well-being.</p> <div></div>	<p>Yamini & Pujar (2022)</p> <p>The abstract of the article presents the following key points:</p> <ul style="list-style-type: none">• The study assessed the impact of social media addiction on the mental health of emerging adults in Dharwad, India, using self-structured questionnaires, a social media addiction scale, and a mental health inventory.• It found that excessive usage of social media is linked to negative outcomes such as poor sleep, low self-esteem, negative body image, and deteriorated academic performance, leading to overall mental health difficulties.• The findings emphasize the negative correlation between high social media consumption and both intra- and interpersonal relationships, suggesting a need for moderated usage to protect mental well-being. <div></div>	<p>Yamini & Pujar (2022)</p> <p>The study concluded that excessive social media usage among emerging adults is significantly linked to poorer mental health outcomes. Key outcomes include:</p> <ul style="list-style-type: none">• A negative correlation between social media addiction and mental well-being, manifested as poor sleep, low self-esteem, and negative body image.• Detrimental effects on academic performance and interpersonal relationships, with increased instances of online harassment and neglected responsibilities. <div></div>	<ul style="list-style-type: none">• Yamini & Pujar (2022) The article reports a cross-sectional observational study using a self-administered questionnaire to assess social media addiction and its impact on emerging adults's mental health. <div></div>
2	<p>The Effects of Social Media on Mental Health: A Study of Young Adults in the United States Angela Li 2024 CHR</p> <div><div></div><div></div><div></div><div></div></div> <p>View full text Add to dashboard Cite</p>	<p>The reference provided in Li (2024) offers critical insights into the impact of social media on mental health, specifically among young adults in the United States. It outlines a strong correlation between social media usage and adverse mental health outcomes, such as increased anxiety, depression, and loneliness. By examining the effects and sources of harm attributed to social media, the paper underscores the importance of identifying health problems associated with social media use and highlights methodological limitations that hinder comprehensive understanding. Furthermore, it advocates for improved interventions and healthier social media practices, thereby contributing valuable knowledge to the ongoing discourse on social media's influence on mental health.</p> <div></div>	<p>Li (2024)</p> <p>The abstract highlights the following key points:</p> <ul style="list-style-type: none">• It examines the impact of social media on the mental health of young adults in the United States, identifying strong correlations with adverse outcomes like increased anxiety, depression, and loneliness.• It acknowledges methodological limitations, such as inadequate sampling and measurement techniques, and recommends further qualitative research through targeted surveys and interviews.• The study concludes with practical recommendations for both social media companies and users to encourage healthier social media practices. <div></div>	<p>According to (Li, 2024), the study concludes that social media usage is strongly correlated with adverse mental health outcomes among young adults in the United States. The outcomes include:</p> <ul style="list-style-type: none">• A significant association between social media use and increased levels of depression.• Elevated experiences of anxiety and loneliness linked to social media engagement.• Recommendations for both social media companies and individual users to adopt healthier social media practices, along with a call for more qualitative research to overcome current methodological limitations. <div></div>	<ul style="list-style-type: none">• Li (2024) The study employs a descriptive observational research design to analyze the correlation between social media use and adverse mental health outcomes in young adults. <div></div>

×

Add Column

Name*

Method

Instructions*

請分析並導出論文使用的研究方法和統計模型，如：實驗法、調查法、文獻分析等)、樣本規模、使用的統計模型(如：迴歸分析、T檢驗、ANOVA等)、顯著性水平、主要發現的效果量。請為每個表格添加相關文本片段作為證據，並生成簡短的AI摘要說明各研究方法和統計模型的適用情境與優缺點比較。

Formatting Options

☒ Use bullet points

When selected, table entries will use bullet points.

Answer Length ⓘ

Long

Add Column

使用範例：

輸入欄位名稱，
定義Scite Assistant的分析及生成策略，
選擇呈現格式及篇幅。

AI沒有語言壁壘，所以中文輸入也可以。

生成結果：

scite_

AssistantProduct Solutions3

Ask me another questionAsk

Custom Assistant Settings are being used for this session. View Settings

Does social media impact mental health? 初始提問

#ReferenceResponseMethod

與提問相關的
文獻列表

1Effect of Social Media Addiction on Mental Health of Emerging AdultsP. Yamini, Lata Pujar 2022 ijeeView full textAdd to dashboardCite

Scite以文獻為本
生成的回應

自定義欄位生成結果

添加新欄位

也可指定以中文輸出：

scite_

AssistantProductSolutions3

Ask me another questionAsk

Custom Assistant Settings are being used for this session. View Settings

Does social media impact mental health?

#ReferenceResponseMethod

1

Effect of Social Media Addiction on Mental Health of Emerging Adults

P. Yamini, Lata Pujar 2022 ijee

6050

View full textAdd to dashboardCite

The reference Yamini & Pujar (2022) provides comprehensive evidence regarding the impact of social media on mental health. The study specifically examines social media addiction among emerging adults and documents a clear negative relationship between high social media use and mental health status. It identifies issues such as online harassment, poor sleep, low self-esteem, and negative body image as consequences of excessive social media usage, which all contribute to mental health difficulties. Furthermore, the findings indicate that increased social media engagement adversely affects academic performance and interpersonal relationships, specifically noting anxiety and despair resulting from this addiction. These insights directly support the inquiry into the effects of social media on mental well-being.

根據文獻Yamini & Pujar (2022)，該研究所採用的研究方法和統計模型包括以下要素：

研究方法：使用問卷調查法收集數據，研究者自行設計問卷，內容涵蓋社交媒體使用、社交媒體上癮及心理健康水平的評估。

樣本規模：研究從卡納塔克邦達爾瓦德市的文理科學中隨機選取了160名學生作為樣本，這是一個合理的樣本量，能在一定程度上代表該群體。

使用的統計模型：雖然具體的統計分析方法未在研究中詳述，但可推測可能使用了描述性統計和相關性分析，以探討社交媒體上癮與心理健康之間的負相關關係。

顯著性水平：研究並未明確提出顯著性水平，但通常此類研究會使用0.05作為檢驗可接受的顯著性水平。

主要發現的效果量：研究結果顯示社交媒體上癮與心理健康狀態存在負相關，這意味著社交媒體使用頻率的增加與焦慮、抑鬱等心理健康問題的加劇相關聯。

AI摘要：

實驗法：透過操控（如社交媒體使用時間），能明確確定因果關係，但不易控制外部變量。

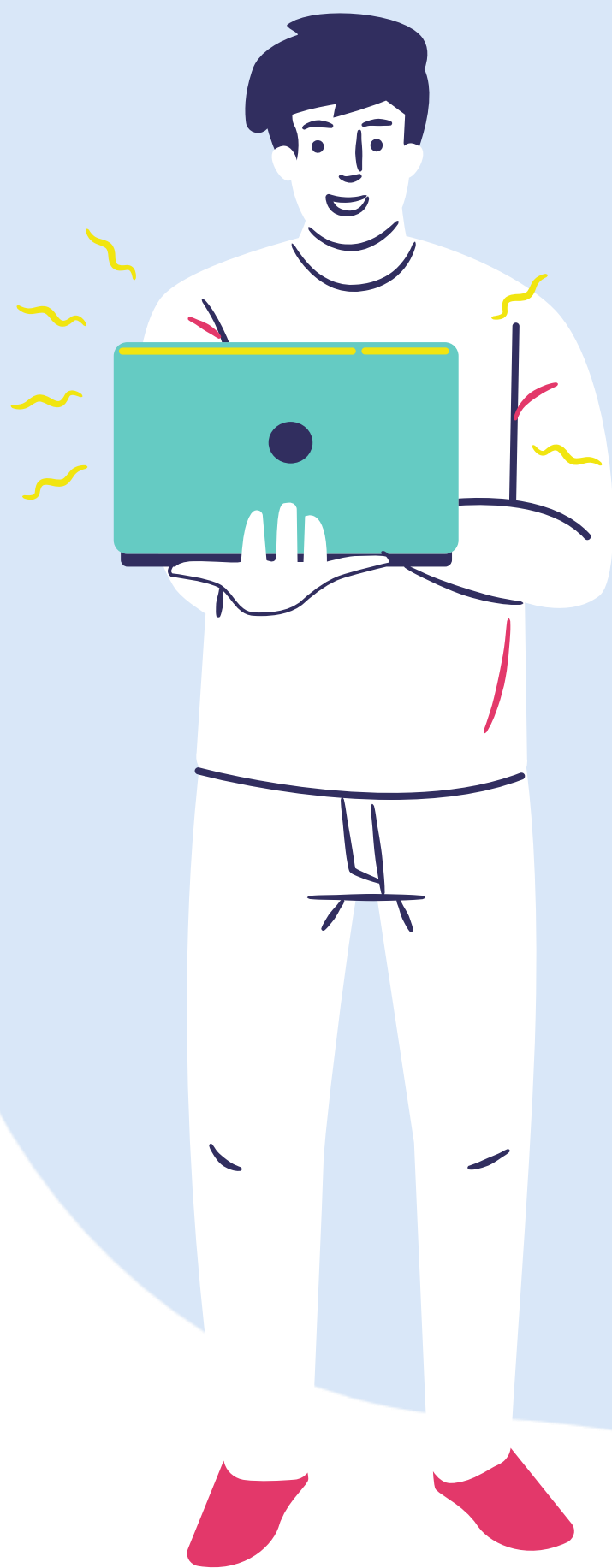
調查法：能大範圍收集數據，快速了解趨勢，但可能存在回憶偏差及樣本選擇偏差。

文獻分析：合併多項研究的結果，提供全面看法但依賴於已發佈研究的質量與一致性。

樣本規模考量：較大樣本能提高結果的可靠性，但可能增加數據收集的成本。

統計模型比較：例如迴歸分析對於多個變量間關係的探討更為適用，而T檢驗適合於兩組之間的均值比較，ANOVA適合於三組及以上的比較。

本研究通過問卷調查法對社交媒體使用與心理健康的關係進行探討，為進一步的實證研究奠定了基礎。



Scite創辦人Josh Nicholson：「推理模型代表了研究應用中AI技術的重大進步。透過結合Scite 的獨特數據，以及對學術全文的獨家存取權，和坊間所有AI研究助理相比，Scite Assistant 能更精確的整合資訊，生成更高品質的結果，對於細微差別和衝突證據，也有更傑出的識別能力。」

✍ 推理模型 x 表格模式，您可組合出更具彈性、更貼近需求的文獻探討策略。

全新Scite Assistant，邀請您試用體驗！