

X Platform as Space for Psychological Discussion

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Abstract:

This paper identifies various factors that encourage individuals to engage in psychological discussions on social media. The study focuses on factors such as the level of psychological interest, confidence in psychological information, and perceptions regarding the systems of psychological healthcare. Based on testing those factors, the findings indicate that psychological interest can predict engagement; people interested in psychology are likely to engage in online discussions. Moreover, confidence in one's knowledge and the openness of healthcare workers to engage in psychological talk encourage people to talk. Although the findings support that confidence in one's abilities improves engagement, a negative attitude towards health care reduces it. These results form the basis of knowledge of increasing people's engagement in psychological discourse in digital environments.

Keywords: Psychological discussions; Space; X Platform

I. INTRODUCTION

Social networks have significantly changed the methods of communication and the ways people share and discuss psychological issues over the Internet (Kuss & Griffiths, 2011). Given the constantly increasing popularity of these sites, it is crucial to learn why people engage in such psychological discussions online. This research aims to identify the major factors that encourage people to participate in psychological discussions on social media: personal interest in psychology, perceived competence in psychological knowledge, and perceptions of the psychological healthcare system. By analyzing these characteristics, the study aims to determine the main characteristics for transpiring psychological presence on the Internet, thereby enhancing the understanding of social networking sites as a platform for psychological discussions.

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Hence, this study proposes that concern with psychology, self-efficacy for contribution, and favorable attitudes toward psychological treatment are essential for engaging in psychological dialogue on social media platforms.

2. Social Media and Psychological Talk

Communication on social networks has become critical for users who increasingly turn to it to spread awareness of psychology and mental health and find support when hardly anyone else would talk about them (Yang et al., 2021). Through the use of social media, users can talk with people who are facing similar issues or those who have similar concerns about their health and psychological well-being; this thus forms a basis of social media support groups which are informational (Naslund et al., 2016). Psychological discussions have also been made broader through the Internet and other social platforms in this regard; anyone, regardless of status, class, color, gender, sexuality, or age, can contribute to the topic of their relationship with themselves and the world based on some knowledge.

The nature of social media is also compatible with certain dynamics tied to psychological discourse, in which people can be more truthful due to not meeting the person face-to-face. Most people are relatively more secure when it comes to expressing themselves and matters related to the self on different online forums than in face-to-face circumstances, hence the prevalence of psychological talk online (Schlosser, 2020). As highlighted by Hancock et al. (2022), this environment can help users relate to each other and share their feelings and thoughts, promoting the normalcy of talking about mental health on online platforms. However, the level and type of psychological conversation on social media can be very low or very high, depending on the users. Some users can be categorized as 'engaged' – consciously seeking psychological content and joining discussions, while others can be 'passive' or even wholly 'disinterested'. Individual characteristics generally bring about this asymmetry, for example, passion in the particular subject of psychology, level of confidence when talking about anything that concerns psychology and the perceived utility of these discussions (Luo & Hancock, 2020). Knowledge about such factors is essential for defining what makes people enter psychological topics online and, therefore, helpful if one wants to design ways to encourage more people to join the discussion on the merits of mental health in specific social networking sites.

3. Psychology Interest:

The self-interest that people have in psychology determines the probability of people's participation in psychological discussions on social media. This would mean that increasing interest in the subject socially would produce a proportionate interest

in the topic among individuals who would usually engage in discourses on psychology-related matters. This interest can be due to factors such as the person's life experience, academic training or education, or general interest in people's behavior (Meyer, & Edwards Penfold, 1961; Slot, et al., 2019; Keles et al., 2020). On the other hand, according to Lilienfeld (2012) and David et al. (2024), people with no interest in psychology may not only not participate in such discussions but may also consider them uninteresting or unpleasant, limiting their use of psychological material on the network. This implies that the level of concern a person has in psychology is of utmost importance when it comes to psychological talk through social media.

However, this unequal participation involving people with an interest in psychology and those with no interest could be attributed to the motivation that started people's participation online. In this context, a topic that may be especially appealing to individuals with a high level of interest in psychology is the use of mental health-related hashtags on social media to expand knowledge of psychological processes, interact with like-minded people, and learn novelties in the sphere (Naslund et al., 2020). These people are not only engaged with the intent to acquire knowledge, but they are also interested in being informative and supporting other people. In contrast, those not interested in psychology are less likely to seek such conversations. Thus, they are less likely to participate in psychological talk on social media (Luo & Hancock, 2020). This divergence supports the conclusions drawn in this paper regarding psychological interest as an essential predictor of people's engagement in psychological conversations on social media.

In light of this discussion, the first hypothesis, band of interest suggests that psychological interest will entail higher involvement in psychological talk on social media:

H1: People with a higher psychological interest more likely to demonstrate greater engagement in psychological discussions on social media.

This hypothesis is affirmed by the fact that people interested in the topic will seek information and engage in discussions related to psychology; this leads to a more vibrant discussion online (Schlosser, 2020). Furthermore, given the further advancement of social media as a platform for discursive activities of psychological communities, analyzing the place of interest in stimulating participation might be helpful in the development of a set of approaches to increasing the entry of other persons into the discourse of psychology, who do not seem to be interested in this topic at all. By fostering environments that cater to a wide range of interests and providing accessible psychological content, social media platforms can enhance overall engagement in psychological discussions (Han, 2023), thereby fulfilling the potential of digital spaces as hubs for mental health advocacy and education.

4. Psychological Information Efficacy

Confidence in one's psychological knowledge and skills is essential in deciding whether or not the individual will participate in psychological discussions on social media platforms. Psychologically empowered individuals are those who do not think that they lack sufficient knowledge or understanding of these concepts in order to address them. Whenever people are assured of the value they can bring to a particular course, they will not hesitate to put their input towards that line of thought or even seek more information on social media platforms (Ostic et al., 2021). On the other hand, people with modest confidence in their psychological knowledge are likely to refrain from engaging in such discourses. Such fear hinders them from participating in discussions that ought to involve a certain level of expertise lest they be laughed at or bullied for making wrong contributions that they never understood in the first place (Meier & Reinecke, 2021). This is usually followed by caution resulting from the assumption that the discussions related to the mental state are complicated and can only be conducted by a person who has some knowledge of the issues under discussion. Consequently, some people may deny themselves a chance to be active in the discussion and become viewers since they may not feel knowledgeable enough to participate in the psychological talk on social media. This lack of participation can restrict the richness of opinions represented in online psychological discourses as only those individuals who are strictly confident in their knowledge or seen as professional will contribute (Schlosser, 2020).

As such, the second hypothesis postulates that the extent to which individuals feel capable of contributing to psychological talk is positively related to the extent to which they are willing to participate in social media discussions of psychological matters:

H2: People with more confidence in their ability to participate in psychological talk are more likely to engage in social media conversations about psychological topics.

This hypothesis is supported by the idea that self-efficacy plays a crucial role in online activities where people engage with several contexts that they are not familiar with or need specialized knowledge and skills (Buunk, 2021). By making more people feel confident about the provided educational materials, accounting for the support systems within social media, and participating in open discussions, social media can attract more diverse people to psychological talks. More confidence among the users can boost the positive posts and discussions of the internet users, thus refining the discourse on mental health and well-being.

4. Psychological External Efficacy

The perceived response density of psychological caregivers affects people's participation level in psychological discussions on social media platforms. If

individuals think that their issues would be addressed sufficiently by mental health professionals, the same individuals are likely to contribute to online discourses on psychological matters (Shepherd, et al., 2015). Such confidence can be associated with positive attitudes towards the healthcare providers, optimism towards the mental healthcare system, and perceptions that information on mental health can bring the desired change or solution (Naslund et al. 2020). Therefore, such people may feel encouraged to express themselves and look for guidance online because help is always close and credible. In contrast, people who harbor negative sentiments regarding the psychological healthcare systems are less likely to post information or partake in social media conversations about psychological things. These can be specific negative experiences, like disappointment, perceived ineffectiveness of care provided, or more general mistrust towards how mental health is approached in the healthcare system (Piippo, & Aaltonen, 2008). Such perceptions may contribute to non-participation in online discussions because one is likely to realize that such information sharing merely goes round in circles or nobody is likely to come to their aid. This is because failure to engage in psychological discussion on a social site abstracts the discourse to a positivist position, in which only vibrant people with positive experiences and beliefs in the system feel free to contribute (Liu et al., 2019). From this context, the third hypothesis arises where participants with negative attitudes toward the operation of psychological healthcare will exhibit a lesser tendency to engage in social media to discuss psychological matters. This hypothesis is predicated on the reality that trust and confidence in healthcare systems influence the ability of people to come out in the open to discuss matters deemed private and sensitive in every way (Gibson & Trnka, 2020; Litovseva et al., 2022). These are commonly some of the outcomes that are usually seen when people do not believe in the system; fear and resignation are just as typical as the experience of stigma and isolation connected with mental health problems. Overcoming these perceptions and reviving trust in psychological healthcare could very well be the thing that would make people interested in more online discussions about mental health. Conversely, the fourth hypothesis assumes that the higher perceived operation credibility of psychological healthcare in a given country leads to increased social media conversation about psychological topics. Such a belief is likely to be accompanied by feelings of safety and hope for improvement that is achievable by writing or even sharing the problems related to mental health on the Internet, whether it is an appeal to get assistance from a specialist or help from users of the social platform (Kruk et al., 2024). Thus, Social media sites are essential grounds where people with confidence in the healthcare sector can get information, give information, seek advice and be a part of conversations about mental health (Bayer et al., 2020). For this reason, these platforms are critical in enhancing people's

perception of psychological healthcare services and making society more aware of issues of a psychological nature. Based on the previous discussions, the following hypotheses were proposed:

H3: People with more negative attitudes toward the psychological health care operation, in general, will be less likely to engage in social media conversations about psychological topics.

H4: People with more belief in the psychological health care operation, are more likely to engage in social media conversations about psychological topics.

5. Methods:

5.1 Participants

Participants were recruited through online platforms via an electronically administered survey, which ensured both anonymity and voluntary participation. Initially, the study engaged 343 individuals aged between 18 and 40 who are regular users of social media. However, after a thorough data cleaning process aimed at removing incomplete or invalid responses, the final sample comprised 265 participants. All individuals within this final group provided complete responses that were employed in the subsequent analysis. Data collection occurred over a three-week period in Saudi Arabia, facilitated through social media links and personal invitations sent via email. Participants were encouraged to disseminate the survey within their social networks to promote various responses. Once the participants completed the questionnaire, their responses were electronically transferred to a secure database for analysis. The study utilized the Statistical Package for Social Sciences (SPSS) software, Version 27, alongside R Studio, which allowed for a detailed examination of the open-ended responses. This analytical approach enabled the identification of trends and patterns that influence individuals' willingness to engage in psychological discussions on social media platforms. The demographic composition of the sample showed that a significant majority identified as female (N = 243, 93.1%), while 18 participants (6.9%) identified as male. Age distribution among participants was also observed: 127 (48.7%) were aged between 18 and 20 years, 124 participants (47.5%) were in the 21 to 30-year age bracket, and 10 individuals (3.8%) were aged between 31 and 40 years. The disparities in sampling across these demographic categories may result in potential computational bias. More robust statistical techniques and methodologies were employed to address this concern, such as the Welch ANOVA test, which accounts for unequal variances between groups (Delacre et al., 2019).

5.2 Measures

To investigate the characteristics that define the level of participation in conversations about psychology on social media, we designed a survey. The first part of this questionnaire contained some demographic questions to facilitate the identification of the participants' ages, gender, and their using social media. This information lets us look at the various backgrounds of our respondents and how such could have influenced their participation in the psychological talk on social media. Social media and psychological talk were each measured using a 4-point scale from Very Unlikely to Very Likely how probable it was that they personally did any of the following on X: (1) "saw information on psychologists' feed", (2) "followed a link", (3) "had friends or acquaintances post about it", (4) "re-posted something", (5) "favorited a post", (6) "personally posted about the psychological topics." Psychology interest was measured by asking participants to identify how much attention they paid to the controversy about psychological health on X, on a 1-to-4 metric from A lot of attention to No attention. Psychological information efficacy was adapted from Kaid et al. (2007) to test a communication-centric type of information efficacy. Respondents were asked to rate their agreement with the following statements on a 1–7 scale: (1) "I consider myself well qualified to participate in psychological topics, (2) "If a friend asked me about psychological assessments, I feel I would have enough information to help my friend figure out who to vote for", (3) "I feel that I have a pretty good understanding of the stigma associated with psychological health." Negative attitudes toward psychological healthcare providers was measured with 4 items relating to the trustworthiness of psychological healthcare providers. Respondents were asked to rate their agreement with the following statements on a 1–7 scale: (1) "Psychological healthcare providers are more interested in their career advancement than in what the people think", (2) "Psychological healthcare providers are corrupt", (3) "Psychological healthcare providers cannot be trusted", (4) "Psychological healthcare providers are too greedy." External efficacy was measured with the 4-item political efficacy scale adapted from Kushin and Yamamoto (2010), as I adapted it to serve the objectives of this study. Respondents were asked to rate their agreement with the following statements on a 1–7 scale: (1) "I have a real say in what the psychological healthcare providers do", (2) "I can make a difference if I participate in talking about my experience with psychological healthcare providers", (3) "Discussions about psychological health topics give people an effective way to influence what psychological healthcare providers do."

5.3 Analysis

Descriptive statistics were used to describe the background characteristics of participants and to summarize the central tendencies of the study's major variables. This assisted in identifying the simplest attributes of the sample population. Subsequently, analyses of variance were conducted to determine whether there were disparities in participants' social media engagement by age group or gender. This made it possible for us to view the level of engagement in terms of psychological interest and external efficacy, and how this is influenced by participants' demographic backgrounds. In addition, the study also employed correlation analysis to determine the relationship between different study variables. For instance, this analysis provided insights into the relationship between psychological interest and engagement, demonstrating how similar they are.

A structural equation model using AMOS 28 was employed to test the study's hypotheses. This technique is similar to multiple regression analysis, except that it also helps examine the model's reliability and validity. The model presents both the confirmatory factor analysis of the items related to the constructs and regression estimates of the variables concerning psychological talk. The model fit statistics were evaluated and adjusted based on the modification indices. Model fit was measured using Hair's (2022) guidelines, which included a parsimonious fit ($\chi^2/df < 3.00$), absolute goodness of fit (RMSEA < 0.08), incremental fit (CFI > 0.9), absolute goodness of fit (RMSEA < 0.08), and incremental fit (CFI > 0.9 and TLI > 0.9).

Modifications were performed stepwise until the model fit criteria were achieved. The major modifications involved correlating the error terms. This modification is justified as it explains the significant correlations between psychological interest, confidence in psychological information efficacy, and psychological external efficacy (positive belief). After correlating these three variables, the model met the fitness criteria with $\chi^2/df = 2.515$, RMSEA = 0.08 (90% Lo = 0.07, 90% Hi = 0.09), CFI = 0.91, and TLI = 0.88.

6. Results

Descriptive statistics of the construct variables are presented in Table 1. On a scale ranging from 4 to 24, the expected engagement in psychological discussions on social media was recorded at an average score of 17.23 (SD = 4.00). This finding suggests that the majority of participants are likely to engage in discussions related to psychological health on platform X. Concurrently, the mean rating for psychological interest was found to be 2.81 (SD = 0.96). This indicates a moderate level of attention

is typically devoted to the controversies surrounding psychological health on platform X.

Table (1) : Descriptive Statistics of Study Variables

	<i>M</i>	<i>SD</i>	<i>Skewness</i>	<i>Cronbach</i>
Social media and psychological talk	17.23 ^a	4.00	-0.23	0.860
Psychology interest	2.81 ^b	0.96	-0.32	-
Confidence in psychological information efficacy	4.70 ^c	1.18	-0.02	0.544
Psychological external efficacy (negative attitude)	3.69 ^c	1.28	0.28	0.762
Psychological external efficacy (positive belief)	4.45 ^c	1.28	-0.37	0.742

^a = sum of six items on a scale of 4 – 24

^b = average of single item on 4 likerts scale

^c = average of items on 7 likerts scale

In terms of psychological efficacy, internal efficacy—defined as confidence in engaging in such discussions—was rated the highest ($M = 4.70$, $SD = 1.18$). Participants predominantly somewhat agreed with the items assessing their confidence in psychological information efficacy. The second highest-rated psychological efficacy was external efficacy, specifically positive beliefs. The mean score for Psychological External Efficacy (Positive Belief) was 4.45 ($SD = 1.28$), indicating a general agreement with the posed questions. However, participants exhibited a predominantly indifferent stance towards the items concerning Psychological External Efficacy (Negative Attitudes), as they neither agreed nor disagreed with these sentiments.

Table 2 presents the results of the Welch ANOVA statistics, which illustrate the associations between the construct variables and the participant's gender and age. Significance was observed in only two instances. First, participants' gender was found to predict their likelihood of engaging in psychological discussions regarding variable X ($F = 4.899$, $p < 0.05$). Although there were significant differences in sample sizes between the gender groups, these disparities were accounted for by employing the Welch ANOVA instead of the conventional F-statistics. Female participants demonstrated a greater likelihood ($M = 17.36$, $SD = 4.00$) of engaging in psychological conversations compared to their male counterparts ($M = 15.50$, $SD = 3.17$). **Table (2) : t -test and Welch Anova of Age and Gender between the Conceptual Variables**

	Gender			Age Group			F (Sig.)
	Female	Male	t test (Sig.)	18-20 years	21- 30 years	31-40 years	
X and psychological talk	17.36 (4.04)	15.50 (3.17)	2.357 (0.028)*	17.39 (3.84)	17.10 (3.90)	16.90 (6.94)	0.173 (0.842)
Psychology Interest	2.84 (0.95)	2.50 (1.10)	1.261 (0.223)	2.83 (0.89)	2.81 (1.01)	2.50 (1.35)	0.290 (0.751)

CPIE	4.73 (1.17)	4.35 (1.32)	1.176 (0.254)	4.73 (1.16)	4.65 (1.13)	5.00 (1.93)	0.252 (0.779)
PEE (negative attitude)	3.71 (1.28)	3.31 (1.29)	1.299 (0.209)	3.60 (1.27)	3.77 (1.31)	3.73 (1.18)	0.511 (0.606)
PEE (Positive belief)	4.45 (1.28)	4.44 (1.32)	0.017 (0.987)	4.70 (1.25)	4.23 (1.22)	3.93 (1.76)	4.899 (0.016)*

The other significance observed was between psychological external efficacy (positive belief) and participants' age group ($F = 4.899$, $p < 0.05$). The general pattern indicates that the younger the participants are, the greater their positive belief, and vice versa.

The correlation between the four constructs is presented in Table 3. All the variables were significantly correlated at $p < 0.01$. However, the most significant correlation was observed between psychological interest and psychological talk, with a correlation of 53.2%. Specifically, participant interest in psychology had over 40% correlations with their confidence (48.3%) and psychological external efficacy (positive belief) (41.2%). In contrast, less than 20% correlations were observed between negative attitudes and confidence in psychological information efficacy (19.4%) and psychological interest (19.1%).

Table (3) : Correlation coefficients and significant of conceptual variables

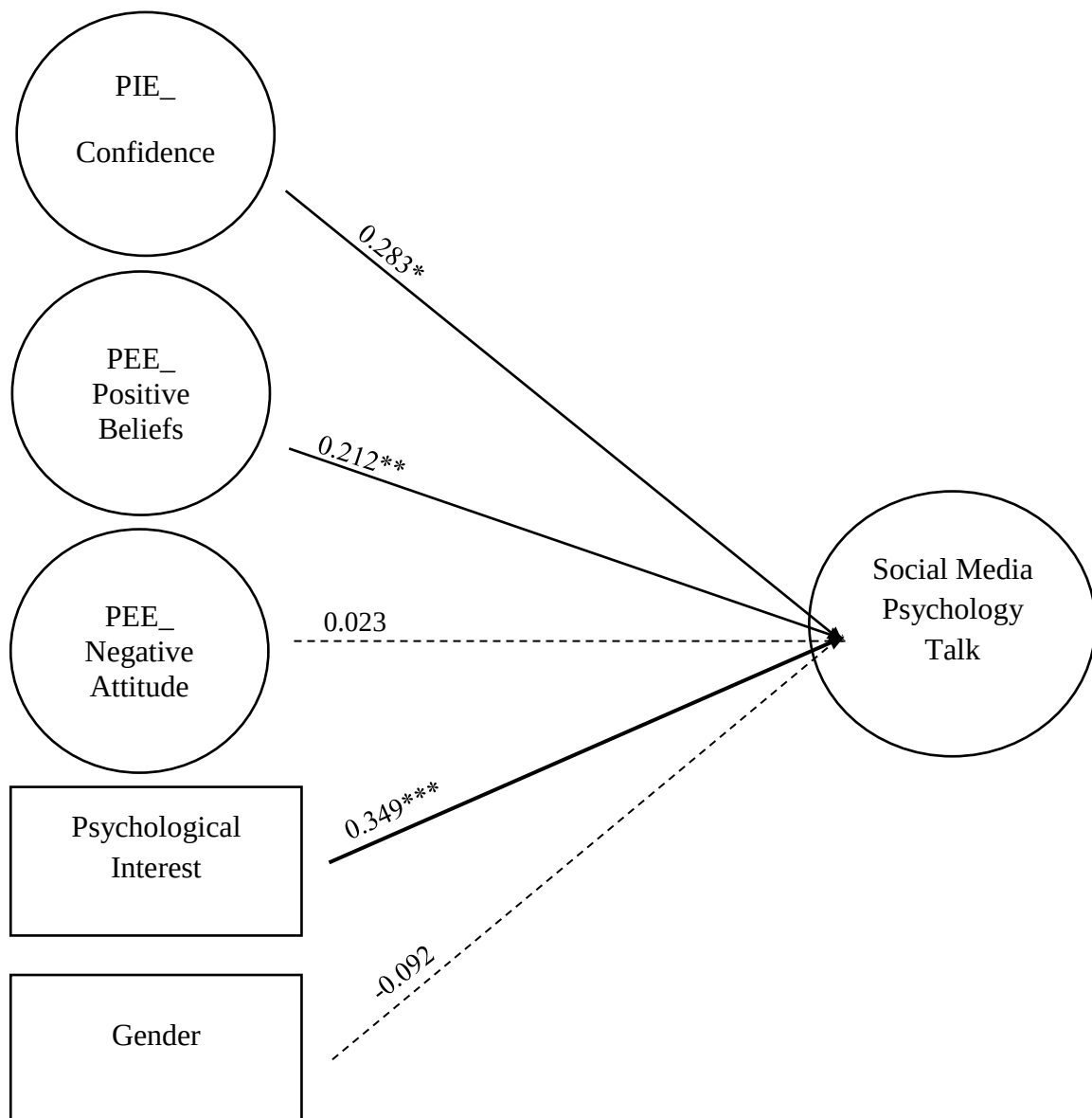
		1	2	3	4	5
1	Social Media and psychological talk	1				
2	Psychology Interest	0.532***	1			
3	Confidence in Psychological information efficacy	0.422***	0.483***	1		
4	Psychological External efficacy (negative attitude)	0.194**	0.191**	0.235***	1	
5	Psychological External efficacy (Positive belief)	0.397***	0.412***	0.466***	0.326***	1

The results of the hypothesis testing are reported in Figure 1. The model simultaneously tests whether psychology interest, confidence in the efficacy of psychological information, psychological external efficacy (negative attitude), and positive belief predict participants' engagement in psychological discussions on X. The validity of the model has been discussed above. The model supports all the hypothesized statements, except for H3. Specifically, whether participants held negative attitudes towards psychological healthcare operations did not significantly influence their participation in discussions about psychological topics on X.

The most significant predictor of engagement in psychological discussions on X was identified in the H1 hypothesis. Participants who paid more attention to controversies

surrounding psychological health on X exhibited significantly higher levels of engagement in such discussions. Concurrently, the model confirmed that participants with greater confidence in their ability to participate in psychological discourse were more likely to engage in social media conversations about psychological topics. In addition, the model also supported the hypothesis that participants who possess a stronger belief in the effectiveness of psychological healthcare operations are more inclined to engage in social media conversations regarding psychological subjects.

Figure (1): Prediction of social media participation. * < .05, ** < .01, * < .001.**



7. Discussion :

This study examined the essential characteristics which determine why people participate in psychological discussions through social media platforms using X as its primary example. The study's findings advance the academic research about digital dialogs along with psychological wellness dialogue and user online participation behaviors. The section reviews experimental results by relating them to previous research findings and explores application areas and accepts analysis restrictions.

The results strongly support hypothesis 1, psychological interest possesses a strong positive association with social media users' engagement in psychological subject discussions as shown by the research results. Research results demonstrate that participants showing higher psychological interest scored $M = 2.81$ ($SD = 0.96$) and actively joined discussions about psychological health. Firdos et al (2022) support findings that people who have a strong preference for particular subjects will participate in related social media discussions. The connection between participants' psychological interest and their involvement in psychological talk demonstrated a high degree of significance ($r = 0.532$, $p < .01$) based on the correlation analysis results. People use social media because it gives them quick access to express their psychological interests. People who show strong interest in psychology tend to interact with online communities because they look for validation and information about their interests. Therefore, they participate in online discussions. Social media shows psychological topics to users through trending content and influencer promotions which probably boosts user involvement. The development of psychological interest through public awareness programs might boost meaningful mental health discussions which take place online.

People with psychological interest tend to develop this inclination through either their life journey experiences or their career goals. People who have experienced mental health difficulties face to face or plan to work in psychological fields naturally choose social media platforms to relay their thoughts and request guidance and to educate others. The evidence confirms that the driving force behind engagement combines personal connection with the feeling that discussions offer practical applications for oneself.

The research confirmed hypothesis 2 showing that psychological knowledge confidence leads to higher engagement among individuals. Research results show that participants who demonstrated better psychological information efficacy held a stronger inclination to participate in discussions. Evidence found a statistically significant connection ($r = 0.422$, $p < .01$) between psychological efficacy and engagement as confirmed by prior studies about self-efficacy as a fundamental force in driving online participation (Derges et al., 2023).

The extent to which individuals feel capable of joining online discussions directly depends on their psychological information efficacy level. People who believe their knowledge is solid tend to think they provide credible information while feeling no hesitations when expressing opinions. People who demonstrate higher efficacy skills typically show better abilities to analyze psychological information successfully on the internet and thus become more active. The rising problem of disinformation in digital platforms demands educational initiatives about psychological literacy because they strengthen better quality discussions between users and promote knowledgeable digital engagement.

The psychological elements which drive information effectiveness require specific analysis. Possessing strong cognitive elaboration abilities accompanies high efficacy in people which enables them to process psychological information better thus resulting in more authoritative online conversations. Their deep conversational skills enhance their commitment to debunk false information which leads to better psychological health dialogues online.

Hypothesis 3 did not receive support from the research findings. The research data indicated negative feelings about psychological healthcare providers rated at $M = 3.69$ with $SD = 1.28$ did not create significant changes in participants' psychological discussion involvement ($r = 0.194$, $p < .05$). Prior studies had shown distrust toward healthcare facilities to diminish health dialogue participation but this study did not support that conclusion (Xiang et al., 2022).

Individuals who hold negative views about psychological healthcare participate in discussions possibly to give their criticism or find different perspectives. People with unfavorable attitudes toward psychological healthcare tend to take part in important dialogue which questions mainstream psychological treatments instead of avoiding discussions. The emergence of diverse psychological debate on social platforms now offers areas which welcome critical evaluations so negative attitude holders can participate rather than avoid participation. Research needs to deepen its understanding of critical participation in psychological discussions because the online engagement dynamics prove to be quite complex.

Social platforms offer a method for people to share complaints through which those who hold negative attitudes continue participation by expressing criticism rather than backing. These discussions result in both public doubts about psychological healthcare services while sparking discussions which might generate increased understanding and service development.

Research results demonstrated that participants who maintained favorable perspectives about psychological healthcare treatments (H4) tended to participate in health discussions ($M = 4.45$, $SD = 1.28$). The correlation analysis between belief in

psychological healthcare efficacy and discussion participation yielded an r value of 0.397 with $p < .01$ significance level. Many research papers show that trust functions as an essential element for successful participation in health communication (Kim, 2014; Adjekum et al., 2018; Sbaffi & Rowley, 2017).

People who have positive beliefs regarding psychological healthcare tend to see social media discussions as chances to fight for mental health awareness or share their life experiences and pass on genuine information. People feel more confident to engage when psychological institutions maintain professional credibility which helps them identify authentic information received from professionals. Social media engagement in psychological healthcare becomes stronger when the community expresses positive discourse about these matters through mental health advocacy initiatives or expert academic discussions.

The belief in psychological healthcare usually stems from personal experiences of experiencing effective mental health treatment. People who receive positive benefits from therapy and psychological treatment tend to discuss their success stories online so the digital space becomes more conducive to mental wellness education and treatment-seeking behavior promotion. Digital participation in mental health conversations requires establishing complete confidence among the general public in psychological care services first.

The study produces significant theoretical along with practical applications. These results expand online health discourse knowledge by showing psychological interest and efficacy serve as the most important factors for user engagement. The author demonstrates social media functions as an ever-changing space for psychological conversations that persists even when doubt about psychological medical specialists exists. The study outcomes direct practical development of mental health campaigns online because they show that user trust and confidence drive behavioral engagement.

As a result, several limitations remain present in this research work. The use of self-report data measures might allow socially desirable bias to affect results (Podsakoff et al., 2012). Further investigations need to include behavioral assessments of user participation in order to authenticate survey-reported levels of engagement. The future investigation of engagement behaviors across multiple social media platforms becomes necessary because research in this study primarily focused on platform X. Longitudinal investigation of engagement patterns is required to track behavior modifications that could occur during major psychological health discussions or crises (Mata et al., 2021; Yeager et al., 2018).

In summary, psychological interest together with psychological information efficacy have been identified as essential variables for social media engagement in

psychological discussions. Digital platforms enable people to conduct meaningful psychological discussions as users demonstrate both knowledge confidence and positive beliefs about psychological healthcare. Research should expand its focus on these patterns to improve knowledge of digital engagement mechanisms that enhance psychological health discussion for the public.

Declaration of interest statement :

The author declares she has no known competing interests.

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