BOOK REVIEW

Interactive media such as social networking sites or video games have extended the scope of traditional media entertainment, which has opened a wealth of new experiences. According to a recent study conducted in the United States, youth between 8 and 18 years old spent an average of 7.5 hr of screen time per day. The increased amount of time of media exposure and the fast-growing field of digital technology has raised concerns about the effects of extensive media use. Although the negative health outcomes of media effects have received far more attention, research on the positive consequences of media use has greatly progressed over the past few years. This handbook, edited by Leonard Reinecke and Mary Beth Oliver, summarizes the latest advances in the emerging field of media use and well-being.

The Routledge Handbook of Media Use and Well-Being provides a thorough and exciting overview of current research on media exposure and mental health from an interdisciplinary approach. This book is authored by scholars from the field of communication (i.e., media, clinical, and social psychology) and media education. The book is organized into five major parts, which offer a differentiated perspective on the potential risks and benefits of media use.

Part I introduces different theoretical approaches to the multifaceted construct of well-being and provides a contextualized understanding of the processes mediating media use and mental health. In Chapter 1, Leonard Reinecke and Mary Beth Oliver outline the general status quo of media research on positive impacts of media use and provide an integrative model of reception processes. Chapter 2, authored by Veronika Huta, offers a systematic overview of hedonic and eudaimonic well-being concepts and provides empirical support for the distinction between these two constructs. In Chapter 3, C. Scott Rigby and Richard M. Ryan present the application of the Self-Determination Theory to media consumption habits. The authors review the basic assumptions of this widely used theory and analyze the potentials of psychological needs satisfaction in a broad spectrum of traditional and interactive media. Special attention is paid to game overuse, which is discussed within the theoretical framework of the need density hypothesis.

Part II presents potential positive outcomes of media use through the discussion of processes that mediate media consumption and psychological well-being. Robin Nabi and Abby Prestin define emotion in Chapter 4 and present a theoretical bridge between media use and subjective well-being by introducing the basic assumptions of Mood Management Theory. The role of mood management in selective media use is further explicated by Melissa J. Robinson and Silvia Knobloch-Westerwick in Chapter 5. The authors share exciting examples regarding the media selection behavior of individuals in bad, mediocre, and positive moods. Chapter 6, by Anne Bartsch and Mary Beth Oliver, focuses on eudaimonic experiences in media consumption. The authors provide a comprehensive overview of affective and cognitive components of eudaimonic entertainment while also outlining prosocial outcomes related to meaningful media experiences. In Chapter 7, Diana Rieger addresses the question of whether mortality salience can influence media selection. For instance, the author presents a recent study which revealed that individuals with an increased death-thought accessibility were more likely to view television programs centering on the preservation of law and order. In another study, heavy metal fans showed a decreased level of death anxiety in comparison with fans of other music genres, which accounted for the positive impact of fan cultures. Chapter 8, by Leonard Reinecke and Allison Eden, is devoted to the recreational function of media. Recovery experiences are discussed through video games, which have both hedonic (e.g., relaxation) and eudaimonic (e.g., mastery and control) effects. In Chapter 9, Michael D. Slater and Jonathan Cohen provide a strong argument on the importance of narrative entertainment that contributes to the psychological well-being of individuals by helping them transcend the boundaries of their physical identities and social realities. Tilo Hartmann scrutinizes this immersion within the framework of parasocial interaction. The author discusses both the positive psychological consequences of parasocial relationships (e.g., a fulfilled need to belong) and the downsides (e.g., compulsive forms of celebrity worshipping) in Chapter 10. Sven Joeckel and Leyla Dogruel provide a comprehensive summary of recent research on the relationship between moral values and media influence in Chapter 11. The authors conclude that individuals may use media sources to achieve and maintain their moral self-integrity, which can enhance well-being. Chapter 12, written by

Christoph Klimmt, is focused on self-efficacy. The author presents interesting examples to demonstrate that mediated experiences can increase the well-being of media users. For example, several studies reported that the victory of a national soccer team at European championships enhanced the positive affect and subjective well-being in the general population. In Chapter 13, Catalina L. Toma provides a detailed overview of the positive and negative effects of Facebook self-presentation. For instance, a recent study pointed out that excessive Facebook users were more likely to hold beliefs that others had better lives. René Weber, Richard Huskey, and Britney Craighead focus on flow experiences in Chapter 14. The authors analyze the behavioral components of flow and video game addiction from a media neuroscience perspective and suggest that the two constructs share common features.

Part III addresses the potential risks of media use and examines the moderators of the relationship between media consumption and well-being. In Chapter 15, Alice E. Hall demonstrates that personality traits strongly predict media preferences and in turn, individuals with different personality characteristics respond to the same media content in divergent ways. Chapter 16, by Wilhelm Hofmann, Leonard Reinecke, and Adrian Meier, focuses on the role of self-control in healthy and excessive media consumption. The authors identify the negative behavioral consequences of procrastinator media use and discuss the role of self-control failure in the development of media addictions. Chapter 17, by Kai W. Müller, Michael Dreier, and Klaus Wölfling, focuses specifically on Internet Addiction. The authors provide a thorough insight into the current debates surrounding the definition and diagnostic criteria for Internet Addiction and Internet Gaming Disorder and review the most recent theoretical models and research on risk factors, neurobiological correlates, and adverse health outcomes. In Chapter 18, Dorothée Hefner and Peter Vorderer describe digital stress as a potential consequence of information overload and permanent access to the Internet. The emergence of "technostress" and the associated negative psychological outcomes are also described in detail. In Chapter 19, Erica Scharrer, Laras Sekarasih, and Christine Olson introduce an exciting argument on the role of media literacy education (MLE) in an effort to reduce the influence of media representations of alcohol, tobacco, body image, and violence on younger generations. Positive outcomes and further implications of MLE are also discussed. In Chapter 20, Eric E. Rasmussen and Rebecca L. Densley highlight the importance of active parental mediation in children's processing of different media contents. Alternative forms of parental mediation such as restrictive media supervision and coviewing are also introduced. The authors identify the risks and benefits of the presented types of mediation as well. Chapter 21, authored by Jessica Vitak, discusses the challenges of privacy protection on social networking sites and outlines the possible negative consequences of online self-disclosure (e.g., cyberbullying and conflicts at school and work).

Part IV provides a comprehensive and profoundly useful overview of the implications of these findings in specific spheres of life. In Chapter 22, Leticia Bode and G. Isaac W. Riddle provide valuable insight into the components and practical considerations of political well-being. The authors demonstrate that new media plays a key role in increasing political knowledge in citizens. Chapter 23, by Sabine Trepte and Michael Scharkow, describes the definition, theoretical background, and assessment of social capital and social support. This chapter also investigates the relationship between social networking site usage and perceived social support. Chapter 24, by Matthias R. Hastall, provides a systematic overview of the different concepts and dimensions of health and well-being. This chapter also discusses health behavioral changes in the context of health education efforts. Chapter 25, by Wei Peng and Tom Day, reviews the potential negative health consequences of excessive screen time and introduces exergames (i.e., physically interactive video games) as a promising alternative to traditional fitness programs. Therapeutic uses of exergames are also discussed in detail. In Chapter 26, Sabine Sonnentag and Alexander Pundt analyze media use patterns in work and non-work life domains. The authors review the negative health consequences of unsuccessful detachment from work and outline the positive outcomes of setting-consistent media use. This chapter also reviews the detrimental effects of "cyberloafing," which refers to the actions of employees who use their companies' Internet access for non-work purposes during office hours. In Chapter 27, Sophie H. Janicke and Arthur A. Raney focus on the multidimensional construct of spirituality and analyze the influential role of spiritual models in media, which is associated with different aspects of well-being.

Part V is dedicated to specific audiences and provides a fascinating insight into the media use practices in different demographic and cultural groups. Chapter 28, by Xiaojun Sun and Kaveri Subrahmanyam, focuses on the specific effects of media use on youth well-being. The authors present the major theoretical frameworks for media consumption and discuss media effects regarding physical, psychological, and social well-being. In Chapter 29, Matthias Hofer demonstrates that media plays an important role in the process of successful aging. The author addresses both beneficial and detrimental effects of media representations for older adults and discusses the opportunities and risks of different media platforms and contents for specific age groups. Chapter 30, by Dara Greenwood, considers gender differences in media effects. The role of media models in the process of gender identity construction as well as the risks and benefits of media representations about gender are discussed in this chapter. Chapter 31, authored by Dana Mastro, addresses the well-being of racial minorities in the context of media representations through exciting examples. For instance, an experiment revealed that the exposure to stereotypical representations of American Indians (e.g., Disney's Pocahontas) resulted in a lowered state self-esteem in American Indian audiences. Chapter 32, by Bradley J. Bond, focuses on the media use of lesbian, gay, and bisexual (LGB) individuals. This chapter provides a rich set of examples for the influence of media role models and narratives on the healthy identity development of LGB people. For instance, research found that LGB adolescents frequently identified with Harry Potter, who was mistreated and considered to be abnormal by his adoptive family but became an appreciated wizard in the magical world.

The final chapter, written by Jinhee Kim, summarizes the most recent findings on culture-specific media representations in relation to mental health. Media use practices are discussed in the context of individualism and collectivism as well as analytic and holistic thinking.

Overall, this book is an impressive and valuable resource of knowledge on the beneficial and detrimental effects of media use on psychological well-being. This volume will appeal to a wide audience including scholars, students, and practitioners interested in media research. The contributors of this collection provide compelling evidence for the crucial role of media in various aspects of well-being, which will probably serve as a strong foundation for future research.

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