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The Contribution of Mobile Social Media to Social Capital and Psychological Well-Being: Examining the Role of Communicative Use, Friending and Self-Disclosure

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**The Contribution of Mobile Social Media to Social Capital and Psychological Well-Being:
Examining the Role of Communicative Use, Friending and Self-Disclosure**

Using a two-wave panel in Hong Kong, this study examines how different uses of mobile social media contribute to individuals' social capital and psychological well-being. Findings showed that communicative use and self-disclosure on mobile social media were positively related to bonding and bridging capital and psychological well-being. Friending was also positively related to bridging capital, but not to bonding capital and psychological well-being. Moreover, both bonding and bridging capital mediated the relationship between mobile social media use and psychological well-being. This study highlights the unique social and technological affordances of smartphones by examining mobile social media use and how it contributes to quality of life.

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