

## **Cause and Effect Essay Outline College**

### **The Impact of Social Media on Mental Health**

#### I. Introduction

A. Background information on social media usage

B. Thesis statement: Social media usage has significant effects on mental health due to various factors such as increased comparison, cyberbullying, and addiction.

#### II. Body Paragraph 1: Increased Comparison

A. Explanation of how social media platforms encourage comparison through curated content

B. Examples of psychological effects of constant comparison on self-esteem and mental well-being

C. Statistical data supporting the correlation between social media use and increased levels of depression and anxiety

#### III. Body Paragraph 2: Cyberbullying

A. Definition of cyberbullying and its prevalence on social media platforms

B. Case studies or examples illustrating the detrimental effects of cyberbullying on mental health

C. Research findings demonstrating the link between cyberbullying victimization and psychological distress among adolescents and young adults

#### IV. Body Paragraph 3: Addiction

A. Discussion of the addictive nature of social media platforms and their design features

B. Exploration of the neurological mechanisms underlying social media addiction

C. Studies indicating the negative consequences of excessive social media use on mental health, including decreased attention span and increased feelings of loneliness

#### V. Conclusion

A. Restatement of thesis: Social media usage significantly impacts mental health through increased comparison, cyberbullying, and addiction.

B. Summary of main points discussed in the essay

C. Call to action or recommendations for mitigating the negative effects of social media on mental health, such as practicing digital detoxes, promoting online kindness, and fostering healthier online habits.