

# Example of Extended Essay Outline

**Essay Topic: The Effects of Social Media on Mental Health**

## **Introduction**

- **Background Information:** Social media has become an integral part of our daily lives, providing us with a means to connect with others and share information. However, the impact of social media on mental health has become a growing concern in recent years.
- **Thesis Statement:** This essay explores the effects of social media on mental health and argues that while social media can have positive effects, its excessive use can lead to negative consequences for mental health.

## **Main Body**

### **Section 1: Positive Effects of Social Media on Mental Health**

**Topic Sentence / Main Point:** Social media can facilitate social support and foster a sense of community, leading to improved mental health outcomes.

**Supporting Evidence:** Research studies have found that social support on social media platforms can reduce symptoms of depression and anxiety.

**Transition:** While social media can have positive effects, its excessive use can lead to negative consequences for mental health.

### **Section 2: Negative Effects of Social Media on Mental Health**

**Topic Sentence / Main Point:** Social media can contribute to negative self-esteem, body image issues, and increased anxiety.

**Supporting Evidence:** Studies have found that social media use is associated with increased body dissatisfaction and feelings of inadequacy.

**Transition:** The negative effects of social media on mental health can be further exacerbated by the constant comparison and unrealistic expectations that are often perpetuated on social media platforms.

### **Section 3: Strategies for Reducing the Negative Effects of Social Media on Mental Health**

**Topic Sentence / Main Point:** Practicing mindfulness and limiting social media use can reduce the negative effects on mental health.

**Supporting Evidence:** Research has found that mindfulness interventions can reduce symptoms of depression and anxiety.

**Transition:** By being mindful of their social media use and setting limits, individuals can reduce the negative effects on their mental health.

### **Conclusion**

- **Summary of Main Points:** Social media can have both positive and negative effects on mental health. While social media can provide social support and foster a sense of community, its excessive use can contribute to negative self-esteem, body image issues, and increased anxiety. Practicing mindfulness and limiting social media use can reduce the negative effects on mental health.

- **Implications of the Study:** The findings of this study suggest that individuals should be mindful of their social media use and set limits to avoid negative consequences for their mental health. Additionally, social media platforms should take responsibility for promoting positive

mental health outcomes by providing resources and information to users about the potential negative effects of excessive social media use.