

# Apa outline Sample

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## I. Introduction

- A. Background on social media use
- B. Research question: How does social media impact mental health?
- C. Thesis statement: Social media affects mental health by influencing self-esteem, anxiety levels, and overall well-being.

## II. Literature Review

- A. Overview of recent studies on social media usage
- B. Findings on self-esteem and social comparison
  - Positive and negative effects on self-image
  - 2. Role of influencers and peer comparison
- C. Research on social media and anxiety
  - Link between social media use and anxiety disorders
  - 2. Impact of online interactions on stress levels

## III. Methodology

- A. Research design: Survey and interviews
- B. Participants: Age range, demographics, and selection criteria
- C. Data collection: Online survey and in-depth interviews
- D. Data analysis: Statistical analysis and thematic coding

## IV. Results

- A. Key findings on self-esteem
  - Correlation between high social media use and low self-esteem
  - 2. Differences based on age and gender
- B. Anxiety and stress results
  - Increased anxiety levels with heavy social media use
  - 2. Effects of specific platforms (e.g., Instagram vs. Twitter)
- C. Overall mental well-being trends

## **V. Discussion**

- A. Interpretation of findings: How social media influences mental health
- B. Limitations of the study
  - Sample size and diversity
  - 2. Self-reported data and potential biases
- C. Suggestions for future research
  - Longitudinal studies on social media use
  - 2. Exploring interventions to reduce negative impacts

## **VI. Conclusion**

- A. Summary of main findings
- B. Implications for mental health professionals
- C. Final thoughts on social media and mental health