

Bibliography For Project For College

For a college-level project, using a comprehensive and well-structured bibliography is crucial. Depending on your academic discipline, you might be required to use APA, MLA, Chicago, or another citation style. Below is an example of a bibliography formatted in APA style for a college project on the impact of social media on mental health:

References

1. **Books** Baxter, L., & Burchell, K. (2020). *Social Media and Mental Health: Breakdown or Breakthrough?* Cambridge University Press. This book explores the dual aspects of social media's impact on mental health, discussing both detrimental and beneficial effects.
2. **Journal Articles** Kross, E., Verduyn, P., Demiralp, E., Park, J., Lee, D. S., Lin, N., Shablack, H., Jonides, J., & Ybarra, O. (2013). Facebook use predicts declines in subjective well-being in young adults. *PLOS ONE*, 8(8), e69841. <https://doi.org/10.1371/journal.pone.0069841>. This peer-reviewed article examines how Facebook usage correlates with changes in well-being among young adults.
3. **Websites** Mental Health Foundation. (2022). *Social Media's Growing Impact on Our Lives*. Retrieved April 15, 2024, from <https://www.mentalhealth.org.uk/social-media-impact>. This website provides accessible content on how social media usage influences daily life and mental health, based on recent studies and surveys.
4. **Online Videos** Jackson, M. (Director). (2021). *Digital Age Anxiety: Social Media and Mental Health*. [Video]. YouTube. https://www.youtube.com/watch?v=d9JUMUb_3O0. This documentary, available on YouTube, discusses the increasing anxiety and other mental health issues

associated with social media usage, featuring interviews with psychologists and habitual users.

5. **Conference Proceedings** Liu, H., & Lopez, V. (2019). The effects of social media on the mental health of teenagers. In S. T. Henderson (Ed.), *Proceedings of the International Conference on Social Media & Society* (pp. 134-140). Association for Computing Machinery. This conference paper discusses a study on the mental health impacts of social media on teenagers, presented at a major international conference.
6. **Reports** Thompson, R. (2023). *Understanding the Social Media Landscape: Mental Health Insights*. Pew Research Center. This report provides statistical insights into how different demographics use social media and how it correlates with their mental health status.