

Sample MLA Format Annotated Bibliography in Alphabetical Order

Topic: The Influence of Social Media on Mental Health.

Review: [How to Write an Annotated Bibliography in Alphabetical Order](#)

Garcia, Martin. "Social Media Use and Mental Well-being." *Journal of Psychology and Social Behavior* 42.3 (2019): 87-102.

Garcia's study investigates the relationship between social media usage patterns and mental well-being among young adults. The research analyzes the impact of social media platforms on psychological health outcomes. The author employs a robust methodology, including surveys and psychological assessments, to explore nuanced correlations between social media use and mental health indicators. This source is essential for understanding the complex interplay between digital media engagement and mental well-being, offering insights for psychologists, educators, and policymakers.

Nguyen, Timo, and Lawrence, Smith. "Social Media Addiction and Anxiety Levels." *Journal of Behavioral Sciences* 35.1 (2020): 56-70.

Nguyen and Smith's research focuses on the prevalence of social media addiction and its association with anxiety levels among adolescents. The study highlights potential negative consequences of excessive social media usage. The authors provide a comprehensive analysis of social media addiction's impact on mental health, drawing attention to the need for interventions and awareness campaigns. This source sheds light on the detrimental effects of social media addiction on mental well-being, underscoring the importance of promoting digital wellness practices.

Roberts, Antony. "Cyberbullying on Social Media Platforms." *Journal of Cyberpsychology* 18.2 (2021): 120-135.

Roberts examines the phenomenon of cyberbullying on social media platforms and its detrimental effects on individuals' mental health, particularly among adolescents and young adults. The article presents compelling evidence linking cyberbullying incidents to increased anxiety, depression, and other psychological challenges, highlighting the need for online safety measures. This source contributes valuable insights into the negative psychological impacts of cyberbullying in digital environments, emphasizing the urgency of addressing online harassment.

Wang, Su, and Lee, Jet. "Social Media Use Patterns and Self-esteem." *Journal of Communication Studies* 28.4 (2018): 88-102.

Wang and Lee's study explores the relationship between social media use patterns, self-esteem levels, and psychological well-being among college students. The authors employ a mixed-methods approach, combining surveys and qualitative interviews, to examine how different social media behaviors influence individuals' self-perception and mental health outcomes. This source offers valuable insights into the complex

dynamics of social media's impact on self-esteem and mental well-being, highlighting areas for future research and interventions.

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