



## SAMPLE TOPIC | social media and teen mental health |

### STEP 1

Move from a **topic** to a **research question**

### POSSIBLE RESEARCH QUESTIONS

Is there a causal relationship between the rise of social media and the rising incidence of mental health challenges in teens?

Does participation in social media impact different groups' mental health in different ways, and/or to different degrees?

What ethical responsibility (if any) do social media companies have to protect users' mental health?

### STEP 2

Use your **research question** to develop **search strategies**

#### KEY TERMS & CONCEPTS ('what')

- \* social media
- \* mental health
- \* ethics
- \* morality
- \* obligation
- \* Silicon Valley
- \* tech companies
- \* users
- \* depression/anxiety
- \* regulations

#### FIELDS, PROFESSIONS & EXPERTS ('who')

- \* public policy
- \* public health
- \* psychology
- \* ethics/philosophy
- \* CDC (public agencies)
- \* child care/development
- \* addiction treatment
- \* counseling

#### TERMS of RELATION & VALUE ('how')

- \* impact/influence
- \* cause
- \* contribute to
- \* responsible for
- \* consequences
- \* harms
- \* costs
- \* benefits

### STEP 3

Identify **information gaps** to determine **sources needed**

#### ||| QUANTITATIVE DATA

- Centers for Disease Control stats on link between mental health and social media use

#### ||| EXPERT PERSPECTIVES

- Ethicist's take on corporate responsibility of tech companies for users' health/behavior
- Counselor's call for increased regulation
- Public health advocate arguing the problem is the culture of use, not platforms themselves

#### ||| PERSONAL/ANECDOTAL EXAMPLE

- Essay by parent of affected teen

#### ||| EXISTING POLICIES [if they exist]

- Example from nation that has implemented health-motivated regulations on social media



# NMC Library :: Research Planning Worksheet



YOUR TOPIC: \_\_\_\_\_

### STEP 1

Move from a **topic** to a **research question**

## YOUR RESEARCH QUESTION

Think about what drew you to your topic. What about it interests you? Your research question should reflect that particular interest.

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### STEP 2

Use your **research question** to develop **search strategies**

KEY TERMS & CONCEPTS ('what')

\_\_\_\_\_

FIELDS, PROFESSIONS & EXPERTS ('who')

\_\_\_\_\_

TERMS of RELATION & VALUE ('how')

\_\_\_\_\_

### STEP 3

Identify **information gaps** to determine **sources needed**

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