

Research Practice Example

Topic

Social Media and Teen Mental Health

1. Find a Credible Source

- **Title:** *Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory*
- **Author:** Office of the U.S. Surgeon General
- **Publication Date:** 2023
- **URL:** <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html>

2. Create a Research Question

How does social media use affect the mental health of teenagers?

3. Reflection

I chose this topic because many teenagers use social media every day, and I wanted to learn more about how it affects their mental health. The source I found is credible because it was published by the U.S. Surgeon General and is based on scientific research. I think this source will help answer my research question by providing information about both the benefits and risks of social media use for teenagers.

Question to Ask	What to Look For	Example
Who is the author?	The author is identified and has expertise or credentials in the subject.	A doctor, professor, researcher, or government agency.
Who published it?	The publisher is trustworthy.	Government websites (.gov), universities (.edu), scholarly journals, or reputable news organizations.
When was it published?	The information is current enough for your topic.	A health article from 2023 is usually better than one from 2005.
Does it provide evidence?	The article includes facts, research studies, statistics, or citations rather than opinions.	References to scientific studies or data.
Is the purpose to inform?	The article is meant to educate rather than sell a product or persuade without evidence.	Government reports and research articles are generally informative.
Is the information unbiased?	The source presents information fairly and acknowledges evidence instead of making emotional claims.	Balanced discussion with supporting evidence.
Can the information be verified?	Other reliable sources report similar information.	Multiple medical organizations reach the same conclusion.