Building a Bibliography for Your Research Paper

I would like to write my paper about:

**The Impact of TikTok on Young Adults’ Mental Health**

Some keyword combinations I have used to [search the library’s catalogue](https://library.capilanou.ca/):

* “TikTok”
* “Mental health”
* “Young adults”
* “Social media impact”
* “Anxiety”
* “Depression”
* “Self-esteem”

In the spaces below, write out MLA-style bibliographic entries for three sources you have found in your research, and which you think could form the basis for your paper. **Please note:** *all three sources should be on the same topic*. List the sources **in order of relevance** and check the box that indicates the type of each source.

**First Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Rogowska, Aleksandra M., and Aleksandra Cincio. "Procrastination Mediates the Relationship between Problematic TikTok Use and Depression among Young Adults." *Journal of Clinical Medicine* 13.5 (2024): 1247. <https://www.mdpi.com/2077-0383/13/5/1247>

TikTok’s influence on the mental health of users of TikTok is huge. Rogowska and Cincio (2024) identify the relationship between the problematic use of TikTok and with depression of young adults moderated by procrastination (P. 12). People use the application continuously, and when it is used inappropriately, it leads to reduced work productivity and cases of people feeling guilty while scrolling through the app. These findings bring to the face the firm evidence on how TikTok may worsen mental health issues.

**Second Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Basch, Corey H., et al. "Deconstructing TikTok videos on mental health: cross-sectional, descriptive content analysis." *JMIR formative research* 6.5 (2022): e38340. <https://formative.jmir.org/2022/5/e38340>

Popular TikTok trends like the body positivity challenge and mental health raising awareness are great examples of the positive part of TikTok. In the view of Basch et al. (2022), mental health-related videos are informative in general, educating the audience and decreasing bias (p. 22). However, some trends such as body image challenges are very unhelpful and maintain the unlikely goals to be achieved by young adults and lead to poor body image and body dissatisfaction.

**Third Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Andonie, Maria Cristina, et al. "Tics and Tiktok: The Impact of Social Media Platform Usage on the Mental Health of Children and Adolescents: A Narrative Review." *Romanian Journal of Child & Adolescent Psychiatry* 10 (2022). <https://search.ebscohost.com/login.aspx?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=2360185X&AN=176022444&h=PpXrLhW%2BABN8OGySjofiU%2BnAsNmZ7BBRnj0nW7MGiitP0z38dcC16gH%2B1tNCmaVQDrpZ1Xch3yQQaaslcpQ9XQ%3D%3D&crl=c>

Andonie et al. (2022) examine the negative impact of TikTok, especially concerning its impact on behaviours like cyberbullying and social conformity (p. 8). The study makes it evident that such behaviours disproportionately burden vulnerable users, especially teens, thereby exacerbating conditions such as anxiety and depression. I share this view because the public interactions of TikTok often make its users an unfriendly place for users who have mental issues.

**Fourth Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Pretorius, Claudette, Darragh McCashin, and David Coyle. "Mental health professionals as influencers on TikTok and Instagram: What role do they play in mental health literacy and help-seeking?." *Internet interventions* 30 (2022): 100591. <https://www.sciencedirect.com/science/article/pii/S2214782922000987>

TikTok is both a connector and a potential risk amplifier. In the context of mental health professionals as influencers, Pretorius et al. (2022) show how platforms such as TikTok can enhance mental health literacy and increase self-seeking behaviours (p. 10). As, the same platform's addictive algorithm and content continues inadequacy feelings.

**Five Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Dabla, Khushi, et al. "How to navigate health promotion in the digital age--Social media and harm reduction among young adults: A systematic how-to guide to assist health care providers in leveraging social media to engage young adults." *British Columbia Medical Journal* 66.8 (2024). <https://search.ebscohost.com/login.aspx?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=00070556&AN=180099941&h=j1uybklm%2FFogMD7S92EZuCIF%2B9IRpQNd0zOG43XSgWUwqh6gBRBEyyrJQQPHE9pBLTl811S669fjfo4xJxtoIg%3D%3D&crl=c>

The algorithmic makes TikTok a key factor in playing out its psychological impact. Dabla et al. (2024) state that the platform is characterized by endless scrolls and content targeting, which encourages addictive behavior, lowering attention spans and heightening dependence (p. 8). This design prioritizes engagement over mental well-being and enhances anxiety and hinders disconnection.

**Six Source:** ¨ Book chapter ¨ Scholarly article ¨ Book

Lin, Zheng. "Analysis of the Psychological Impact of Tiktok on Contemporary Teenagers." *SHS Web of Conferences*. Vol. 157. EDP Sciences, 2023. https://www.shsconferences.org/articles/shsconf/abs/2023/06/shsconf\_essc2023\_01024/shsconf\_essc2023\_01024.html

TikTok is the illustration of a larger social media trend, where platforms are choosing user engagement over mental well-being. Future research in this area focuses on positive algorithm design and methods for reducing harm (Lin et al. 20). Policymakers and developers need to craft safer digital environments, sustaining users' psychological health.

How to Format Entries for an MLA-Style Bibliography

**If the source you are working with is** **a book**, the information you need will be found on the title page and/or the copyright page. You should format the entry as follows:

Last name, First name. *Title: Subtitle*. Publisher, year.

Greenfield, Adam. *Radical Technologies: The Design of Everyday Life*. Verso, 2018.

**For an** **article** you will need much of the same information (author, title, year), but also the journal name, the volume and issue numbers, and the page range:

Last name, first name. “Article title.” *Journal name*, volume number, issue number, pp. first page–last page.

Chun, Wendy Hui Kyong and Sarah Friedland. “Habits of Leaking: Of Sluts and Network Cards.” *Differences*, vol. 26, no. 2, 2015, pp. 1–28.

Finally, **for a** **book chapter**, you need to give the chapter title (in quotation marks), the book title (in italics), and end with the page range. If the book is an edited collection, you will also need the name(s) of the editor(s):

Last name, first name. “Chapter title.” *Book Title: Subtitle*, edited by Editor’s Name, publisher, date, pp. first page–last page.

McGowan, Todd. “Lodged in a Fantasy Space: *Twin Peaks* and Hidden Obscenities.” *Return to* Twin Peaks*: New Approaches to Materiality, Theory and Genre on Television*, edited by Jeffrey Andrew Weinstock and Catherine Spooner, Palgrave Macmillan, 2016, pp. 143–157.