**Proposal of Term Project（项目计划书）**

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| Title:  标题： | Social Media and Mental Health: Exploring the Correlation between Social Media Use and Mental Health Issues | | |
| Background:  研究背景： | * Why do we want to choose this topic for our project?   The study is significant because social media use has increased  significantly over the years. While social media has  several benefits, it has also been linked to mental health issues such as  depression, anxiety and stress. Therefore, it is essential to investigate the  extent of the relationship between social media use and mental health.   * What is your objective?   The research proposal aims to investigate the impact of  social media on mental health | | |
| Research question：  研究问题： | * What do you want to find out or to solve?   The study will be conducted using quantitative research methods that  involve surveying a sample of social media users. The survey will be  administered online, collecting data on social media use patterns, mental  health status, and demographic information. | | |
| Research plan:  实施方案： | * What method will you use?   We plan to conduct a quantitative survey research method. We will distribute online surveys to participants through social media platforms and other online channels, in order to collect data about their social media usage patterns and mental health issues.   * What result do you expect to get?   Based on our research study, we expect to find a strong correlation between excessive social media use and various mental health issues such as anxiety, depression, and low self-esteem. We also expect to uncover important insights about the relationship between specific social media platforms and different mental health problems.   * Time management. (Describe the steps)   The first step will be to plan and design the online survey, ensuring that the questions are structured in a clear and concise way. We will then distribute the survey to a diverse range of participants, with an aim to reach a sufficient sample size to ensure confidence in our findings. After collecting the data, we will use statistical analysis methods to identify any correlations between social media use and mental health issues.   * When do you plan to finish?   We estimate that the research study will take approximately three months to complete, including the survey design, distribution, data collection, and analysis. We plan to finish by the end of the third month, with an aim to have the research report ready for publication by 1~2 weeks. | | |
| Team-member commitment:  组员分工： | Name | Role | Responsibilities |
|  | Leader |  |
|  | Member |  |
|  | Member |  |
|  | Member |  |
| Notes:  备注 |  | | |

**常用术语参考：**

survey research调查研究

*to conduct a survey on …* 对… 进行调查研究

questionnaire 问卷

*do a questionnaire*

*answer a questionnaire*

*give a questionnaire to*

interview 采访

observation 观察

report 报告

data analysis 数据分析

collect / gather data 收集数据

analyze the data 分析数据

sort out data 整理数据

analyze the data through statistics 对数据进行统计学分析

draw a conclusion 得出结论

write a report 撰写报告