The purpose of the useEffect hook is to handle the side effects such as fetching data and updating DOM. This hook runs on every render; however, a dependency array can be used to control the effect of rendering. The useEffect Hook is used to mimic the lifecycle methods of class-based components. One example use case of the useEffect hook is for input validation. For instance, if a user is made to create a password, the useEffect hook could be used for live feedback based on the password the user is typing.