**Cause-Effect Essay Outline**

**Topic: Stress**

**Focus (choose one):** Causes Effects

|  |
| --- |
| **Directions:** First, research quality sources to determine what are the causes or effects of your topic. After that, create a thesis statement. Then complete the parts of the outline highlighted in yellow. |

**I. Introduction**

A. Hook

B. Connecting/Background information

C. Thesis statement:

Financial problems,negative life events, and work-related issues are just a few causes of stress that have become part of life for most people~~, which can last from a day to several months or years.~~

**II. Body Paragraph 1**

A. Cause or effect 1: Financial problems

B. Evidence 1a in APA:   
Financial security is a determinant of a good health; for example, during the economic crisis in Europe in 2000, the worsening economy created social insecurity, and financial uncertainty which resulted in high suicide rates and chronic health conditions (Foscolou et al., 2017).

1. Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5327683/>

C. Evidence 1b in APA:  
Mucci et al. (2016) shows that the high rates of unemployment, reduced wages, staff reduction, and increased workload are associated with suicide, dysthymia, depression, anxiety, and mood disorders (Mucci et al., 2016).

1. Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4844458/>

**III. Body Paragraph 2**

A. Cause or effect 2: Negative life events

B. Evidence 2a in APA:  
Unexpected loss of a loved one such as due to suicide and homicide is among the major public health issues linked with post-traumatic stress disorder and in some cases it becomes the cause for some mental health disorder such as stress (Atwoli et al., 2017).

1. Link:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5661943/>

C. Evidence 2b in APA: The research by Lenferink et al. (2019) shows that the disappearance of a loved one due to state terrorism or war is one of the most stressful events and it leaves most people struggling with post-traumatic stress disorder and depression.

1. Link:

<https://journals.sagepub.com/doi/full/10.1177/1524838017699602>

**IV. Body Paragraph 3**

A. Cause or effect 3: Work-related issues

B. Evidence 3a in APA: Management practices such as effort-reward imbalance, low decision attitude, unfair treatment, and lack of appreciation, unrealistic demand, poor communication, adverse working conditions, and conflicting roles are among the leading causes of stress in the workplace (Quick & Henderson, 2016).

1. Link:  
<https://www.mdpi.com/1660-4601/13/5/459/htm>

C. Evidence 3b in APA:  
Occupation stress is a chronic condition caused by both environment stressors and work demand conflicts such as balancing between work and family life, job insecurity, and workplace burnout (Bhui et al., 2016).

1. Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5353523/>

**V. Conclusion**

A. Restate thesis

B. Final thought