



1. Impact of social media on adolescents' mental health .1

تأثير وسائل التواصل الاجتماعي على الصحة النفسية للمراهقين

In conclusion, our study has shown that increased usage of social media is significantly associated with higher levels of anxiety and depression among adolescents. These findings highlight the importance of understanding the complex relationship between social media and mental health to develop effective interventions and support systems for this vulnerable population.

2. Environmental impact of plastic waste .2

التأثير البيئي للنفايات البلاستيكية

In light of our research findings, it is clear that we are facing a plastic pollution crisis. To mitigate this issue, we strongly recommend a comprehensive ban on single-use plastics, increased recycling initiatives, and public awareness campaigns to change consumer behavior. The responsibility falls on governments, businesses, and individuals to take

immediate actions to protect our planet and future generations .

Exploring applications of AI in healthcare .3

استكشاف تطبيقات الذكاء الاصطناعي في مجال الرعاية الصحية

While our study has provided insights into the current applications of AI in healthcare, the field is rapidly evolving. Future research should delve deeper into the ethical, legal, and social implications of AI in healthcare, as well as the long-term outcomes of AI-driven diagnostics and treatments. Furthermore, interdisciplinary collaboration between computer scientists, medical professionals, and policymakers is essential to harness the full potential of AI while addressing its challenges.

Environmental balance and water pollution.4

التوازن البيئي وتلوث المياه

Clean water is imperative to maintaining ecological balance and protecting the public's health. The increase in water pollution since 2010 has contributed to the decrease in aquatic wildlife as well as the increase in unsafe drinking water. With the growth of sugar farming, more and more pollutants are entering our

freshwater supplies. This increase in pollution has contributed to massive decreases in marine life, fish die-off, increased respiratory illness in neighborhood populations and has contributed to the shortage of clean drinking water.

Ecologists and marine biologists are continuing to measure the water quality, and researchers are continuing to find ways to combat the pollution run-off from commercial farms. In the future, the EPA hopes this research will lead to a decrease in the pollutant concentration in our freshwater systems. If we cannot combat the ill effects that commercial farming has on our clean water, our freshwater ecosystems and drinking water supplies will surely diminish. More research and innovation are needed to maintain our clean water while still supporting the agricultural needs of our economy".