

ANTIBIOTICS (lesson 9, part 2)

Writing an Essay

Read the model academic essay.

Should antibiotics be used to treat mental health disorders?

The idea of using antibiotics to treat mental health disorders such as depression may sound controversial, but recent studies have shown that inflammation in the brain can influence mood and behaviour. Some antibiotics, including minocycline, have been tested in clinical trials and shown encouraging results in reducing cognitive deficits and stress-induced inflammatory proteins. This new approach could expand treatment options for patients who do not respond to traditional antidepressants and repurpose well-known drugs with established safety records.

However, there are serious concerns about the adverse side effects and long-term risks of using antibiotics beyond infection control. Regular exposure could amplify antibiotic resistance, making future treatment of infectious diseases more difficult. Researchers must also be mindful of the dangers of inappropriate prescription and ensure that all patients give informed consent before testing new therapies.

In conclusion, antibiotics should not replace standard psychiatric medications, but carefully designed research may show how they can complement them. Used responsibly and in collaboration with mental-health professionals, antibiotic-based treatments could become a valuable tool in modern medicine without increasing global health risks.

Below you see 16 statements describing different kinds of academic writing. Select (✓) only those that apply to essays.

1. It reports only the main ideas of a text without personal opinion.
2. It begins with an introduction and ends with a conclusion.
3. It uses emotional or persuasive language to influence the reader.
4. It aims to discuss, analyze, and evaluate a specific issue.
5. It describes data, results, and procedures from an experiment.
6. It should include a clear thesis statement in the introduction.
7. It is written in a formal, academic tone.
8. It may present both sides of an argument before stating a conclusion.
9. It includes references to the article's author and publication details.
10. It focuses on causes, effects, solutions, or comparison of ideas.
11. It is shorter than the source text and keeps its structure.

- 12.** It uses connectors such as *however, in addition, on the other hand, therefore*.
- 13.** It usually answers questions like “*What do I think?*” or “*Do I agree or disagree?*”
- 14.** It is objective, factual, and avoids evaluation.
- 15.** It may include examples, evidence, or research findings to support ideas.
- 16.** It should show logical progression and cohesion between paragraphs.