

# Cause and Effect Essays 1

The purpose of a cause and effect essay is to discuss the reasons (causes) for something and discuss the results (effects). They are one of the most common types of essays in academic writing. In some cases, you might be asked to write an essay that discusses both causes and effects. At other times, you may be required to write an essay that only discusses the causes or the effects, not both. Some example cause and effect essay topics are 'Explain the causes and effects of inflation on a national economy' or 'Discuss the causes and effects of the rise in social media usage'.

When writing a cause and effect essay, you can employ one of two structures - block structure or chain structure. This worksheet focuses only on block structure. You can see a comparison of the two structures below.

Block	Chain
Introduction	Introduction
1st Cause	1st Cause
2nd Cause	1st Effect
Transition paragraph	2nd Cause
1st Effect	2nd Effect
2nd Effect	Conclusion
Conclusion	

**A. Place the transition signals into the table below according to their functions. Add two more transition signals of your own for each function.**

because      since      therefore      hence      as      as a result  
 due to      as a consequence      thus      because of      as a result of      so

To Show Cause	To Show Effect

**B. Use transition signals from Exercise B to complete the sentences. Write one word in each space.**

- ..... it is important for their careers and education, many people want to learn English.
- The new cafe serves great-tasting and affordable food. .... it is very popular with locals.

**C. Read the example cause and effect essay below and underline the transition signals that show cause and effect.**

Many people today lead lives that are much more sedentary than in the past. A sedentary lifestyle is the opposite of an active lifestyle, meaning it is characterized by a life that includes very little physical activity or exercise. In the US, around 40% of adults are considered inactive, and in a typical week, nearly 60% never engage in any vigorous physical activity lasting more than 10 minutes. While a sedentary life may seem appealing to some, it does not come without any serious consequences for individuals and society. Given the seriousness of this issue, it is useful to discuss some of the causes and effects of an increase in sedentary lifestyles.

The increase in the number of inactive people in society can be explained by multiple factors. Firstly, due to a transition from more labour-intensive work such as farming and factory work to less physically demanding work, in which people spend hours sitting behind a desk, there has been a significant decrease in people's average daily physical activity. For example, in 1950, around half of Americans had a physically demanding job, but today that number has declined to around 20%. Additionally, as a result of urban planning policies that have placed a priority on motor vehicle transport, people are not able to incorporate as much physical activity into their daily schedules. Because many cities are designed in a particular way, people are forced to drive from place to place to access goods, services, and amenities rather than walk. Finally, technology has also contributed significantly to the problem of sedentary lifestyles. Since many children now spend so much time engaged in screen-based recreation, they are enjoying almost no time outside playing physical sports and games or engaging in face-to-face social interaction.

Therefore, given how sedentary people's lives have become, it is not surprising to see that society is dealing with an increasing number of serious health issues. The first and most noticeable health effect resulting from increased inactivity is obesity. Long periods without physical activity can reduce metabolism and weaken the body's ability to control blood sugar levels and break down fat. As a consequence, there has been an alarming increase in obesity rates around the world. Globally, over the last three decades, obesity rates have increased by a little under 30% for adults and close to 50% for children. As a result, sedentary lifestyles have led to an increase in life-threatening diseases. This is mainly due to the health problems associated with obesity. Compared to people who are at a healthy weight, those with obesity have a significantly elevated risk of type two diabetes, coronary heart disease, stroke, and many types of cancer. Finally, apart from being detrimental to physical health, a sedentary lifestyle has a negative impact on mental well-being. A sedentary lifestyle has been linked to mental health problems like anxiety, depression, chronic stress, and decreased motivation. This contrasts sharply with the positive effects of an active lifestyle which include decreased depression and anxiety and improved self-esteem.

In conclusion, this essay has outlined some of the more common reasons for inactivity and some of its more serious negative outcomes. Sedentary lifestyles have increased because of changes in the economy, poor city planning, and the influence of modern technology. Individuals and society will now need to look at effective ways of combating this serious health issue.

**D. In pairs, discuss and then list the possible causes and effects of the issues below.**

1. A decline in the number of teaching graduates.
2. An increase in income inequality.
3. The rise of fake news online.

**E. Choose an issue from Exercise D and create a block structure essay outline that lists causes and effects.**

Thesis statement: .....

## Causes

Cause 1: .....

Explanation: .....

Cause 2: .....

Explanation: .....

## Effects

Effect 1: .....

Explanation: .....

Effect 2: .....

Explanation: .....

**F. Now, use your outline to write an essay that discusses the causes and effects of your chosen issue. Remember to use transition signals to show causes and effects.**

[illegible]