

Methods and Search Strategy Academic Poster

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Barriers in accessing health care services for mental health in the African community in the UK.

01 Introduction and Research Aim

This chapter explains the study's research method, which used a secondary research design to explore barriers to accessing mental health care services among the African community in the United Kingdom. By reviewing and analyzing existing academic literature, the study identifies recurring themes, research gaps, and insights without gathering new data. A structured literature review provides a transparent and systematic way to synthesize peer-reviewed studies, assess current knowledge, and highlight existing gaps (Snyder, 2019).

02 Search Strategy

A systematic search strategy was conducted using Google Scholar, PubMed, and the UWTSD Library databases. Key terms such as "mental health," "African community," and "healthcare access" were expanded with related concepts like "cultural barriers" and "ethnic minority health" to broaden the search (Booth et al., 2021). Boolean operators refined results, and filters restricted studies to UK-based, peer-reviewed articles published between 2015 and 2025. All search steps were documented to ensure transparency and replicability (Hart, 2018).

03 Searching for Information All identified sources were screened for relevance by reviewing titles, abstracts, and conclusions. Articles that focused on mental health service access, cultural or systemic barriers, or African and Black British populations were retained. The CRAAP test—assessing Currency, Relevance, Authority, Accuracy, and Purpose—was used to evaluate quality (Blakeslee, 2004). Outdated or non-academic materials such as blogs, news articles, or opinion pieces were excluded. Only reliable, peer-reviewed studies authored by credible researchers were included to ensure methodological rigour.	04 Picture / Graph / Visual Aid / Statistics
05 Research Validation and Analysis Validation ensures secondary research is credible and reliable, enabling accurate theme identification while highlighting benefits and limitations of existing evidence.	

06 Inclusion Criteria

Example of Inclusion:

- Peer-reviewed journal articles (2015–2025).
- Focused on mental health care access, patient experience, or healthcare outcomes.

07 Exclusion Criteria

Example of Exclusion:

- Non-academic materials such as blogs or non-peer-reviewed reports.
- Research unrelated to the UK or not addressing ethnic minority populations

08 Ethical Considerations

As this was a desk-based study, no human participants were involved. Ethical standards were maintained through careful attention to data protection, citation practices, and intellectual property. The research complied with the UK GDPR and the Data Protection Act 2018, ensuring confidentiality and academic honesty (GOV.UK, 2024). It also followed the University of Wales Trinity Saint David's guidelines, which require lawful, respectful, and ethical academic conduct (UWTSD, 2022). Only studies demonstrating informed consent, participant protection, and confidentiality were included, and all sources were cited using the Harvard referencing style to uphold academic integrity.

Reference list

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