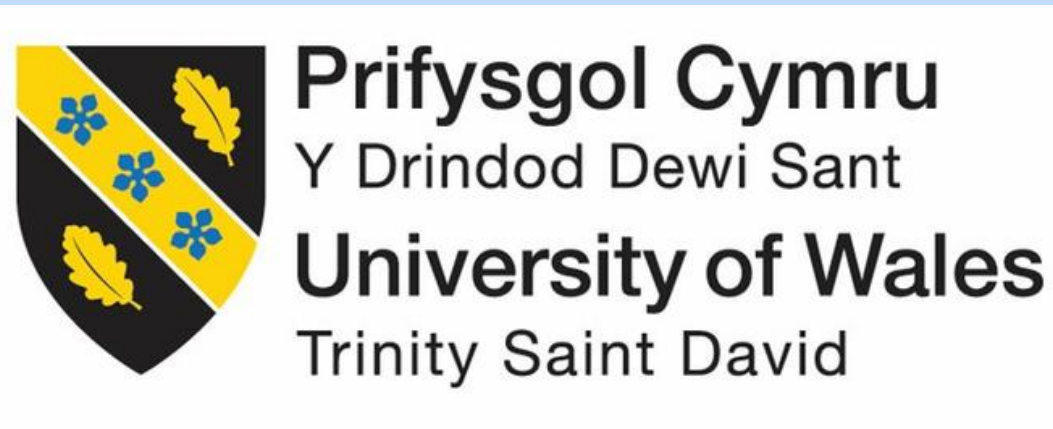




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Module name: Independent Project

Module code: BMHP6020

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I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

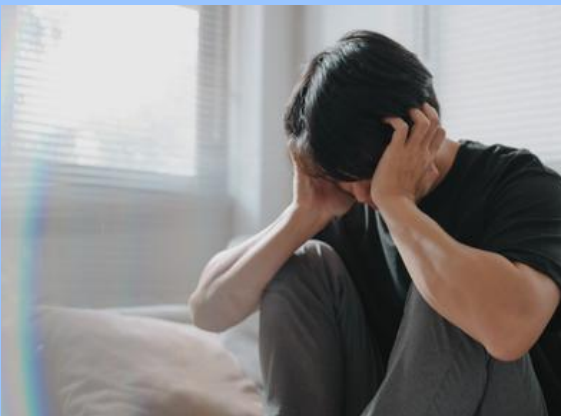


Fig1. (Meic Cymry, 2025)

Methodology

- A systematic literature review was conducted following a structured and transparent process to identify, screen, and select relevant studies (Lame, 2019)
- Qualitative secondary research approach was applied, based on existing primary studies.
- Thematic analysis was used to identify recurring patterns, core themes, and key insights on challenges and best practices in the transition process (Braun and Clarke, 2006).

Title: *Transition from child to adult mental health services in the UK: Key challenges and systemic gaps.*

Aim:

To examine the challenges of the transition from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services (AMHS) within the UK health and social care.

Objective:

- to explore the main concepts related to the transition from CAMHS to AMHS within the UK health and social care system;
- to examine the existing policies and frameworks that manage transitions from CAMHS to AMHS in the UK;
- to identify the main barriers young people faced during this transition;
- to provide evidence-based recommendations for improving the transition process and reducing the risk of young people disengaging from services.

Data Collection Method

- Systematic review of relevant literature was conducted to address the research question and objectives
- Searches was carried out in ProQuest, PubMed, and Google Scholar
- Key search terms included: transition, continuity of care, CAMHS to AMHS, youth mental health service, CAMHS, child and adolescent mental health services, teenager, adolescent, young, youth, UK, Great Britain, Scotland, Wales, Northern Ireland.

Inclusion Criteria

- Peer-reviewed primary research published since 2015.
- English-language studies focused on the UK.
- Research examined the transition from CAMHS to AMHS.
- Studies included all young people with transition experience.

Exclusion Criteria

- Books, dissertations, and guidance documents.
- Studies published before 2015 or not in English.
- Research conducted outside the UK.
- Studies unrelated to mental health transition.

Data Analysis Method

Extracted data from selected literature were systematically analysed to synthesise findings on the transition from child to adult mental health services in the UK.

PRISMA 2020 flow diagram was used to illustrate the review and study selection process (Page et al., 2021).

Quality appraisal was conducted using the Critical Appraisal Skills Programme (CASP) checklist — a recognised tool for evaluating qualitative and scoping reviews in health and social care (Long, French & Brooks, 2020).

Thematic analysis was applied as the main analytical method, identifying common patterns and key themes (Braun and Clarke, 2006).

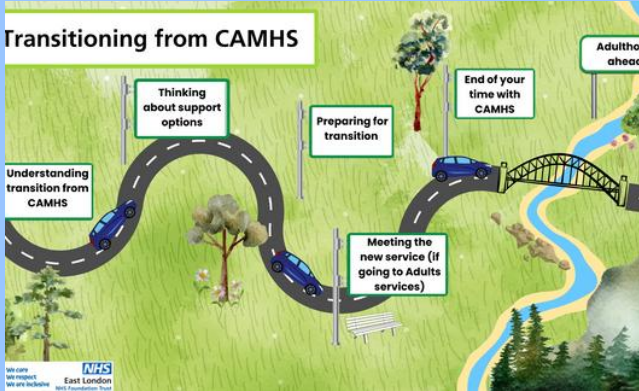


Fig2. (NHS East London, 2025)

Ethical considerations

- Ethical approval was obtained from the supervisor; study was conducted in line with UWTSD Research Ethics and Integrity Regulations.
- Secondary data were accurately referenced to ensure proper attribution.
- Privacy, dignity, and personal boundaries of adolescents and young adults were respected (Rani & Sharma, 2012).
- Findings were reported responsibly, avoiding misrepresentation, stigmatization, or harmful assumptions (Yuong et al, 2016).

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