

Chapter 3 Methods

3.1 Academic Methodology Poster

Depression and Suicide among Young Individuals within the United Kingdom and Barriers to Seeking Help

01 Introduction and Research Aim



The research methodology chapter is the outlining of precise approaches and procedures which are used for data collection, executing the research and

02 Search Strategy



The search strategy for secondary research can be defined as the planned and systematic approach for finding required data using the current resources,

justification of the chosen methods (Dubey and Kothari, 2022). That assists the readers in assessing the research discussion's reliability and validity. The study aims to examine the connections between depression and suicide among young individuals in the UK to examine the aspects averting them from looking for assistance and recommend convincing ways to improve mental health care.

which can involve the identification of key resources, databases and concepts (Mishra, 2021). The researcher started the search process by defining the research question, identifying key concepts, and selecting databases like JSTOR, ProQuest, and Google Scholar. Hence, the data were searched by using keywords such as “mental health support” and “suicidal cases in the UK” and using filters to limit the search. Moreover, the importance and quality of the retrieved articles were ensured by focusing on dates and authors' reputations.

03 Searching for Information



The researcher defined the research questions and broke down the research questions into sub-themes which can be added to the finding section. Along with this, the keywords were taken from the research questions for the search process using the secondary research method (Mishra, 2021). However, a constant approach was maintained to extract relevant data on the selected topic. Firstly, the core issues were defined and the purpose was clarified. Secondly, the brainstorming sessions were performed to select keywords and then data was searched on online databases.

04 Graph

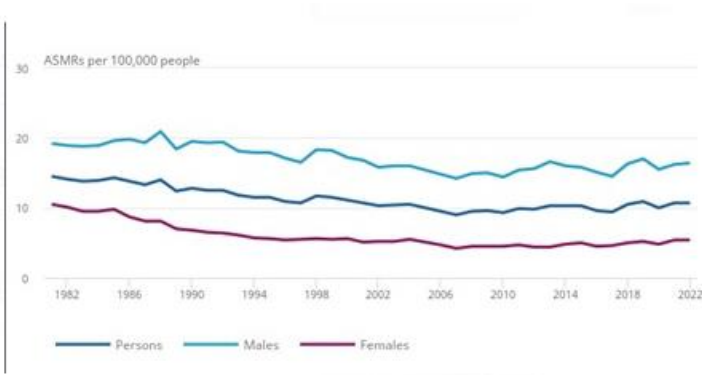


Figure 1: Suicide Rates in England and Wales in 2022.

Source: (Office for National Statistics, 2023).

Recently the death toll for suicidal cases has increased by 2.1% from the last 5 years and the cases of males compared to women are also noticeable (Iacobucci, 2020). Although the availability of mental healthcare support in the

UK, individuals' fear of being judged and neglected is creating barriers to seeking assistance.

05 Research Validation and Analysis



In the context of secondary research, validation can be defined as the reliability of the existing data and their accuracy from gathered sources such as journals, articles and reports (Dubey and Kothari, 2022). The added information to the research project was credible and reliable as the author confirmed the academic rigor through trusted sources which can allow to present a more persuasive argument. The validations of the research can improve the confidence level for research and assist in making informed decisions. However, the validation process created limitations like potential biases and limited time. The secondary research method is the process of extracting data from only existing sources. On the other side, the researcher created different themes by using brainstorming sessions and developed titles for the themes that were added to the literature review. Moreover, these themes were broken down into different sub-sections which were further discussed in the findings section.

06 Inclusion Criteria

07 Exclusion Criteria



The researcher only used sources that were 5 years older and related to the UK suicidal cases. Further, the articles that can be accessed online were included only.



The researcher avoided resources that are older than five years and do not relate to UK suicidal cases. Furthermore, the cases where people were more than 50 years old were avoided. Along with this, the articles that cannot be accessed were avoided.

08 Ethical Considerations



Ethics includes the usage of moral principles for handling extracted outside sources' data responsibly and maintaining privacy and confidentiality. The researcher maintained the privacy and confidentiality in this research by protecting privacy and granting permissions. Moreover, the GDPR laws were maintained by confirming data security, transparency and accountability. Further, the researcher only used reliable and valid data sources in this research.

09 References

Iacobucci, G. (2020). Suicide rates continue to rise in England and Wales. *BMJ*, 370.

Office for National Statistics (2023). Suicides in England and Wales: 2022 Registrations. [online] www.ons.gov.uk. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2022registrations>.

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S.B. (2021). *Handbook of Research Methodology*. Edu creation Publishing.

