



Certificate of Higher Education in Health and Social Care

ASSESSMENT 2: BIBLIOGRAPHY & REPORT

Psychology in Health and Social Care

LCHS4010

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Part A: Annotated Bibliography

I. Source 1

i. Full UWTSD Reference

Hattangadi, V. and Shinde, S., (2025). The interplay of energy and ego: understanding human development through chakras and Erikson's theory. *IOSR Journal of Business and Management*, 27(2). <https://doi.org/10.9790/487X-2702062229>

ii. Summary

The research of Hattangadi and Shinde (2025) evaluates the different psychological and spiritual dimensions that influence human development. This article focuses on the Psychological Development Theory of Ericsson to illustrate several stages that play an important role in ensuring the cognitive development of individuals through psychosocial conflicts. Additionally, the findings of these articles reveal that integration of spirituality with psychology is crucial for regulating emotion and developing self-confidence. Moreover, this integration of spirituality and psychology is also beneficial for reducing challenges associated with confusion, emotional instability, insecurity and fear among adults.

iii. Critical Comment

The application of the theory of Erikson in this article evaluates the reflection about life of older adults that influences the perception of regret or fulfilment. This reflection helps in understanding factors that can make a positive impact on older adults. The main strength of the article is associated with an interdisciplinary approach that encourages the understanding of mental well-being and ageing. In contrast, focusing more on spirituality rather than empirical evidence acts as the limitations or weakness of the article. However, despite the challenges, findings of this article can be considered by professionals related to social care for supporting the older adults by considering emotional as well as spiritual aspects.

II. Source 2

i. Full UWTSD Reference

Adams, C., Gringart, E. and Strobel, N., (2022). Explaining adults' mental health help-seeking through the lens of the theory of planned behavior: A scoping review. *Systematic reviews*, 11(1), p.160. <https://doi.org/10.1186/s13643-022-02034-y>

ii. Summary

The study of Adams *et al.* (2022) argues that the negative perception about health and social care services among older adults act as a barrier for seeking any help from professionals. In this article, the Theory of Planned Behaviour (TPB) has been utilised for evaluating the different determinants that influence the intentions of individuals for seeking support to resolve mental issues. Additionally, the findings show that positive beliefs among the people about services related to mental health can help in influencing individuals to seek help from professionals.

iii. Critical Comment

The older adults faced challenges like limitations in the access of mental health services, problems linked with awareness and stigma that act as a barrier for seeking care services. Thus, this article can be useful for professionals to understand the factors that influence older adults to seek mental health service and take steps accordingly to mitigate barriers in care service. The systematic approach of scoping review associated with multiple articles are the main strength of this research but excessive focus on intentions instead of help-seeking behaviour induces research limitations. Although, in social and healthcare practice, this article can be used for identifying significance related to awareness programs, accessibility of service and community support for ensuring proper care to older adults.

III. Source 3

i. Full UWTSD Reference

Erdoğan, E.G. and Mersin, S., (2025). The relationship between the level of satisfaction of maslow's hierarchy of needs and loneliness, happiness and life satisfaction in elderly individuals. *Journal of Clinical Nursing*. <https://doi.org/10.1111/jocn.17759>

ii. Summary

The research of Erdoğan and Mersin (2025) argues that the fulfilment of needs in different stages of life is crucial for the psychological well-being of adults. The Maslow's Hierarchy of Needs theory has been utilised in this article for illustrating several stages of life and changes in the needs. As per the findings of this research, need satisfaction among the adults are important for reducing issues of loneliness and enhancing happiness that ensures mental well-being.

iii. Critical Comment

This research illustrates the effectiveness of meeting the fundamental needs of human beings for making a positive influence on the psychological health among older adults. Therefore, this research can be useful for identifying the factors that can ensure mental well-being of adults and developing strategies to avoid

issues of financial insecurity, socialisation and problems related to healthcare support. In this research, application of the validated scales of measurement of happiness, satisfaction and loneliness act as the strength. However, consideration of specific cultural context reduces generalisation and enhances weakness. Moreover, social and healthcare professionals can use findings for developing strategies associated with interventions like community programs to support older adults.

IV. Source 4:

i. Full UWTSD Reference

Ejiri, M., Kawai, H., Ito, K., Hirano, H., Fujiwara, Y., Ihara, K., Kim, H. and Obuchi, S., (2022). Association of social disengagement with health status and all-cause mortality among community-dwelling older adults: evidence from the Otassha study. *Scientific reports*, 12(1), p.17918. <https://doi.org/10.1038/s41598-022-22609-y>

ii. Summary

This article of Ejiri *et al.* (2022) evaluates that social dis-engagement can cause declination of the health and also induces the risk of mortality among older adults. The Social Dis-Engagement Theory has been utilised in this research for evaluating the effectiveness of more engagement with society by older adults to ensure healthy life. Moreover, the findings of this research reveals that more dis-engagement of adults increases the possibility of degradation related to physical and mental health and increased mortality.

iii. Critical Comment

The article analysis that the withdrawal from different social activities by the older adults enhances the vulnerability associated with physical and mental health. Thus, findings of this research can be useful for understanding the effectiveness of increasing social contacts for mitigating isolations among older adults that is crucial for healthy well-being. The longitudinal design along with community-based cohort is the strength of this article but focuses only on the result of survey reduces possibility of including qualitative data that act as weakness. Moreover, this argument can be used by social and healthcare workers for encouraging older adults to get engaged with community programs that can reduce mental and physical health issues.

□

Part B:

Evaluation of the theory and application in improving well-being

The *Theory of Planned Behaviour* (TPB) by Icek Ajzen reveals that the behaviour of individuals is influenced by intentions. In this case, the intentions are also influenced through three factors such as subjective norms, perceived control in behaviour and attitude regarding behaviour (Brookes, 2023). According to this theory, perceived pressure from society, personal evaluation and belief associated with self-efficacy influences the behavioural aspects among adults. As per the research of (Rozenkowska, 2023), TPB is useful for the identification of different factors that make an impact on behaviour as well as intention of individuals. However, lack of focus of this theory regarding environmental and emotional factors along with cultural differences act as the limitations during application for assessing behavioural aspects.

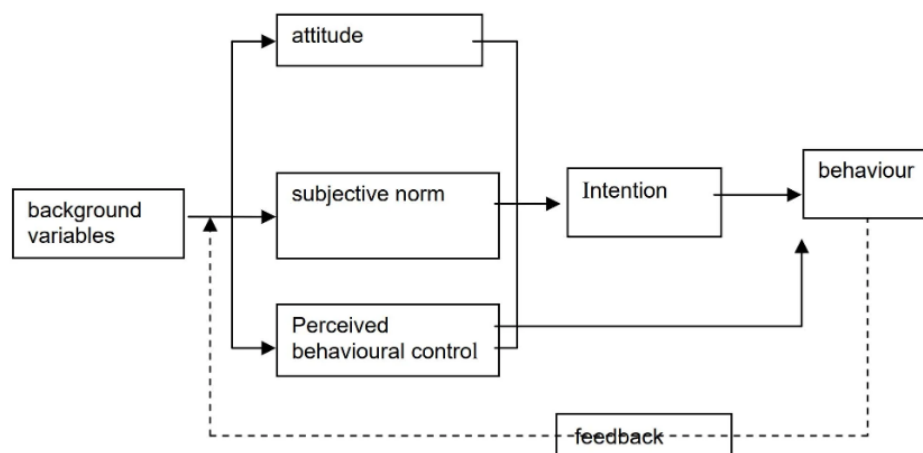


Figure 1: Components of TPB

(Source: Brookes, 2023)

In health and social care services, this theory can be applied by professionals for promotion of the benefits associated with physical activities to older adults that can reduce health issues. In addition, promotion of the benefits linked with social interactions can increase community engagement of older adults and can reduce challenges of depression, anxiety and loneliness among the adult population (Hossen *et al.* 2023). Furthermore, TPB can be effective in changing the attitude of older adults about vaccinations, frequent check-up and screening can also help in influencing individuals positively to prevent health issues. This theory also mentioned conducting behavioural assessments for recognising perceived barriers, norms and beliefs that influence actions of an individual. As per the research of Reynolds *et al.* (2022), strategies of interventions for meeting individual needs by considering cognition, social support and mobility can be useful for avoiding healthcare issues among older adults. Thus, this theory can be used for developing policies of interventions after conducting assessment of behaviour to satisfy individuals through care

services and preventing health challenges.

Assessment of the case study

The research of Li *et al.* (2024) evaluate about a case study that focuses on assessing the factors linked with *Willingness of Older Adults to utilise Telemedicine*. This case study focuses on conducting research on older adults by using a questionnaire for understanding the perception about utilising telemedicine. The questionnaire in this case has been developed by considering the aspects of TPB that are crucial for predicting behavioural intentions among older adults regarding telemedicine's services. This case study reveals that the perceived usefulness associated with the environment of telemedicine service is important for influencing the older adults positively to use the services. In addition, enhancement of trust among the older adult population is also necessary for ensuring satisfaction about using telemedicine service that can reduce challenges of accessibility regarding treatment as well as medicine (Li *et al.* 2024). Therefore, despite the specifications of intervention programs, this case study can be useful for healthcare professionals to understand the significance of communicating the benefit of services to older adults for making positive influence.

Analysis of the challenge and strategy of mitigation

The intention behaviour gap is the main challenge faced by the healthcare professionals to use TPB for influencing the perceptions of older adults. As per the assumptions of TPB, the intention associated with performing and action is the main factor that influences behaviour of a person (Rozenkowska, 2023). However, in reality, the external factors along with the internal barriers also influences the behaviour of the actions of individuals are older adults. For example, physical limitations like chronic illness, mobility shoes along with cognitive challenges like understanding instructions can also affect the behaviour of older adults. Moreover, emotional factors like anxiety, low motivation and the environmental factors such as access related to healthcare and transportation also controls the actions or behaviour of older adults.

In research of Hsiao *et al.* (2025), older adults from the age group of above 65 has been surveyed to assess the intentions regarding the booster vaccinations associated with Covid-19. This research shows that instead of the strong intentions about receiving booster dose, the barriers associated with transportation, health concerns and booking appointments restrict vaccinations. Thus, it can be stated that the high intentions are not only a specific factor that influences behaviour of older adults and external aspects need to be considered for judging actions of individuals.

Evaluation of the intention behaviour gap reveals that recognising all the barriers that can prevent the behaviour of older adults are necessary for mitigating challenges in care services. In addition, implementation of practical supports like providing assistance or improving access of care services can also be useful for ensuring appropriate healthcare services to older adults (Bertolazzi *et al.* 2024). However, lack of assessment of the perceptions of patient or older adult population is important for developing strategies regarding support services that can restrict barriers to get the

access of care. □

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