

Guidance for Completing the BMHP5019_BIRM Research Report (Component 2)

Understanding the Task

This assignment requires a **scoping review** of peer-reviewed research related to a topic in health, social care, or digital health professions. You must critically analyse **primary and/or secondary research studies** and conduct **secondary research**, following a structured format.

Structuring the Research Report (3,600 Words)

Title Page

- Include the **student's name, student number, module code, and title** of the research report.
- Example title: *A Scoping Review of Digital Mental Health Interventions for Anxiety in Young Adults*

Contents Page

- List **all sections with page numbers** for easy navigation.
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Sections of the Research Report

Introduction

This section should provide a clear **overview of the research topic, review question, and objectives**.

- **Define key concepts:** Explain the main terms relevant to your research (e.g., "digital health," "scoping review").
- **Rationale:** Justify why this topic is important (e.g., increasing mental health issues among young adults).
- **Review Question:** Clearly state the research question guiding the scoping review (e.g., *What is the effectiveness of digital mental health interventions in reducing anxiety among young adults?*).
- **Objectives:** Outline what the review aims to achieve (e.g., identifying gaps in research, evaluating intervention effectiveness).

✦ *Tip:* Use at least one citation per key concept to show academic engagement.

Background

This section should **contextualize the research topic** within health, social care, or digital health.

- **Current Policies and Legislation:** Reference relevant UK or international policies, acts, or guidelines (e.g., NHS Digital Strategy, Mental Health Act 1983).
- **Existing Services and Practice:** Discuss current healthcare interventions, services, and frameworks relevant to the topic.
- **Key Challenges and Issues:** Highlight **gaps in research or practice** that justify the need for this review.

✦ *Tip:* Use reports and peer-reviewed studies, but avoid policy papers or editorials as per the guidance.

Methods

Describe **how the research was conducted**, ensuring clarity and transparency.

- **Data Collection Approach**
 - State the **academic databases** used (e.g., PubMed, CINAHL, Scopus, PsycINFO, UWTSD Library).
 - List **keywords** and Boolean operators used for searching (e.g., "digital mental health" AND "anxiety").
 - Define **inclusion and exclusion criteria** (e.g., studies published in the last 10 years, only peer-reviewed journal articles).
- **Data Analysis Approach**
 - Explain how the selected studies were **categorised and analysed**.
 - Justify **thematic analysis** as the chosen method for synthesising findings.
- **Ethical Considerations**
 - Since this is secondary research (no direct human participation), discuss **avoiding bias, ensuring transparency, and following ethical guidelines for data use**.

Results

Present the **key themes** identified in the scoping review, using **thematic analysis**.

Summary Tables

- Include tables summarising key details of your **selected articles**.
- Each table should include:
 - Author(s) & Year
 - Research Objectives
 - Methods
 - Key Findings
 - Relevance to the review question

Template for Summary Table

Author(s), Year	Research Objectives	Methods	Key Findings	Relevance to Review Question
Smith et al. (2022)	To evaluate the impact of digital CBT on anxiety	RCT, 300 participants	60% reduction in anxiety symptoms	Supports effectiveness of digital CBT

Thematic Analysis

- Organise findings into **3–4 themes** (e.g., "Accessibility of Digital Interventions," "User Engagement and Effectiveness," "Challenges in Implementation").
- Support each theme with **evidence from the studies** (e.g., "Smith et al. (2022) found that mobile apps improved anxiety scores by 30% in young adults").
- Use **tables or summary charts** where appropriate to present findings concisely.

✦ *Tip:* Avoid excessive summarisation—focus on **patterns, contradictions, and knowledge gaps**.

Discussion

Interpret the findings in relation to the **research question and objectives**.

- **Compare and contrast findings:** How do the reviewed studies align or differ?
- **Explain gaps in research:** What is missing? Are there limitations in study designs?
- **Theoretical and practical implications:** How do findings impact healthcare practice or future research?

✦ *Tip:* Engage critically with literature—**do not just summarize; analyse**.

Conclusion and Recommendations

Summarise key insights and suggest future directions.

- **Key Takeaways:** Briefly restate main findings and their significance.
- **Recommendations for Future Research:** Address gaps identified in the discussion (e.g., "More randomized controlled trials are needed to evaluate the long-term impact of digital interventions").
- **Recommendations for Policy and Practice:** Suggest improvements in healthcare delivery, digital intervention accessibility, or clinical guidelines.

✦ *Tip:* Ensure recommendations are **realistic and evidence-based**.

Referencing and Formatting

- **Use Harvard Referencing Style** as per university guidelines.
 - **All in-text citations must match the reference list** at the end.
 - **Reference at least 15–20 peer-reviewed studies** to demonstrate a strong evidence base.
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Presentation and Submission Guidelines

- ✓ **Font & Spacing:** Arial, size 11, 1.5 line spacing.
- ✓ **Page Numbering:** Ensure consistent numbering throughout.
- ✓ **Headings & Subheadings:** Use clear section titles for readability.
- ✓ **Word Count:** Stay within **3,240–3,960 words** (within +/-10% range).

✦ *Final Tip: **Proofread carefully!*** Check for grammar, structure, and logical flow before submission.

Final Checklist Before Submission

- ✓ **Title Page & Table of Contents** included
- ✓ **Structured sections** (Introduction, Background, Methods, Results, Discussion, Conclusion)
- ✓ Several articles chosen for analysis and **at least 15–20 peer-reviewed sources** used overall cited correctly in Harvard style
- ✓ **Summary tables presenting key details of selected studies**
- ✓ **Clear thematic analysis** of the selected studies
- ✓ **Recommendations that are relevant, evidence-based, and feasible**
- ✓ **Formatting and word count within limits**
- ✓ **Proofread for clarity and coherence**