

PRESENTATION

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- ▶ **STUDENT NUMBER: 2026249**
- ▶ **MODULE CODE: BMHP5005_BIRM**
- ▶ **LECTURER: DR FAHAD KHAN**
- ▶ **Programme: B.Sc. in Health and Social Care**
- ▶ **Module: Introduction to Research**
- ▶ **Assignment Title: Literature Review**

First portion

- ▶ In the first portion of my assignment I have introduced exactly what my assignment is based on which is modern life and mental health
- ▶ I have included statistics to highlight that this is a real issue which the modern world struggles with
- ▶ These statistics are quite worrying and I therefore stresses the importance of it being an imperative for us as a society to act against it
- ▶ For example 4 in 100 individuals experience PTSD and 6 in 100 individuals experienced generalised anxiety disorder (mental health resource, 2019)
- ▶ I also outlined the reasoning behind why I chose this topic, these include modern diet, modern work and social media
- ▶ I chose these reasons as they play an integral part to daily life and our lives mainly revolved around these factors
- ▶ These have a large role to play in both our physical health and mental health
- ▶ There are many statistics and studies which are also in agreeance with this highlighting how they can change our mental health and the effects they have

MIDDLE PORTION

- ▶ In the middle portion of my assignment I included a study into what mental health actually is analysing many studies
- ▶ This included old definitions from the time of ancient Greece to more modern times such as when psychology first started and when positive psychology was made
- ▶ I included: methods and methodology, material and methods, objective and research questions, search strategy, limitations and ethical considerations
- ▶ I also identified the common themes found when it came to mental health
- ▶ In the assignment there was also a PRISMA model
- ▶ There were many definitions to what mental health is, this is because mental health is an extremely complex subject to study and examine
- ▶ For example mental well-being was once considered the absence of illness
- ▶ This is primarily due to the fact that mental health is invisible and so we must find other ways to observe it such as individuals behaviours, hormone levels and overall physical health

LAST PORTION

- ▶ In the last portion of my assignment I included a discussion of my topic
- ▶ This discussion included my initial points of modern life such as diet, work and social media
- ▶ I gave statistical reasoning to support these claims, however I also emphasised the other positive side of these components as they do have many benefits for modern society
- ▶ Modern society is now much less limited in comparison to the ancient world, however we may also be hindered due to the modern world
- ▶ I also included my conclusion and future policy suggestions in order to ameliorate the situation we are in
- ▶ This included teaching children about the dangers of over consumption of anything, but also social media, bad foods and not resting enough
- ▶ Also improvements must be made to work policies making work more suited to the employee rather than just focusing on how much profit and revenue can be generated