



BMHP5019_BIRM – Introduction to Independent Research Skills

Component 1 Scoping review proposal.

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Title

A scoping Review of “Mental Health Crisis Among Young People in the UK”.

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Introduction:

Mental health problems among young people have increased significantly in recent years in the UK. In 2023, around one in five people aged 8–25 had a probable mental health condition, with the highest rates reported among 17–19-year-olds (YoungMinds, 2025, NHS Digital, 2023). This scoping review explores the available research and identifies areas where further study is needed.

Aim:

This scoping review will examine the existing literature on youth mental health crises in the UK, identifying key themes, concepts, and gaps in the current evidence base.

Objectives:

To identify the key themes and contributing factors associated with mental health crises among young people, evaluate existing interventions, and highlight gaps in the current UK literature (Fonagy, 2025).

Review questions:

- What are the key factors contributing to mental health crises in young people in the UK?
- What interventions have been implemented to address these crises, and how effective are they?
- What gaps exist in the current research on youth mental health crises in the UK?

Methodology and Data Analysis

The scoping review will follow Arksey and O'Malley's framework (Arksey and O'Malley, 2005). Information will be collected from peer-reviewed studies from the last 10 years will be searched in databases such as PubMed, EBSCOhost, CINAHL, and Google Scholar. studies will be included both qualitative and quantitative research. The literature will be analysed using Aveyard (2007) simplified thematic analysis to identify common themes, patterns and differences across study.

Rationale:

Mental health problems among young people are becoming more important issue in the UK (Cotgrove, 2018). More young people are finding it difficult to cope with issues such as anxiety, depression, and emotional stress (Owens et al., 2022, Mental Health Foundation, 2018).

These difficulties can affect different areas of life, including education, relationships, and overall wellbeing. Although awareness of mental health has increased, many young people still struggle to access the support they need. Exploring this topic is important because it can help improve understanding of the causes of mental health crises and the support available to young people. This scoping review will bring together existing research, identify key findings, and highlight gaps in the literature that may require further investigation (Coelho et al., 2022)

Inclusion and exclusion

Inclusion criteria will include peer-reviewed studies English-language based in the UK that focusing on mental health crisis in young people (age 8-25. Exclusion criteria will include non-academic sources, and research not related to mental health.

Ethical Consideration

This study uses secondary research, so no participants will be involved. Information will come from reliable sources, and all references will be cited correctly. Findings will be presented respectfully, especially when discussing Mental health among young people.

References:

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NHS Digital (2023). *Mental health of children and young people in England, 2023 - wave 4 follow up to the 2017 survey*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up>.

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