



Rebecca Stewart 5/09/2024 ↻

What areas of research interest you?

In your group post your list of FIVE areas of interest. Remember to add your group name.

↻ ANONYMOUS 5/14/24 9:53AM

I love social research - trying to understand the different behaviours and situations people are in. So I can have more grace and I can know how to help people more.

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22126212 5/14/24 11:12AM

Childhoods experience affect individuals health in adulthood

↻ ANONYMOUS 5/14/24 9:56AM

The effects of mindfulness meditation on stress reduction in college students

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22126212 5/14/24 11:16AM

Childhood experiences and family health in adulthoodFor example, individuals who experience numerous ACEs early in their childhood are at risk for developing depression, anxiety, substance abuse habits, and detrimental health behaviors as they mature into adulthood [23]

↻ ANONYMOUS 5/14/24 9:58AM

Five areas of research

How does the right to health affect the access and quality of health and social care services

Mental : how does the disparity between mental and physical health affect the well being mental health patients

The use of Ai in early cancer diagnosis and treatment

Impact of poor sleep on the treatment of chronic illness

Benefits of reflexology in treating stress and anxiety

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Anonymous 5/14/24 10:03AM

Junk food has a detrimental effect on our health on a daily basis

↻ ANONYMOUS 5/14/24 11:02AM

Can socialising improve mental health?

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Anonymous 5/14/24 11:09AM

When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression.

🔒 ANONYMOUS 5/14/24 11:05AM

Autism & ADHD

- 1. Why is there an increase in Autism and ADHD?
- 2. Does the mothers mental health effect a child upbringing more than having two parents?
- 3. Does having a good relationship with colleagues effect your work standards?
- 4. Does mental health affect your weight?
- 5. How does breastfeeding benefit the child and their future growth?

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Anonymous 5/14/24 11:18AM

Yes, mental health can impact weight in various ways. Conditions like depression or anxiety can affect appetite and eating habits, leading to weight changes. Stress can also influence weight through hormonal changes and coping mechanisms such as emotional eating. Additionally, certain psychiatric medications may cause weight gain or loss as a side effect.

🔒 ANONYMOUS 5/14/24 11:00AM

How does exercise have an impact on your overall well-being?

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Anonymous 5/14/24 11:15AM

Exercise affects overall well-being in numerous ways:

- 1. **Physical Health:** Regular exercise strengthens muscles, bones, and joints, improving overall physical health and reducing the risk of chronic diseases such as heart disease, diabetes, and obesity.
- 2. **Mental Health:** Exercise releases endorphins, which are natural mood lifters, reducing feelings of stress, anxiety, and depression. It also improves sleep quality, cognitive function, and self-esteem.
- 3. **Social Interaction:** Participating in group exercises or team sports provides opportunities for social interaction and can foster a sense of community and belonging, which is beneficial for mental and emotional health.
- 4. **Stress Reduction:** Physical activity helps to reduce levels of stress hormones like cortisol, while also increasing the production of feel-good neurotransmitters like serotonin, resulting in a calmer state of mind.
- 5. **Brain Health:** Exercise promotes the growth of new brain cells and improves overall brain function, including memory, concentration, and cognitive abilities, which can help prevent age-related cognitive decline.
- 6. **Longevity:** Studies have shown that regular exercise is associated with a longer lifespan and a higher quality of life in old age, as it helps to maintain physical function and independence.

Overall, incorporating regular exercise into your routine can have profound and wide-ranging benefits for your overall well-being, both physically and mentally.

Anonymous 5/14/24 11:20AM

To what extent does emotional neglect experienced before the age of 5 predict the risk of developing chronic stress and anxiety disorder in young adults 18-25 from low income urban communities as measured by self-reported stress levels and clinical assessments

ANONYMOUS 5/14/24 11:02AM

Why women's mental health is important?

women's mental health is very important

For well being of children

For healthy home environment.

They may affect relationships, self-esteem, work performance and even physical health.

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REBECCA STEWART 5/9/24 10:05PM

The test Group

We are interested in:

- 1 How long shifts affect your wellbeing
2. How autism impacts your health outcomes.
3. Does poverty lead to stress?
4. Can manual handling cause anxiety for patients?
5. Is there a link between early childhood experience and stress as an adult?

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Anonymous 5/14/24 9:49AM

Do cut backs on community funding for community centres/community facilities in certain areas contribute to the increase in crime levels?

Anonymous 5/14/24 9:50AM

Are lack of school placements for special needs children impacting their learning, progression and mental health?

ANONYMOUS 5/18/24 3:41PM

2217494: Autism, young carers, disabilities, gender bias and rare diseases.

1. Research how having autism affects not just the individual but also those around them
2. How young carers are affected later in life due to their upbringing.
3. How certain disabilities hold people back from the job of their dreams.
4. How pay grades are worked out because women are sometimes underpaid due to gender bias .
5. How rare diseases are found and named and how does research move forward if there is no prior information.

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ANONYMOUS 5/18/24 3:44PM

5 areas of interest

1. Health issues such as anxiety, depression very common in these days.

2. Environmental pollution.
3. Quality of Education such as teaching children the opposites of nature.
4. Physical activities to be promoted in the local society.
5. Eating habits such as healthy eating, be mindful of eating junk food.

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↩ ANONYMOUS 5/18/24 3:45PM

Research idea

Are more people dying in the ER today due to lack of staffing and funding?

Is the water supply more contaminated today than 10 years ago and what is the reason behind it?

Why are more black women dying from child birth than the rest of the public?

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↩ ANONYMOUS 5/18/24 3:52PM

List of 5 areas of research

1. Health and wellness of family.
2. Educational resources for children.
3. Diseases prevention.
4. Public health initiatives.
5. Eating habits such as healthy eating, be mindful of eating junk food.

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↩ ANONYMOUS 5/18/24 3:56PM

Five areas in research

- 1.What impact have the Internet on the attention of child's between 8 to 12 years old?
- 2.What is the relationship between salary and mental - being?
- 3.What is the cause of increased violence among young people?
4. How does Early childhood trauma impact adult relationship?
5. What are the negative effects of sedentariness on young people?

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↩ ANONYMOUS 5/18/24 3:56PM

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ANONYMOUS 5/18/24 3:56PM

1. Women's mental health!

- 2 What causes abandonment issues in children ?
3. What impact have the internet on the
attention of children between 8/12 years old?
4. Health and wellness of families?
5. Bullying in schools between children?

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