

BSc (Hons) Health and Social Care
Element 2: Methodology poster

Introduction

This research aims to look at the impact of work-related stress on the mental health of health and social care professionals, assess its effects on staff keeping jobs and offer ways to reduce the stress and improve wellbeing among staff (Kinman et al., 2020).



Research Approach

For this study, data are mainly obtained through reviewing literature that has been published on the subject (Aveyard, 2018). A thematic analysis is done to find patterns, important issues and main themes that appear in the studies on work-related stress, mental health issues and staff retention in health and social care.

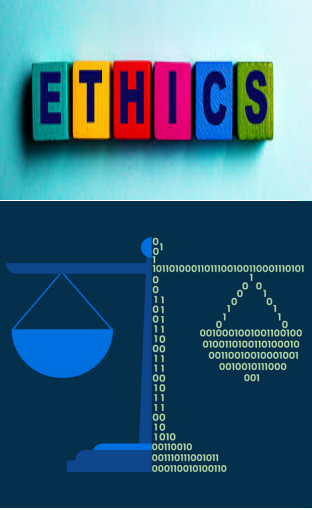


Search Strategy

All the keywords were selected and arranged so that “work-related stress”, “mental health”, “staff retention” and “health and social care” could be included during the research process. Searches were improved by using AND, OR and NOT between keywords in the same search. Research was carried out in PubMed, Google Scholar, CINAHL and the online library at the university. All records were shaped by adding filters for the last 10 years’ publication dates, peer-reviewed articles and those in English (Booth et al., 2021).

Inclusion and Exclusion Criteria

The studies had to meet the following requirements: published within the last 10 years, taken from the UK or comparable countries, focused on health and social care, peer-reviewed and available in full-text form (Higgins, 2016). They made sure to remove sources that were outdated, not written in academia, did not have English-language versions or dealt with other subjects instead of the central one.



Conclusion

To sum up, this method ensures a proper process for finding, evaluating and studying research that has been done before. These themes will be used in writing the findings and discussion chapters to support the recommendations.

Research Validation

Every website is compared with the CRAAP Test criteria for Currency, Relevance, Authority, Accuracy and Purpose. Relevant articles were found by skimming the titles, abstracts and conclusions. Such sources were chosen so that the findings are based on trustworthy, established and academically sound data (DePoy, 2024).



Data Analysis

Analysis of the literature was carried out with thematic coding. At first, reviewed the studies to notice important points and repeated problems found among them. Following this, the codes were sorted into larger categories that matched the research’s objectives. Data organisation is done using tables, colour codes and an Excel spreadsheet. Three main themes were set, and they will guide the structure and content of the findings and discussion chapters (Clarke and Braun, 2017).

Ethical Considerations

The research did not include acquiring first-hand data, so ethical challenges were limited. The research maintained its integrity by referencing each source using the Harvard style. All students and staff were determined not to plagiarise, making certain that every idea and quote received proper citation (Bell and Waters, 2018).

Data Sources

Information is drawn from genuine secondary sources, for example, journal articles, government reports, policies and professional organisation books. Such sources give a complete overview of the research topic, offering insights from both a theoretical and practical standpoint that help support health and social care professionals (Miller, 2024).

References

- Aveyard, H., 2018. Doing a literature review in health and social care: A practical guide.
- Bell, J. and Waters, S., 2018. *Ebook: doing your research project: a guide for first-time researchers*. McGraw-hill education (UK).
- Booth, A., Martyn-St James, M., Clowes, M. and Sutton, A., 2021. Systematic approaches to a successful literature review.
- Clarke, V. and Braun, V., 2017. Thematic analysis. *The journal of positive psychology*, 12(3), pp.297-298. <https://www.tandfonline.com/doi/full/10.1080/17439760.2016.1262613>
- DePoy, E., 2024. *Introduction to research-e-book: Understanding and applying multiple strategies*. Elsevier Health Sciences.
- Higgins, J.P.T., 2016. GS. Cochrane Handbook for Systematic Reviews of Interventions Version 5.1. 0. The Cochrane Collaboration. 2011. Available: www.cochrane-handbook.org.
- Kinman, G., Teoh, K. and Harriss, A., 2020. Supporting the well-being of healthcare workers during and after COVID-19. *Occupational Medicine*, 70(5), pp.294-296. <https://academic.oup.com/occmed/article-abstract/70/5/294/5840707>
- Miller, R.A., 2024. Doing Your Literature Review: Traditional and Systematic Techniques First Edition: by Jill K. Jesson with Lydia Matheson and Fiona M. Lacey, Los Angeles California: SAGE Publications Ltd, 2011, 192 pp., 27.00- 95.25, ISBN: 978-1-8486-0154-3. <https://www.tandfonline.com/doi/full/10.1080/15424065.2024.2319264>