

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

It has helped us understand how COVID-19 has affected adults in a variety of ways. The pandemic has significantly increased adult levels of anxiety, depression, and stress, according to our research. *(NIH, 2023)*

Aim: This project aims to analyse the effects of the pandemic on the mental health of adults.

Objectives:

- Examining the impact of COVID-19 on the mental health of adults.
- researching the impact of COVID-19 on adult mental health in the UK, including analysing data and policies related to service legislation.
- review of academic literature pertaining to how the pandemic has impacted the mental health of adults.
- To provide recommendations to better understanding of the challenges faced by adults during this pandemic.

Methods

Data Collection: UWTSD Library and Pub Med website

Key words: “mental health effect Covid19”or “Impact of COVID19”

Inclusion Criteria

Systematic review .

Primary research study

published 2013 to 2023

English language and UK location

Exclusion criteria

Secondary research

Published older than 10 years

Other language

Other country

Thematic analysis read the article and collect information in themes

Literature Review



Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
A R McKinlay, et ,2021	Examine the factors that threatened and protected the wellbeing of older adults residing in the United Kingdom during social distancing restrictions imposed by the COVID-19.	An interview was conducted with 20 adults and a systematic analysis was carried out.	factors that put the well-being of adults, as well as the factors that protect them, during the social distancing restrictions imposed as a result of the COVID-19 pandemic.
Flora Greig ,et , 2021	Restrictions imposed on the population during the initial COVID-19 lockdown may have had a disproportionate impact on older adults, possibly by increasing their sense of isolation.	During the 16-week UK lockdown period and referrals to MHOA services were examine. This was compared to period in 2019.	Loneliness during the COVID 19 lockdown was a factor that affected the mental health of adults
Ru Jia ,et,2020	repercussions for mental health. Here, we describe the mental health effects of the COVID-19 pandemic in the United Kingdom.	Between 3 April 2020 and 30 April 2020, 3097 adults over the age of 18 The cohort was found to have clinical risk factors that put them at a higher risk for mental ill.	The consequences that covid 19 left on the mental health of adults

Results

The findings emerged from an extensive literature review on the effect of the pandemic on the mental health of adult. It has caused a significant increase in anxiety and depression among individuals.

Themes

- The factors that threatened and protected the well-being of older adults residing in the United Kingdom during social isolation restrictions caused by the COVID-19 pandemic.
- Examining loneliness in referrals to mental health services for older adults (MHOA) during the initial COVID-19 lockdown in the United Kingdom.
- The mental health consequences of pandemics have been significant. We describe the mental health effects of the COVID-19 pandemic in a UK cohort.

Discussion

Recommendation

- The importance of sleep, physical activity, and socialisation for mental health. (*Fleming S,2021*)
- *People should not be afraid to seek assistance and should recognise the warning signs that they may require assistance. (Lang K,2022)*
- *therapy with a professional to help with the problem*

Limitations : It is important to understand the shortcomings of a pretend research paper that looks at the effects how mental health in adults during hard times as COVID-19. The number of people and the qualities of the individuals involved in the interviews or focus groups might make it difficult to apply the results to a wider group. There is a possibility of bias in qualitative data because people's responses and interpretations can be influenced by their personal views. The paper's reliance on secondary data raises concerns about including unreliable or biased information and the difficulty of synthesising results from various sources.

Conclusion

The purpose of this research paper was to investigate the effects of the pandemic on the mental health of adults. . The following is a condensed version of the most important takeaways from the study:

- The purpose of the study was to analysed the effects of the pandemic on the mental health of adults
- Secondary data collection was the method that was utilised, and a selection of keywords was used as an approach to gather relevant literature.
- To better understand the influence that quarantine had as a factor in some mental problems, a qualitative method of data analysis was used, and more specifically, a descriptive method. It was demonstrated using fictitious examples of previous research in order to illustrate possible findings in the field.
- The fictitious studies consisted of a randomised controlled trial, a longitudinal study, a qualitative study, and a meta-analysis; all of these studies .
- It was emphasised that the significance of the findings for practises should not be overlooked.
- However, it is essential to recognise the constraints imposed by the hypothetical studies, such as the limited size of the samples taken, the possibility of there being biases, and the reliance on secondary data.

References

- A R Mackinlay,et 2021 **A qualitative study about the mental health and wellbeing of older adults in the UK during the COVID-19 pandemic** DOI: [10.1186/s12877-021-02367-8](https://doi.org/10.1186/s12877-021-02367-8)
- **Flora Greig ,2021. Loneliness in older adult mental health services during the COVID-19 pandemic and before: Associations with disability, functioning and pharmacotherapy.** DOI: [10.1002/gps.5630](https://doi.org/10.1002/gps.5630)
- **RU Jia ,2021Mental health in the UK during the COVID-19 pandemic: cross-sectional analyses from a community cohort study.** DOI: [10.1136/bmjopen-2020-040620](https://doi.org/10.1136/bmjopen-2020-040620)
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- **NHI ,2023 Mental Health During the COVID-19 Pandemic .**Available on [Mental Health | NIH COVID-19 Research](https://www.nih.gov/health-topics/mental-health) [Last seen 01 August,2023]
- **Sean Fleming,2021. Our world is in the grip of a mental health crisis - here's what we can do to help.** Available:[How can we tackle the mental health crisis, post-pandemic? | World Economic Forum \(weforum.org\)](https://www.weforum.org/articles/how-can-we-tackle-the-mental-health-crisis-post-pandemic/)[Last seen 01, August,2023]