

Individual report

Module name: Digital skills and research mods

Module code: LCHS 4700

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Title: How Mental health stigma affects access to healthcare in the UK

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Introduction:

Mental health is particularly important for living a happy and health life. however, many people feel ashamed or judged because of their mental health problems. This is calling mental health stigma, and it can stop people from asking help when they need it.

In the UK, one in four people experiences mental health problems every year. But because of stigma, many people do not go to doctor or use health services. This report will look at what mental health stigma is, how it affects peoples, and how researchers can study it.it will also explain how to find trustworthy information to make the researchers better informed about mental health stigma.

Main body

. Research topic

Mental Health is when people with mental health problems are unfairly treated or judged. It can make people feel embarrassed, ashamed, or scared to talk about their feelings or their problems. This can stop them getting the help they deserve.

The research topic is HOW Mental Health stigma makes it hard for people in the UK to get help from help services. This topic is important because stigma can make health problems worse and affect people's lives.

I choose this topic because it is important to help people with mental health feel supported. If we understand why stigma happens, we can find better ways to prevent or help people and improve healthcare for everyone.

2. Methodology

What is methodology?

Methodology means the way we do research and collect information.it helps us learn about the topic and answer important questions

Different type of methodologies

They are three ways to do

Qualitative research: This is about understanding people 's feeling and experiences .it uses interviews, groups talk, and observations.

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2.**Quantitative research:** This is about collecting number and data, like surveys and experiments.

3. **Mixed methods:** This is use both qualitative and quantitative research to get a full understanding.

Chosen Methodology for research topic

For this topic, qualitative research is the best choice. Mental health stigma is about emotions and experiences, so it is important to talk to people and hear their stories.

Why I chose qualitative research:

Qualitative research helps us understand how stigma feel and how it is affecting people's lives. Numbers alone can not explain emotions and personal challenges.

3. Qualitative vs quantitative if Methodology

Qualitative research:

Qualitative research is about understanding people's feeling and experiences. It uses:

- . **Interview:** talking to people one -on-one to hear their stories
- . **Focus groups:** small group discussions to learn about share experiences.
- . **Observations:** watching how people behave in real life.
- . **Good thing about qualitative research:**

Helps us understand feelings and experiences better.

- . Useful for studying personal and emotional topic like stigma.

Challenges

- . Take a lot of time
- . The researcher opinion can I affect the results.

Quantitative Research:

Quantitative research collects numbers and data to find patterns and trends. It uses:

- . **Surveys:** Asking many people the same questions
- . **Experiments:** Testing ideas in controlled situations.
- . **statistics:** Using numbers to understand what is happening.

Good thing about quantitative research:

- . Easy to measure and compare results
- . Useful for studying large groups of people.

Challenges:

- . Does not explain personal feelings or experiences.
- . May miss key details about complex's

Which is better for this topic?

Quantitative research is better for studying mental health stigma because it focuses on people feeling and experiences. This helps us understand why stigma happens and how it is affecting people's life.

Finding credible sources

Why finding credible sources important?

Credible sources are reliable and trustworthy.

They help make sure the research is exact. If researchers use bad resources, their findings might not be correct.

How to find credible sources:

1. Use websites like **google scholar, pubmed or use university libraries.**
2. Search for keywords like: **Mental health stigma UK or access to healthcare for mental health problems.**
3. Look for source written by experts, published by trusted organisations or peer reviewed journals.

Example:

To find sources for this topic is search **google scholar** using the words **Mental health stigma in the UK** and filtered the results to show recent articles published in the last five years. I checked the authors and journals to make sure they were correct.

Conclusion

Mental health stigma is serious issue that stops people from getting help they need. In the UK many people struggle with mental health problems, but stigma makes it hard for them to access healthcare.

This report has explained the research best way to study it, and how to find reliable information.

Using qualitative research can help us to understand the feelings and experiences of people affected by stigma. This is important because it can help us find a better way to support them and improve healthcare services.

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