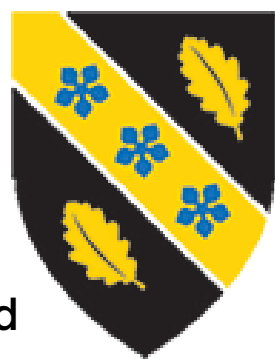


# Substance Misuse, Poverty & Mental Health in England

Substance Misuse in England: Exploring the Link Between Low Income Status and Untreated Mental Health Disorders

• Fawaz Yaslam (2113070) • Module: Independent Project (BMHP6020) Academic Poster – University of Wales Trinity Saint David



## 1 Introduction

This poster visually summarises the dissertation’s research methods. It outlines how the study examined the correlation between low-income status, substance misuse, and untreated mental health disorders in England using a desk-based, literature-based approach. Thematic analysis (Braun & Clarke, 2006) was applied to synthesise patterns from secondary data.

## 2 Search Strategy

Keywords: substance misuse, low income, mental health, England, health inequalities.  
Boolean Operators: AND / OR / NOT. Structured Excel log maintained for transparency (Aveyard, 2023).

## 3 Searching for Information

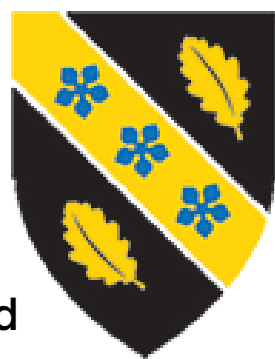
Databases: PubMed, Scopus, Web of Science, EBSCOhost, ProQuest, Google Scholar, UWTSD Library.  
Records identified: 150 → Screened: 70 → Included: 30.  
Filters: 2014–2025, UK/England focus, peer-reviewed sources.

## 4 Validation & Analysis

Sources assessed using CRAAP Test (Currency, Relevance, Authority, Accuracy, Purpose). NVivo and Excel supported coding. Thematic analysis followed Braun & Clarke’s (2006) six-phase framework, producing four main themes.

Source Tracking Table

| Author & Year                     | Title                                                                                     | Summary of Source                                                                                                                        | CRAAP Notes                                                                                    | File Name / Link to Source                                                                                                                                                                                                          |
|-----------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Aveyard, H. (2023)                | Doing a Literature Review in Health and Social Care: A Practical Guide                    | Explains how to plan, search, and structure literature-based dissertations. Used to guide search strategy and inclusion/exclusion logic. | C: 2019 edition; R: highly relevant; A: authoritative textbook; A: well-cited; P: educational. | <a href="https://www.mheducation.co.uk/doing-a-literature-review-in-health-and-social-care-9780335248258-emea-group">https://www.mheducation.co.uk/doing-a-literature-review-in-health-and-social-care-9780335248258-emea-group</a> |
| Braun, V. & Clarke, V. (2006)     | Using thematic analysis in psychology                                                     | Outlines six-step framework for qualitative thematic analysis. Used for coding process.                                                  | C: foundational; R: essential; A: peer-reviewed; A: robust; P: academic.                       | <a href="https://doi.org/10.1191/1478088706qp0630a">https://doi.org/10.1191/1478088706qp0630a</a>                                                                                                                                   |
| Black, D.C. (2021)                | Independent Review of Drugs: Prevention, Treatment and Recovery                           | UK Government review detailing national drug policy reforms and service gaps.                                                            | C: 2021; R: highly relevant; A: official UK review; A: data-based; P: policy.                  | <a href="https://www.gov.uk/government/publications/review-of-drugs-part-two">https://www.gov.uk/government/publications/review-of-drugs-part-two</a>                                                                               |
| Marmot, M. (2020)                 | Health Equity in England: The Marmot Review 10 Years On                                   | Analyses effects of austerity on health inequality and social determinants.                                                              | C: 2020; R: high; A: Institute of Health Equity; A: statistical; P: policy reform.             | <a href="https://www.health.org.uk/publications/reports/the-marmot-review-10-years-on">https://www.health.org.uk/publications/reports/the-marmot-review-10-years-on</a>                                                             |
| Molina, G. & Whittaker, A. (2022) | Treatment of PTSD and substance use disorder in adults with adverse childhood experiences | Systematic review linking trauma and substance misuse.                                                                                   | C: 2022; R: high; A: Drug & Alcohol Dependence Reports; A: peer-reviewed; P: academic.         | <a href="https://doi.org/10.1016/j.dadr.2022.100028">https://doi.org/10.1016/j.dadr.2022.100028</a>                                                                                                                                 |
| Pierce, M. et al. (2020)          | Mental health before and during the COVID-19 pandemic                                     | Longitudinal UK survey on population mental health trends.                                                                               | C: 2020; R: strong; A: The Lancet Psychiatry; A: high; P: academic.                            | <a href="https://doi.org/10.1016/S2215-0366(20)30308-4">https://doi.org/10.1016/S2215-0366(20)30308-4</a>                                                                                                                           |
| NHS Digital (2023)                | Adult Substance Misuse Treatment Statistics 2022–23                                       | National dataset on treatment engagement and demographic trends.                                                                         | C: 2023; R: high; A: NHS Digital; A: government data; P: public reporting.                     | <a href="https://digital.nhs.uk/data-and-information/publications">https://digital.nhs.uk/data-and-information/publications</a>                                                                                                     |
| ONS (2022)                        | Drug Misuse in England and Wales: Year Ending June 2022                                   | Statistical analysis of national drug-use patterns.                                                                                      | C: 2022; R: high; A: ONS; A: verified; P: informational.                                       | <a href="https://www.ons.gov.uk/peoplepopulationandcommunity">https://www.ons.gov.uk/peoplepopulationandcommunity</a>                                                                                                               |
| Mind (2022)                       | Mental Health in the Pandemic: Inequality and Recovery                                    | NGO report documenting service barriers and lived experiences.                                                                           | C: 2022; R: strong; A: Mind; A: qualitative; P: advocacy.                                      | <a href="https://www.mind.org.uk">https://www.mind.org.uk</a>                                                                                                                                                                       |
| Public Health England (2021)      | Adult Substance Misuse Treatment Statistics 2020–21                                       | Comprehensive annual report on drug/alcohol services.                                                                                    | C: 2021; R: high; A: PHE; A: official data; P: public health.                                  | <a href="https://www.gov.uk/government/collections/alcohol-and-drug-misuse-and-treatment-statistics">https://www.gov.uk/government/collections/alcohol-and-drug-misuse-and-treatment-statistics</a>                                 |



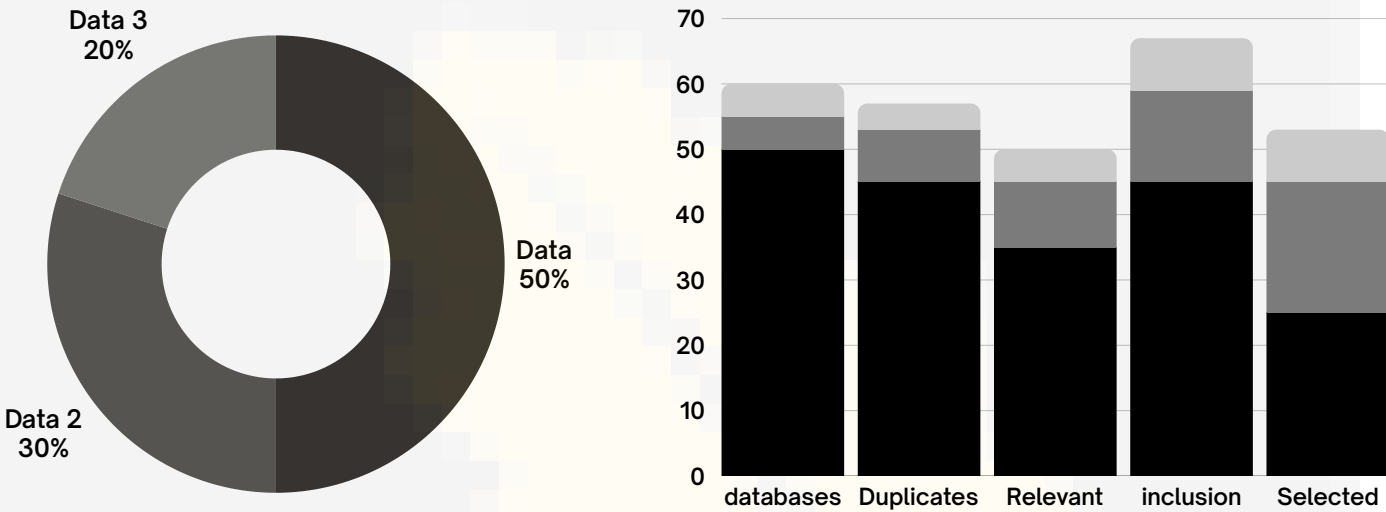
5 Inclusion / Exclusion Criteria

Inclusion: Peer-reviewed, 2014–2024, UK/England focus, low-income and mental health context.  
Exclusion: Non-UK studies, opinion blogs, outdated (pre-2014) papers.

7 Ethical Considerations

Secondary-data study with no direct participants. Research integrity upheld through accurate Harvard (UWTSD) citation and reflexive awareness of bias (Cottrell, 2017).

6 Visual Summary



This chart summarises the top 10 core sources used in this study:

- Academic literature (50 %) – peer-reviewed theoretical and empirical work (Aveyard; Braun & Clarke; Creswell; Cottrell).
- Policy / Government reports (30 %) – national data and strategy papers (ONS; PHE; GOV.UK; DHSC).
- NGO / Global sources (20 %) – international evidence on inequality and substance misuse (WHO; UNODC).

8 References

Aveyard, H. (2023) Doing a Literature Review in Health and Social Care: A Practical Guide. 4th edn. Open University Press.

Black, D.C. (2021) Independent Review of Drugs: Prevention, Treatment and Recovery. GOV.UK. Available at: <https://assets.publishing.service.gov.uk/...> (Accessed: 20 June 2025).

Braun, V. and Clarke, V. (2006) ‘Using thematic analysis in psychology’, Qualitative Research in Psychology, 3(2), pp. 77–101. doi: 10.1191/1478088706qp063oa.

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Cottrell, S. (2017) Critical Thinking Skills: Developing Effective Analysis, Argument and Reflection. 3rd edn. Palgrave.

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UNODC (2022) World Drug Report 2022. Available at: <https://www.unodc.org/...> (Accessed: 5 June 2025).

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