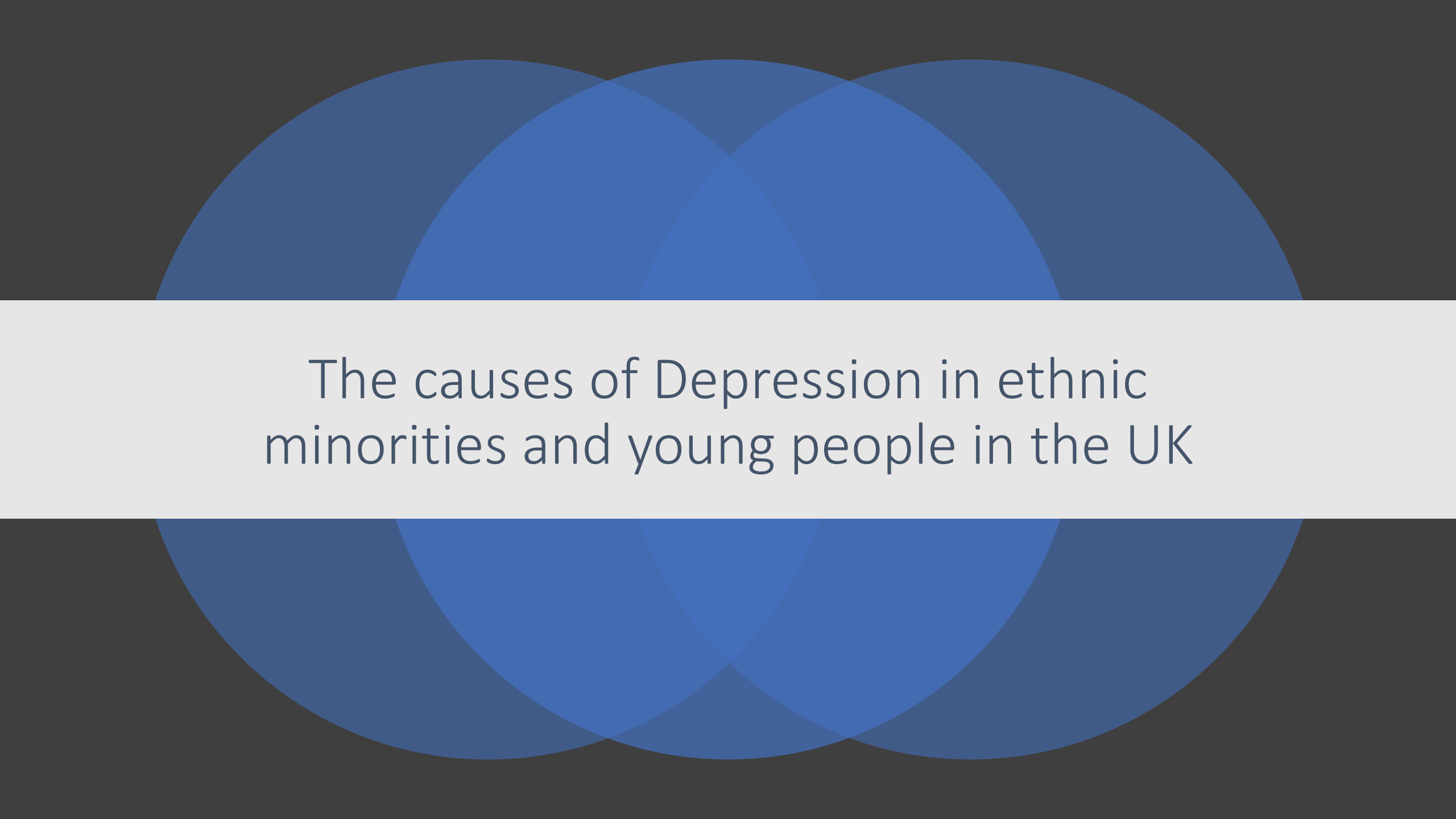


Introduction to research (BMHP5005)



Assessment 2: Viva voce
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The causes of Depression in ethnic minorities and young people in the UK

Introduction

- This research study is about the silent killer disease Depression and how it affecting the ethnic minorities it is the cause of disturbance of mental health of a person. Depression can occur at any age and the impact of this disease is very much harmful in a person's lifestyle. There are several physiological as well as psychological factors associated with depression . In the united kingdom generally ethnic minority and young people are affected by this silent killer disease the prevalence rate of this condition is increasing day by day this research study is about the study of the cause of depression ethnic minorities and young people along with rationale , aims with objective as well as literature review study (Khouja ,2019)

Aim – Objective

Aim : The aim of the research is to identify the cause of depression in children in the UK. In addition to this, the main aim is to identify the cause behind this research process

Objectives : my objective is to identify the cause of depression in ethnic minority groups also in young people in the UK

to recognize the behavioral pattern young people a particular age group

To illustrate the academic performances of young people who are suffering from depression

To identify the sleeping pattern of those suffering from depression or in other words the recognition of total sleeping hours

To determine the mental health condition which is the significant dimension of health an individual living in the UK

To propose several treatment procedure which alleviate this condition in those suffering with depression

METHOD

TYPE OF RESEARCH USED : The significant databases used for this research project are Google scholar , Pudmed , Sci-hub and many more authentic websites such as e-repository.

Keywords: The keywords related to the research process are Depression , mental health ,ethnic minorities, young people 11- 18

• LITERATURE REVIEW

Authors , title and year of publication	Aim of study	Methods, sample size and characteristics	Summary of main findings
R E ROBERT et al. Depressive symptoms and suicidal ideation among Mexican – origin and Anglo adolescents (1995 Jan)	To examine the prevalence of depressive symptoms and suicidal ideation also its risk factors in adolescence	A self-administered questionnaire was completed in class by students in three middle schools year 6 through 8 Usable questionnaires were obtained from 2,614 (81.5%) , of which 924 were Anglo and 1354 were of Mexican origin.	Those of Mexican origin adolescents reported significantly higher crude prevalence rates of symptoms of depression and thoughts of suicide prevalence rates were highest for girls of Mexican origin . Steamed from loneliness and use of English and being of Mexican origin.
JEUN JUN et al. Mental health and ethnic density among adolescents in England : A cross – sectional study ,2020	Nneighbourhoods ethnic density on adolescent mental health and its interplay with ethnic minority status and neighbourhood deprivation	Youth self completion questionnaire for youths aged 10-15 living in England with household interviews and 2011 census regression models were used.	I found out from this article that white British youth are reported to have a poor mental health in a monoethnic neighborhood
Dinesh Bhugra, Depression in migrants and ethnic minorities 2018	How the process of migration can take a toll on the individual's psychological state.	Questionnaire assessing depression in migrants assessment based questions	Migrants are vulnerable groups prone to depression and suicidal thoughts due to cultural shock , and cultural identity and feeling like the black sheep in a room.

Results

- What I found from reviewing several literature sources is that ethnic minorities as well as young people are a very much vulnerable group. The possible cause of depression found in ethnic minorities is feeling of loneliness language barriers within the community and facing discrimination daily at school or in the community. according to literature the theme associated with this research process is qualitative method of data collection

DISCUSSION

The prevalence rate of depression in the ethnic group and young people is much greater than any country in the UK

(Barker, 2019). Several surveys as well as interview sessions are conducted with those impacted by depression it is also a very important concern in respect to health and social care because depression generally affects a person's mental health and if a person's mental health is disturbed then the person cannot perform their responsibility towards society as mental health is a significant dimension in the definition of health proposed by (WHO)

CONCLUSION

- Ethnic and young people are mainly affected by depression in the UK, and it destroys the mental aspect of health. For this, those suffering cannot live out their full potential because they are being held back by this silent killer disease for young people, they are unsure of themselves which leaves them with low self – esteem, changes of behavior and many more . This research helps to identify the causes, of depression in young people and ethnic minorities living in the UK as well as illustration of the treatment process regarding behavioral therapy , guidance , counseling and many more

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