

COURSE: BSc (Hons) Health and Social Care

Module : Independent Project (BMHP 6020)

Element 1 : Project Proposal

Student Name : Georgiana Viorica Avramescu

Student ID : 2330904

Date of submission : 26/10/2026

My Title: The Impact of mental Health on Social Integration Among Adults in Health and Social Care Settings

1. Research Aim

To critically examine the effect of mental health problems in social inclusion amongst adults in health and social care.

2. Research Objectives

1. To examine whether mental health difficulties impact adults' social relationships and participation within their community and sense of belonging.
2. To identify personal, social and service-related barriers to social integration.
3. To examine the ways in which support and interventions provided by health and social care practitioners seek to ensure social inclusion.
4. To develop evidence-based recommendations about how to boost social integration in working with adults with mental health issues.

3. Background and Rationale

Mental health impacts adult wellbeing, communication, relationships, and community engagement (Reynalds et al., 2022). Adults with mental health needs can be socially isolated, with stigma and discrimination, and face few recreational activities, impacting confidence, independence, and overall quality of life (Bjrykhaug et al., 2021). Support and care services can improve recovery and integration, but wider issues including deprivation housing family, and social capital all affect the situation (Castillo, 2021). This project considers adult mental health and social integration, and the role of practitioners.

4. Methods

The study will appraise secondary research, involving journal articles, research reviews, and reports, which have been sourced from CINAHL, MEDLINE, PubMed, and Google Scholar.

Search terms will include: "mental health, " "social integration, " "social inclusion, " "adults, " "social isolation, " and "health and social care. " Retrieved articles will be checked for relevance age validity, and adult primary focus (Page et al., 2021). Clinical outcomes involving children, and irrelevant outcomes, will be discounted. Data will be amalgamated by theme to compare and contrast findings, and analyze variations and gaps in research, in themes like social relationships stigma access, and health and social care professionals.

5. Resources

Equipment necessary is a computer and internet access, word-processing packages, access to library and online resources. Further reading, lecture guidance and references guidance from the course will help. A reference-management package might be useful to order sources and avoid referencing mistakes.

6. Timescale

Timescale:

Chapter	Date					
Chapter:1 Introduction	26/10/2026					
Chapter 2: Background		10/11/2026				
Chapter 3: Methods			20/12/2026			
Chapter 4: Results and Discussion				15/01/2027		

Chapter: 5 Recommendations and Conclusions					20/02/2027
--	--	--	--	--	------------

7. Self-Reflection as a Researcher

One strength I bring to this project is my interest in mental health and wellbeing. I am prepared to learn, review academic evidence, and expand my understanding of social inclusion. Still, I may face challenges in finding reliable sources, comparing research findings, managing my time, and referencing accurately. To address these challenges, I will use clear selection criteria, organize my research notes, follow university referencing guidelines, and seek support from my lecturer when necessary. A practical workplan will help me meet deadlines and improve my research, critical thinking and writing skills.

Reference list

Bjørlykhaug, K.I., Karlsson, B., Hesook, S.K. and Kleppe, L.C. (2021). Social support and recovery from mental health problems: A scoping review. *Nordic Social Work Research*, [online] 12(5), pp.666–697. doi:10.1080/2156857x.2020.1868553.

Castillo, E.G. (2021). Community interventions to promote mental health and social equity. *Current Psychiatry Reports*, [online] 21(5), pp.1–14. doi:10.1007/s11920-019-1017-0.

Faulkner, A., Carr, S., Gould, D., Khisa, C., Hafford-Letchfield, T., Cohen, R., Megele, C. and Holley, J. (2019). 'Dignity and respect': An example of service user leadership and co-production in mental health research. *Health Expectations*, 24(S1). doi:10.1111/hex.12963.

Page, M.J., McKenzie, J.E., Bossuyt, P.M., Boutron, I., Hoffmann, T.C., Mulrow, C. D, Shamseer, L., Tetzlaff, J.M., Akl, E.A., Brennan, S.E., Chou, R., Glanville, J., Grimshaw, J.M., Hróbjartsson, A., Lalu, M.M., Li, T., Loder, E.W., Mayo-Wilson, E., McDonald, S., McGuinness, L.A., Stewart, L.A., Thomas, J., Tricco, A.C., Welch, V.A., Whiting, P. and Moher, D. (2021). The PRISMA 2020

statement: An updated guideline for reporting systematic reviews. *British Medical Journal*, [online] 372(71). doi:10.1136/bmj.n71.

Reynolds, C.F., Jeste, D.V., Sachdev, P.S. and Blazer, D.G. (2022). Mental health care for older adults: Recent advances and new directions in clinical practice and research. *World Psychiatry*, 21(3), pp.336–363. doi:<https://doi.org/10.1002/wps.20996>.