

Module Name: Preparing for Research:

Module Code: BMHP4027

Assignment 1: Research Question and Search Strategy

Student Name: Shadan Othman Aziz

Student ID: 2314981

Template Component 1 (Second option)

Part 1: Research Question Formulation

Identify your chosen topic and break it down using the Who/What/Where/Result framework.

- **Topic Area:** Mental health factors in teenagers
- **Research Question:** What are the factors that contribute to mental illness in teenagers?

Part 2: Search Strategy (Keywords & Boolean Operators)

Use the table below to evidence how you combined your search terms to retrieve relevant, peer-reviewed articles

Search	Search Terms (Keywords) and Boolean Operator (AND/OR/NOT) combinations	Database Used	Results Found
1	("Teenagers" OR "adolescents") AND ("mental illness" OR "depression" OR "anxiety") AND ("risk factors" OR "causes" OR "contributing factors") AND ("UK")	Google Scholar	1.05 Million
2	("teenagers") AND ("mental health" OR "depression") AND ("risk factors" OR "causes") AND ("UK")	Google Scholar	84,600
3	("teenagers") AND ("mental health") AND ("risk factors") AND ("UK")	Google Scholar	40,300
4	("teenagers") AND ("mental health") AND ("risk factors") AND ("UK") AND (2025-2026)	Google Scholar	3,700

Search	Search Terms (Keywords) and Boolean Operator (AND/OR/NOT) combinations	Database Used	Results Found
5	("teenagers") AND ("mental health") AND ("risk factors") AND ("UK") AND (2025-2026) AND ("social media")	Google Scholar	206

Part 3: Evidence of Peer-Reviewed Literature

Students must include evidence of at least one journal article found using the strategy above. The screenshot should clearly show the article title, author, and journal name to verify it is peer-reviewed. Full Harvard Reference of the Article: (Ensure you follow University Harvard referencing conventions).

Title: "Longitudinal associations between adolescent body dissatisfaction, eating disorder and depressive symptoms, and BMI: a UK twin cohort study"

Authors: Costantini I, Eley T, Pingault J et al.

Journal: The Lancet Psychiatry, Volume 13, Issue 1, p37-46.

Year: January 2026

Peer-Reviewed: Yes. This journal uses a double-blind peer review process and the article includes full Harvard referencing.

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Longitudinal associations between adolescent body dissatisfaction, eating disorder and depressive symptoms, and BMI: a UK twin cohort study

Ilaria Costantini, PhD^a · Prof Thalia C Eley, PhD^b · Prof Jean-Baptiste Pingault, PhD^{b,c} · Prof Neil M Davies, PhD^{a,d,e,f} · Helen Bould, PhD^{f,g,h} · Prof Cynthia M Bulik, PhD^{i,j,k} · et al. Show more

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Part 4: Search Strategy Evaluation (Approx. 300 Words)

This section must evaluate whether your strategy was effective and justify your choices.

- *Definition of Key Terms: Briefly define and reference the core concepts of your topic.*

- *Application of Logic: Explain why you chose your specific keywords and how Boolean operators (AND/OR) helped narrow or broaden the results.*
- *Evaluation of Effectiveness: Discuss if the strategy successfully retrieved relevant results.*

Adolescence is a critical developmental period between childhood and adulthood, typically defined as ages 10 to 19 by the World Health Organization (WHO, 2024). Mental illness in this population refers to a range of conditions including depression, anxiety disorders, and eating disorders that affect mood, thinking, and behaviour (National Institute of Mental Health, 2023). Contributing factors include genetics, family environment, peer relationships, academic pressure, and social media use (Kessler et al., 2020).

The search strategy was designed using Boolean operators to combine keywords effectively. The OR operator broadened the search by capturing synonyms such as "teenagers" OR "adolescents" to ensure comprehensive coverage. The AND operator narrowed the search by requiring results to contain both population terms and condition terms simultaneously. The core search string used was: ("Teenagers" OR "adolescents") AND ("mental illness" OR "depression" OR "anxiety") AND ("risk factors" OR "causes" OR "contributing factors") AND ("UK").

The initial Google Scholar search yielded 1,05 million results, which was too broad. To refine this, the PICO framework was applied to focus on a specific population ("teenagers") and issue ("mental health"). Filters were applied for peer-reviewed articles and publication dates between 2025 and 2026, reducing results to 3,700. Further refinement using more specific terms such as "social media" producing 206 highly relevant articles. Finally, six articles were selected for closer review, then one was selected for the purpose of this module.

The search strategy was effective, as it successfully retrieved peer-reviewed literature directly addressing the research question. However, a limitation was the broad term "mental health," which retrieved some articles focused on neurodevelopmental disorders. Future searches could improve precision by using more specific condition terms such as "major depressive disorder" or "generalised anxiety disorder" to achieve more focused results.

References:

Kessler, R.C. et al. (2020) 'Lifetime prevalence and age-of-onset distributions of mental disorders', *Archives of General Psychiatry*, 62(6), pp. 593-602.

National Institute of Mental Health (2023) Mental illness in adolescents. Available at: www.nimh.nih.gov.

World Health Organization (2024) Adolescent mental health. Available at:
www.who.int.

Costantini I, Eley T, Pingault J et al. (2026) Longitudinal associations between adolescent body dissatisfaction, eating disorder and depressive symptoms, and BMI: a UK twin cohort study *The Lancet Psychiatry*, 13, 37-46.