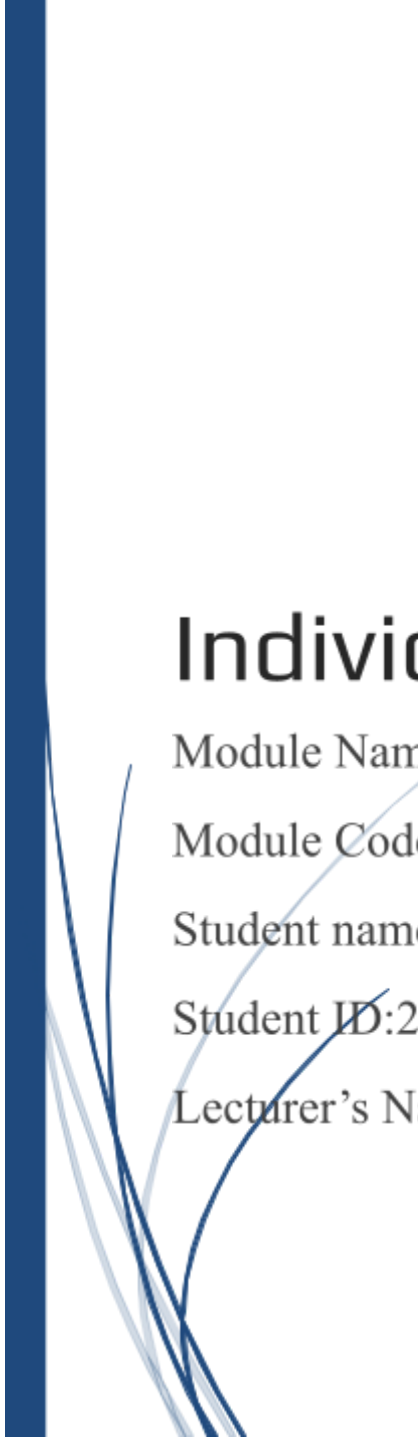




Individual Report

Module Name: Digital Skills and Research Methods

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Research Topic: Parents with mental health conditions in UK: Impact on children and families

Introduction

Parents' mental health is the main highlighted issue in the UK's social health care sector. A large number of children live with parents who experience mental health conditions like depression, anxiety, Alzheimer etc. These conditions have a significant impact on parenting, stability, emotional connection to children, and affect psychology of children as well. This report addresses the impact of parent's mental health on their children and families. In this report I covered why this issue needs to be addressed, who is affected and how we can improve health and social care interventions and outcomes.

Problem Statement

Mental health conditions of parents is one of the rising concerns in the health and social care sector of the UK. As per UK's NHS system, approximately one in four adults experiences a mental health problem each year, and most of them are parents or some of them are caregivers to children. This mental condition could be any common condition such as depression, anxiety and could lead to severe disorder. When these conditions remain untreated then they affect family wellbeing and parenting.

Who the Issue Affects

The mental health of parents significantly impacts children's wellbeing. It increases the risk factor of social and emotional development of children. Children brought up by parents with mental health conditions usually show behavioural problems and most of the time they are distressed which ultimately affect their academic performance. These children have increased care giving responsibilities at a young age.

Parents with mental health also suffer in daily routine, either it's about raising their children or taking care of themselves. They struggle in their engagement at work place, and sometimes their engagement with social service is minimal due to lack of

support. If someone is suffering from mental health, their family members and partner also suffer along with them , often taking on additional caring responsibilities. This extra responsibility can also lead to stress, financial strain and their emotional bond with each other. As the number of individuals with mental health problems increases, it directly increases pressures on the NHS system, social services, safeguarding and other support systems.

Justification

Research into this topic is vital due to its long term impact on individuals, families and society as well. Children exposed to ongoing parental mental illness are more likely to experience mental health difficulties later in life, contributing to intergenerational cycles of disadvantage. If we try to address this issue at an early stage, it will help to improve family bonding, safeguarding practices etc. Evidence gathered through research will help health and social care professionals to treat an individual in a way that addresses both parental needs and children's wellbeing in a holistic manner.

Information Sources and Justification

Information Source 1: NHS England

NHS England provides national data, service frameworks, and statistical data related to adult mental health care. The NHS system of England shows a very clear picture of how people with mental health problems are contacted, treated and supported.

Justification

NHS is the primary public healthcare provider in England , it provides accurate, up to date information that is directly applicable to mental health practice and policy in the UK.

Information Source 2: Mental Health Foundation

The Mental Health Foundation publishes research and reports examining mental health across the life course, with a strong focus on families and children affected by parental mental illness.

Justification

This source provides evidence-based insights into social, emotional, and preventative aspects of mental health, complementing clinical perspectives.

Information Source 3: Department of Health and Social Care

This department provides national strategies, policies, and guidance related to mental health, safeguarding, and family support services.

Justification

Government publications are essential for understanding how research findings influence service planning, funding, and policy development within the health and social care system.

Task 2: Research Methodologies

Give a brief overview of quantitative and qualitative research.

Quantitative research gathers data in numerical form that can be examined using statistical methods. When applied to parental mental health, this might involve measuring how common certain conditions are, analysing patterns of service use, or assessing measurable effects on children's wellbeing. This type of research helps to reveal trends and relationships within large groups of people.

Qualitative research, in contrast, aims to understand personal experiences, viewpoints, and interpretations. Techniques such as interviews and case studies offer in-depth perspectives on how families live with parental mental illness and how it influences everyday life.

What type of research methodology will you use for your research and why?

Task 3: Data Collection

Overview of primary and secondary data collection

Primary data is gathered directly from individuals who participate through surveys, interviews, or observations. This method provides in detail and updated information, but in this approach we may face ethical challenges due to the involvement of vulnerable families or children in the research.

Secondary data involves analysing existing information such as academic studies, government reports, NHS publications, and charity research. This method is widely used in health and social care research due to its accessibility and ethical suitability.

What form of data will be used to address your research problem, and why?

This study is best suited to the use of secondary data. Reviewing existing research conducted within the UK makes it possible to explore parental mental health in depth without involving direct interaction with potentially vulnerable participants. In addition, secondary data complements a mixed-methods design by drawing on both numerical data and qualitative insights from reliable and established sources.

Conclusion

This report examines how parental mental health difficulties affect children and families across the UK. The findings show that mental illness in parents can strongly influence children's emotional wellbeing, psychological development, and social experiences, while also creating pressures for families and placing demands on health and social care systems. Continued investigation in this field is vital for shaping effective early support and family-centred interventions. Using a combination of research methods and existing data, this study emphasises the value of coordinated and preventative approaches. Enhancing mental health support for parents has the potential to improve outcomes for children, lessen future pressure on services, and promote stronger, healthier families and communities throughout the UK.

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