

Introduction to Research

BMHP5005

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VIVA

LITERATURE REVIEW FOCUS

What is your literature review about?

- *My literature review is about a parent's behaviour and its impact on children's mental health and wellbeing.*

Research Question:

- *How parents behaviour affect children's' mental health and wellbeing*

Aim:

- *The aim is to find out the impact of a parent's behaviour on their child as well as the significance of this impact and how to help it.*

Objectives:

- *Extensive research was carried out in order to identify the aim.*



METHODS



What did you do?

- *I collected secondary data from online resources such as journals and articles that were in relation to my research topic, analysed these studies by creating a literature review, research methodology and drew a conclusion from this.*

What key words did you use for the search?

- *Effect, Parent, Mental Health, Behaviour, Child, Young Children/Infancy, Families, Early Adolescents*

What were your data sources?

- *Articles and journals from online resources including Google scholar, ResearchGate, NSPCC, ScienceDirect, PubMed, Mental Health Foundation*

What was your inclusion and exclusion criteria?

- *My inclusion criteria was United Kingdom, early adolescents, infancy and early childhood*
My exclusion criteria was late adolescents, young adults, not only UK, less than ten years (one article)

FINDINGS AND KEY THEMES

What were the key findings or results of the literature reviewed?

1. That parent behaviour towards their children can in fact be linked to their mental health and wellbeing in both positive and negative ways. (Lindberg, 2020)
2. A parent suffering from a mental disorder such as depression or anxiety can show adequate behaviour to their child. (Mental Health Foundation, 2017)
3. Parent behaviour influences and can affect children's' behaviour, mental health and wellbeing, especially from as early as infancy as this is the stage where child development is the most rapid. (Sanner, 2017)

Key themes did you identify?

1. Trust is a very important bond to form between parent and child especially as a young child. (NSPCC, 2021)
The importance of loving and caring behaviour towards children by their parents. (NSPCC, 2021)