

**BSC (HONS) INTRODUCTION TO INDEPENDENT RESEARCH  
SKILLS.**

**COMPONENT 2 WRITTEN ASSIGNMENT ( RESEARCH  
REPORT)**

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**TOPIC: “THE PSYCHOLOGICAL IMPACT OF PARKINSON’S  
DISEASE: A QUALITATIVE REVIEW OF LIVED EXPERIENCES  
OF  
PATIENTS: A CASE-STUDY OF THE UNITED KINGDOM”**

## **Executive summary**

**Introduction:** The following study examined the impacts of Parkinson's disease on the psychological well-being, social interactions and quality of life for the individuals with the disease across the UK. The research remained significant in addressing the risks of Parkinson's disease to mitigate or prevent the disease with strategic measures.

### **Research objectives:**

- To examine the mental or psychosocial challenges faced by people with Parkinson's disease across UK
- To determine the key effects of Parkinson's disease on the key social relations and interactions in UK
- To investigate strategic coping measures and support systems to aid the affected people with Parkinson's disease in UK to foster the quality of life

**Methods:** Secondary qualitative methodology has been incorporated in this study to examine psychosocial impact of Parkinson's disease on patients of the UK using existing studies and sources. The study focused on developing three themes that are coherent with the research objectives towards analysing the psychosocial impact of Parkinson's disease. The section incorporated 5 peer-reviewed articles that are essential for analysing the quality of life across patients diagnosed with the disease.

### **Results:**

The results section delved into incorporating information on the psychosocial challenges and effects of Parkinson's disease on the key social relations faced across individuals. The section articulated qualitative information based on the objectives along with their discussion that relates with respective literature.

### **Conclusion:**

NG71 and the Equality Act were assessed as key legal practices and interventions practiced across UK in managing Parkinson's disease. The discussion section has provided holistic essence on the findings of the articles related with the topic. The recommendation focused on enhancing the quality of care to be provided amongst PD patients through improving policies, healthcare practices for future research.

## **Table of Contents**

|                                                                                     |    |
|-------------------------------------------------------------------------------------|----|
| 1) Introduction                                                                     | 3  |
| 2) Background                                                                       | 4  |
| 3) Methods                                                                          | 5  |
| 4) Results                                                                          | 7  |
| 5) Discussion of the main themes and findings identified within the scoping review. | 12 |
| 6) Conclusion and Recommendations for future research, policy, and/or UK practice.  | 14 |
| References                                                                          | 16 |

## **1) Introduction**

### **1.1 Defining the main concepts**

Parkinson's disease is known as the progressive, chronic neurodegenerative disorder, which is primarily characterised by motor signals including rigidity, tremor, postural instability, and bradykinesia. As opined by Shah *et al.* (2022), Parkinson's symptoms highly compromise health-based quality of life through making it complicated for individuals with Parkinson's to engage in any valued activity or roles of personal and community context. Thus, the following study presents a suitable scope of reviewing key psychosocial impact led by Parkinson's disease for the patients in the UK.

### **1.4 Rationale**

Parkinson's disease is a significant health concern in the current society which challenges the health and well-being of common people through decreasing their lifespan, quality of life, while enhancing possibilities of anxiety, depression, impairment and other side effects. For example, as per figure 1, the overall number of individuals in the UK diagnosed with Parkinson's disease stood at 166,000 in 2025, comprising 139,000 people from England, 14,000 from Scotland, 8,600 from Wales and 4,400 from Northern Ireland (Parkinsons, 2025). In this regard, the issues related to Parkinson's disease have gained a rise and utmost importance in current times as it directly affects the population's quality of life. Additionally, the estimated figure can increase by around 173,000 by the end of 2030 with keeping "age" as a key contributing factor in developing Parkinson's disease (Parkinsons, 2025). The reported assessments have proven age as a key factor in terms of enhancing Parkinson's disease as over 1 among 3 affected people were under the age of 67 while 1 in 16 were under 50. Therefore, this study significantly addresses the risks related to Parkinson's disease to mitigate or prevent it with strategic coping measures, reflecting the strong rationale for managing public health safety in the UK.

### **1.2 Review question**

What are some key impacts led by Parkinson's disease on overall psychological well-being, social relationships along with quality of life for individuals with the disease across the UK?

### **1.3 Objectives**

- To examine the mental or psychosocial challenges faced by people with Parkinson's disease across UK
- To determine the key effects of Parkinson's disease on the key social relations and interactions in UK
- To investigate strategic coping measures and support systems to aid the affected people with Parkinson's disease in UK to foster the quality of life

## **2) Background**

### **2.1 Mental health issues faced by people with Parkinson's disease**

Individuals with Parkinson's disease mainly experience the mental health problems of anxiety, depression, apathy along with psychosis or dementia. As stated by Crooks *et al.* (2025), the conditions led by Parkinson's disease cause isolation, low self-esteem along with ineffective mental health conditions, leading to psychological and emotional stress. In this regard, Weintraub *et al.* (2022) argued that psychosis along with apathy are related to advanced Parkinson's disease, however the timing of "impulse control disorders" like excessive shopping, or eating behaviours differs, as it relies on dopaminergic medications. Therefore, Parkinson's disease enhances the severity of challenges regarding mental health for the affected people effectively.

### **2.2 Impact of Parkinson's disease on individual's social relations**

Parkinson's disease influences social relations through leading to social isolation, withdrawal, and loneliness, fuelled by physical symptoms such as communication hardship, motor deficits, depression or cognitive changes. As narrated by Beheshti (2025), Parkinson's disease leads people to eliminate social communication, a decrease in quality of life, with a high risk of negative health results, underscoring requirements for social understanding. Hence, Parkinson's disease negatively impacts the social relations of affected individuals through communication issues, physical limitations along with loss of control.

### **2.3 Key policies, legislation, services, and practices as strategic measures to address Parkinson's disease**

The "NICE guideline [NG71]" is considered as a key legislation used in the UK as part of managing or preventing Parkinson's disease among adults aged 18 or above effectively. For example, NG71 focuses on improving care since the time of diagnosis, involving monitoring and preventing symptoms, offering data, assistance along with palliative care for people in the UK (Parkinsons, 2022). On other hand, suffering from Parkinson's means that the affected people are expected to meet the legal demonstration of being disabled under the "Equality Act 2010", and the "Disability Discrimination Act in Northern Ireland". For instance, the "Equality Act 2010 (c.15)" ensures that people with Parkinson's disease are considered as disabled for which their treatment and healthy facilities are covered under the aforementioned act (Gov.uk, 2025). Therefore, NG71 and the Equality Act were examined as key legal or policy-based interventions practiced across the UK in the context of managing Parkinson's disease.

## **2.4 Theoretical underpinning**

The “Health Belief Model (HBM)” is acknowledged as a key theoretical insight in understanding and predicting the health behaviours of patients, certainly related to the medication needs and involvement in lifestyle changes. As narrated by Younis *et al.* (2024), application of Health Belief model is mainly associated with enhancing good health behaviours among patients as per their awareness, actions and attitude. Hence, application of HBM in this study remains effective to address the patients’ attitude, preferences and actions led by Parkinson’s disease to enhance their focus on good health activities, and improved diet.

## **3) Methods**

### **3.1 Research philosophy**

This scoping review has utilised the “*interpretivism philosophy*” to analyse the psychosocial impact of Parkinson’s disease on the patients in the UK with subjective views from the existing studies effectively. As opined by Junjie and Yingxin (2022), interpretivist philosophy uses the relativist view which perceives reality through the lens of intersubjectivity, while considering relevance in research and examining the experiential and social aspects. Accordingly, interpretivism philosophy remained suitable for this scoping review as it allowed the exploration of social subjects and revelation of more than single truth or facts regarding Parkinson’s disease. Thus, interpretivism philosophy significantly supported the acquisition of knowledge from various perspectives in facilitating this secondary qualitative scoping review.

### **3.2 Research design**

Conducting the scoping review on impacts of Parkinson’s disease on psychological health of people, this study has used the “*descriptive research design*” to ensure effective collection of required qualitative data, followed by a well-structured interpretation. As suggested by Villamin *et al.* (2025), qualitative descriptive design supports a straightforward as well as comprehensive description of key events regarding a phenomenon resulting from key social observations or realities. Hence, adoption of descriptive design in line with qualitative approach has ensured seamless collection and interpretation of key peer-reviewed secondary journals to meet the research aim.

### **3.3 Search strategy**

#### **3.3.1 Databases searched**

The present scoping review focused on using the qualitative strategy as part of reviewing excursion peer-reviewed journal articles on the impacts of Parkinson’s disease on the psychological well-being and social relations of patients in UK. Meeting the research objectives,

this scoping review has focused on collecting secondary qualitative data from key peer-reviewed journals including databases like “PubMed, PsycINFO, CINAHL and Google Scholar”.

### 3.3.2 Search terms

The used search terms in this scoping review included "Parkinson's" OR "Parkinson disease" AND) (psychosocial" OR "mental health" AND “depression OR anxiety”.

### 3.3.3 Boolean operators

| Keyword      |    | Keyword           |
|--------------|----|-------------------|
| Parkinson's  | OR | Parkinson disease |
| AND          |    |                   |
| Psychosocial | OR | Mental health     |
| AND          |    |                   |
| Depression   |    | Anxiety           |

**Table 1: Boolean Operator**

(Source: Self-developed)

Table 1 showcases that as part of the data collection strategy, keywords like ("Parkinson's" OR "Parkinson disease" AND) (psychosocial" OR "mental health" AND “depression OR anxiety”) were used to ensure collection of effective data.

### 3.4 Inclusion and exclusion criteria

Journal articles published since 2021 and written in English language were considered to be the key samples in forming themes in this study. Use of thematic analysis has ensured significantly contributed to the positive outcomes of this scoping review in meeting the review question. On other hand, journal articles published prior to 2021, written in other languages except English or included fragmented data were excluded from this study.

### 3.5 Data collection method

The current scoping review has deployed the “**secondary data collection**” method to examine the psychosocial impact of Parkinson’s disease on the patients in the UK using significant qualitative data. As narrated by Taherdoost (2021), secondary data is viewed as a central type of data to meet research outcomes through serving data from existing journals, books or related text which were already used for other purposes.

3.6 Data analysis method

This scoping review has used the *"thematic data analysis"* method in terms of evaluating the effectiveness and accuracy of collected data on the research context. Accordingly, this scoping review has conducted key thematic analysis or formation using 5 peer-reviewed journal articles to meet the study objectives. Facilitating the conduction of scoping review, an *"inductive research approach"* was followed in collecting and analysing authentic data, observations and insights regarding the investigation of research context to answer the research questions. According to Kumar and Ujire (2024), an inductive approach is generally applied to meet the research questions as a means of narrowing down the scope of research which offers significant assessment of qualitative data in generating new findings. Accordingly, use of an inductive approach supported this study in terms of showcasing knowledge regarding different dimensions associated with Parkinson's disease and its effects on people in UK. Hence, inductive approach has been a significant choice to answer the scoping review question with key findings on the research context.

3.7 Ethical considerations

Meeting the ethical guidelines and principles of this scoping review, the ethics form and guidelines presented by the University were met in relation to transparency, integrity, confidentiality and credibility of used sources. The "Data Protection Act 2018" has also been adhered to ensure protection and security of used data in this study effectively.

4) Results

4.1 Introduction

The result section delved into information related to analysis of psychological impacts of Parkinson's disease (PD) across patients in the UK. The section provides a holistic range of secondary information across three themes comprising 6 articles that are coherent with the research objectives. The chapter sheds light on discussing the implications of the findings that can be related with the information provided in the literature review. In addition, the section ensures proper alignment of the information with the research objectives that could help in gaining a clear perspective on the topic.

4.2 Summary Table

| Theme      |    | Author                    | Methodologies                     | Findings                                                          |
|------------|----|---------------------------|-----------------------------------|-------------------------------------------------------------------|
| Theme      | 1: | Shah <i>et al.</i> (2022) | Semi-structured interviews across | Engaging in physical activities and adapting their lifestyles can |
| Prevalence | of |                           |                                   |                                                                   |

|                                                                                                                        |                         |                                                                                                                                      |                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Parkinson's disease induce cognitive and sensory disorders across UK people</b>                                     |                         | 20 diagnosed with Parkinson's                                                                                                        | be significant strategies for enhancing self-esteem and cognitive abilities that help to reduce symptoms of Parkinson's disease.                                |
|                                                                                                                        | Mantovani et al. (2023) | Randomized controlled trials for analysing Impulsive-compulsive behaviours (ICBs) as non-motor complications of Parkinson's disease. | The confirmation of Parkinson's disease signifies an increase in incidence estimates of ICBs.                                                                   |
| <b>Theme 2: Changing in key social relations and interactions signify key effects of Parkinson's disease in the UK</b> | Eccles et al. (2023)    | Survey across 612 participants                                                                                                       | The prevalence of Parkinson's disease across patients is responsible for causing social isolation and interaction with other individuals in society.            |
|                                                                                                                        | Crooks et al. (2025)    | Systematic literature review                                                                                                         | Patients diagnosed with Parkinson's disease are impacted by symptoms such as stereotyping that leads to feelings of shame, embarrassment, and social isolation. |
| <b>Theme 3: Managing staff training, capacity and</b>                                                                  | Soilemezi et al. (2023) | Mixed-methods sequential study                                                                                                       | Staff training, communication and capacity are essential for supporting PD patients' wellbeing.                                                                 |

|                                                                                                     |                                |                   |                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------|--------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><i>communication/awareness contribute towards supporting PD patient' wellbeing in the UK</i></b> | Armstrong <i>et al.</i> (2021) | Thematic analysis | The importance of staff training, communication and healthcare capacity can be essential for enhancing the quality of life across PD patients. |
|-----------------------------------------------------------------------------------------------------|--------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------|

**Table 3: Summary Table**

(Source: Self-developed)

### ***4.3 Findings and analysis***

#### ***Theme 1: Prevalence of Parkinson's disease induce cognitive and sensory disorders across UK people***

The prevalence of Parkinson's disease (PD) in the UK witnesses growing rates of mental or psychosocial challenges leading to cognitive and sensory disorders. Shah *et al.* (2022) stated that PD's progression witnessed disorders observed across people impacted with cognitive and sensory disorders. The impact of the disease led to increasing complications such as fluctuations and dyskinesia that adequate psychosocial performance across people in the UK. The compromise of health quality generates difficulties across people in participating across valued activities and community programs (Shah *et al.* 2022). The information provided in the section signifies that PD has induced negative impacts on the psychosocial conditions across UK people. Anxiety, depression and sensory disorders have been observed across PD patients that led to stigmatisation and feeling of isolation in society. The examination of challenges to mental or psychosocial challenges faced across people being diagnosed with Parkinson's disease is aligned in this theme with the first objective.

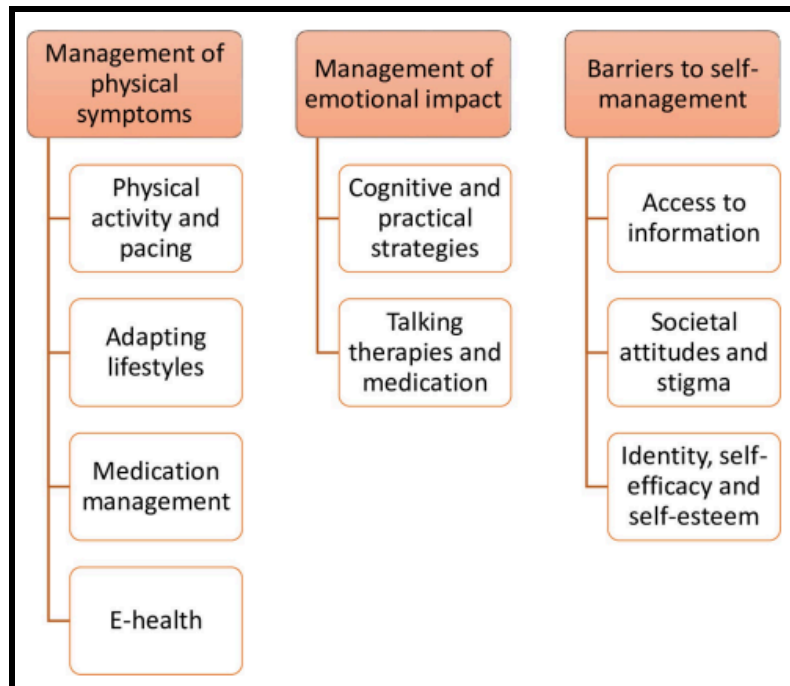


**Figure 2: Factors impacting the management of Parkinson's disease**

(Source: Shah *et al.* 2022)

The early onset of Parkinson's disease is anticipated from developing comorbid depression or anxiety signifying impacts of cognitive and sensory disorders across people. Impulsive-compulsive behaviours (ICBs) as non-motor complication of Parkinson's disease contributes towards increasing detrimental impacts of psychosocial consequences and psychiatric comorbidity (Mantovani *et al.* 2023). Interventions related with cognitive behavioural therapy are crucial for analysing mental or psychosocial challenges faced by people with PD across the UK. In this respect, the theme can be aligned with the first research objective for determining the prevalence of this disease across people in the UK.

***Theme 2: Changing in key social relations and interactions signify key effects of Parkinson's disease in the UK***

The impacts of PD across older adults have resulted in facing impacts of social isolations and depressions. As per the views of Eccles *et al.* (2023), people being diagnosed with PD face difficulty in adjusting to life changes due to the impacts of social isolation and loneliness. However, the advocacy of antidepressant medications is limited to redressing psychosocial factors across PD patients. The necessity of psychotherapy can increase attachment to social security and close relationships with people in the society which can improve their wellbeing. The impacts of Parkinson's disease contribute towards increasing depression, anxiety and apathy, leading to hallucinations (Eccles *et al.* 2023). The necessity of psychotherapy can

increase attachment security in close relationships, leading to fostering resilience across such patients. Thus, the theme is aligned with analysing key effects of PD on the key social relations and interactions in the UK as provided in the second objective.

The individuals diagnosed with PD have reported to have been stigmatised and isolated in society. Crooks *et al.* (2025) stated that PD induces worsening feelings of interactions across friends and family members. Key social relations and interactions are hindered across people diagnosed with Parkinson's disease. The impact leads to causing embarrassment across such people, that leads to their reluctance in disclosing their conditions (Crooks *et al.* 2025). The impacts of rising isolations across such people reduces their self-esteem that reduces the possibility of gaining proper treatment. Thus, the information in this theme can be aligned with the second objective on PD's effect on managing key social relations and interactions in the UK.

***Theme 3: Managing staff training, capacity and communication/awareness contribute towards supporting PD patient' wellbeing in the UK***

The management of proper staffing capacity, training and communication can be significant for supporting good quality of life across patients diagnosed with PD. Soilemezi *et al.* (2023) stated that developing formal partnership with policy makers help in reducing health inequalities across PD patients. Communication, staff training and capacity development across healthcare providers are essential for enhancing the wellbeing of the PD patients. The conveyance of specialist PD skills across healthcare providers contribute towards addressing issues along with communication with healthcare providers in ensuring active support across PD patients. The impacts play an important role in enhancing the psychosocial conditions across such patients that help to improve their wellbeing.

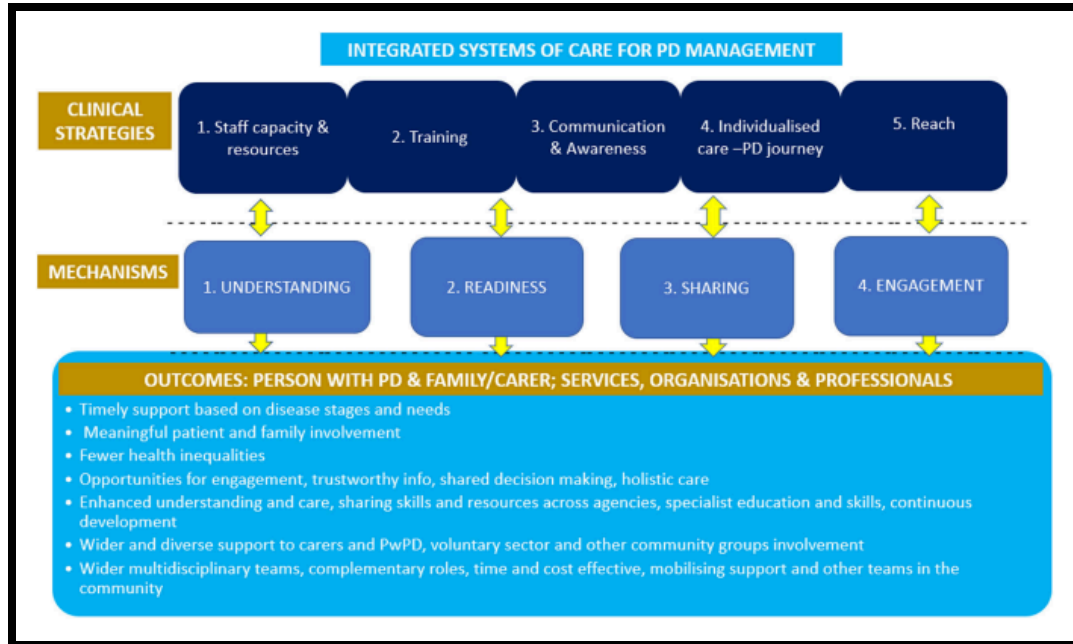


**Figure 3: Integrated care system for supporting PD people's wellbeing**

(Source: Soilemezi *et al.* 2023)

The use of communication is essential for coordinating patient-centred care across digital patient portals that help in addressing the needs of PD patients. Armstrong *et al.* (2021) commented that formulating comprehensive assessment on medication and dietary needs helps in contributing to increasing life expectancy across PD patients in the UK. Thus, the theme relates to achieving the third objectives as inferred from the information regarding strategies in supporting the PD people.

## **5) Discussion of the main themes and findings identified within the scoping review.**

### **Theme 1:**

The growing rates of Parkinson's disease across patients in the UK can be anticisolation, low self-esteem signifies deterioration of mental health conditions, leading to psychological and emotional stress (Crooks *et al.* 2025). The impact relates to the alignment with the health belief model that is essential for understanding the medication needs and lifestyle changes (Younis *et al.* 2024). The statement relates to upholding the possibility of spreading awareness regarding Parkinson's disease across people. However, the severity of challenges regarding mental health for the affected people effectively signify the possibility of progressing PD causing cognitive and sensory disorders across UK people. Parkinson's disease as witnessed from Impulsive-compulsive behaviours (ICBs) generates catastrophic impacts of psychosocial consequences and psychiatric comorbidity (Mantovani *et al.* 2023). The challenges faced by the

PD patients induce difficulties in enhancing self-esteem and cognitive abilities and also adapting their lifestyles with the changing environment. PD induces a compromise of health quality that generates difficulties across people in participating across valued activities and community programs (Shah *et al.* 2022). The statement signifies that the prevalence of Parkinson's disease has been responsible for inducing cognitive and sensory disorders across UK people. The impacts of PD have been anticipated from causing psychosis along with apathy as advanced PD that leads to changes in "impulse control disorders" (Weintraub *et al.* 2022). Thus, symptoms observed from excessive shopping, or eating behaviours indicate increasing predominance of PD across people in the UK.

**Theme 2:**

PD across older adults in the UK have witnessed the rise of social isolations and depressions along with the difficulty in adjusting to life changes. Elimination of social communication, a decrease in quality of life, and risk of negative health results is observed across people being diagnosed with PD (Beheshti, 2025). On the other hand, the usage of antidepressant medications is limited to redressing psychosocial factors observed across the PD patients. Despite the fact, the rising trends of social isolation observed across such a pain have resulted in hindrance in negative health outcomes (Beheshti, 2025). The literary perspective on social relations and interactions can be anticipated for growing concerns of social understanding across such PD patients. The key social relations and interactions across PD patients lead to increasing depression, anxiety and apathy, leading to hallucinations (Eccles *et al.* 2023). The results indicate the susceptibility of mood disturbance that declines self-esteem as observed among such patients. However, palliative care has been effective for addressing health risks faced by PD patients (Kluger *et al.* 2021). Therefore, physical limitations along with loss of control along with the feeling of being stigmatised and isolated in society have been key effects of Parkinson's disease across people in the UK.

PD has been responsible for causing embarrassment of affected individuals in society that fosters reluctance in disclosing their conditions. Conversely, applying the health belief model contributes towards analysing the patients' psychosocial wellbeing and preference that contributes towards increasing engagement and retaliation against the growing concerns of social isolation. Despite the fact, the impacts of worsened feelings of interactions across friends and family members have been witnessed as negative implications of PD patients while maintaining social relations and interactions (Crooks *et al.* 2025). The statement signifies that symptoms such as stereotyping that leads to feelings of shame, embarrassment, and social

isolations are key effects of PD on the psychosocial conditions faced by affected individuals in the UK.

### ***Theme 3:***

The provision of Staff training, communication and capacity are essential for supporting PD patients' wellbeing. The conveyance of specialist PD skills across healthcare providers can be optimised through ensuring active support across PD patients (Soilemezi *et al.* 2023). In addition, the enforcement of stringent policies such as “NICE guideline [NG71]” influences proper monitoring and preventing symptoms of PD patients. Policies against addressing social issues faced by PD patients supports delivery of commendable palliative care for people in the UK (Sleeman *et al.* 2021). In addition, the “Equality Act 2010”, and the “Disability Discrimination Act in Northern Ireland” also contributes towards fostering equality across the PD patients and ensures avoidance of stigmatisation from society (Gov.uk, 2025). However, applying the HBM model is time consuming which causes delay in addressing the existing issues faced by such patients. The abidance by the HBM is crucial for predicting the health behaviours of patients that helps in focusing on good health activities across the PD patients (Li *et al.* 2022). Despite the fact, formulating comprehensive assessment on medication and dietary needs also helps in increasing life expectancy across PD patients in the UK (Armstrong *et al.* 2021). Thus, advocacy of stringent policies, staff training, communication and healthcare capacity can help foster psychosocial resilience across affected individuals that helps in improving corresponding wellbeing.

## **6) Conclusion and Recommendations for future research, policy, and/or UK practice.**

### ***Conclusion***

The information provided in the report concludes that Parkinson's disease compromises health-based quality of life across affected individuals and declines their psychosocial wellbeing. In addition, the impacts of PD are anticipated from decreasing lifespan, quality of life, anxiety, depression, impairment observed across such patients. PD causes isolation and lowers self-esteem across such individuals that leads to stereotyping and stigmatisation in society. The enforcement of stringent policies, staff training and capacity management contributes towards enhancing the wellbeing of patients that could help in improving their psychosocial abilities.

### ***Recommendations***

#### ***Future research***

Recommendation on future research will include deriving information using a mixed method comprising qualitative and quantitative resources on PD trends across the people in the UK.

Future research on culture and background of PD patients will be undertaken for catalysing trends regarding stigmatisation and social isolation faced by such people and relevant mitigation measures. The evaluation of the psychosocial interventions will be considered for analysis in the effectiveness of the psychoeducation and social-support across PD patients that could help in enhancing their wellbeing. Future research on health inequalities will be considered for delving into significant factors responsible for causing social isolation across PD patients in the UK.

### ***Policy***

The abidance by stringent policies towards addressing the needs of PD patients can contribute towards enhancing their health. The alignment of “2025 British Psychological Society (BPS)” guidance can be significant for recognising the need for multiple psychological support services to be facilitated for improving the psychosocial conditions of PD patients (Bps, 2025). The policy can be essential for reviewing evidence-based practices along with improvisation of training and supervision across healthcare providers that could help in improving the health outcome across PD patients in the UK.

### ***UK practice***

Healthcare practitioners need to provide psychosocial therapies across the individuals that could help in administering individualised care. Ahern *et al.* (2024) stated that engagement in physical activities of social programs helps PD people in enhancing their mental wellbeing. The practice can contribute towards reduced susceptibilities of isolation, depression, and lowered quality of life across the PD patients in the UK. The integration of relaxation therapies can be effective in understanding the current state of mind across PD patients (Giguère-Rancourt *et al.* 2022). The strategy can be essential for improving healthcare processes in the UK and enhancing the psychosocial wellbeing across these patients effectively.

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