



University of Wales
Trinity Saint David
BIRMINGHAM

Methods and Search Strategy Academic Poster

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Module name: Methods and search strategy

Module code:

Barriers to Accessing Mental Health Services for Young People Aged 16–25 in the UK

01 Introduction and Research Aim

The methods chapter describes the research design, data collection, and methods of analysing data to answer a research problem (Huyler and McGill, 2019). This poster will provide a summary of the methodology used in this study, such as search strategy, data selection, and analysis methods. The research aims at secondary research to investigate the barriers to accessing mental health services among youths in the UK.

The research aims to critically analyse structural, social, and systemic barriers to mental health service access among people aged 16-25 and to provide evidence-based recommendations to enhance the service accessibility and continuity of care. Mental health problems have been a major concern in the young population in the last few years, which underscores the need to have accessible services (NHS Digital, 2023).

03 Searching for Information

The process of searching information is a systematic, stepwise procedure of identifying, locating, assessing and handling scholarly sources to create a theoretical basis, map current study, and support a research query (Badke, 2021).

The process of search was performed in several steps.

The first step was to identify and transform the key concepts of the research purpose into search terms.

02 Search Strategy

Search strategy is a systematic search that involves employing a systematic selection of keywords and searching databases (Harari et al., 2020). Databases like Google Scholar, PubMed and the university library were utilised in this study. The keywords were mental health access UK, CAMHS transition, and youth mental health barriers. Results were narrowed down using Boolean operators (AND, OR).

04 Picture / Graph / Visual Aid / Statistics

The latest statistics indicate the level of the problem. In 2023, it was estimated that 1 in 5 youths in England had a likely mental health issue, as opposed to 1 in 9 in 2017 (NHS Digital, 2023). Moreover, the presence of long queues and changes in services is also a significant obstacle, as many young people must face delays in receiving relevant care (Rethink Mental Illness, 2019).

Second, filters were used to refine the results to peer-reviewed articles published since 2019.

Third, abstracts were read to determine relevancy, followed by the selection of full texts.

Preference was made to UK studies based, NHS reports, and policy documents to make sure that there is a contextual relevance. This step increased the credibility and attention of the literature applied in the study (Coughlan and Cronin, 2020).



Figure 1: Barriers to healthcare access

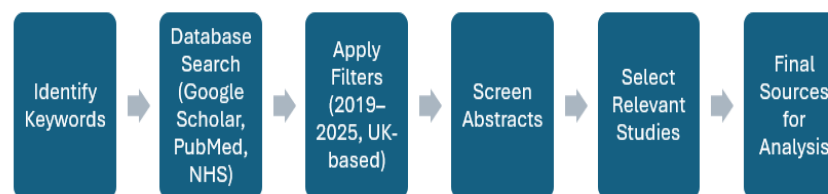


Figure 2: Literature Search Process

05 Research Validation and Analysis

In secondary research, research validation means the credibility, reliability, and relevance of the chosen sources (Saunders et al., 2023). This research paper has critically assessed the sources depending on authorship, publications and recency. The validity of findings was improved using peer-reviewed journals and official reports. Nevertheless, such limitations as possible publication bias and the absence of primary data are present.

Data was analysed through thematic analysis. According to Braun and Clarke (2021), this allows interpreting qualitative data systematically.

06 Inclusion Criteria

Sources published between 2019 and 2025

UK-based research and reports.

Practitioner journals and official policy documents.

Fully-text articles are also available.

07 Exclusion Criteria

Sources published before 2019

Studies of non-UK countries that are not relevant.

Unscholarly or invalid websites.

Articles not fully accessible.

08 Ethical Considerations

Ethics in secondary research is essential for academic integrity, transparency, and correct source attribution (Resnik, 2020). This paper complies with ethical standards for not plagiarising and for proper Harvard referencing.

There were no human subjects, and thus, the matters of consent and confidentiality do not apply. Nevertheless, the sources were critically evaluated to reduce bias and ensure responsible use of data.

Ethical Aspect	Description	Application in This Study
Academic Integrity	Maintaining honesty and avoiding plagiarism	Harvard referencing used and all sources properly cited
Source Evaluation	Using credible and reliable data sources	Peer-reviewed and trustworthy sources were selected
Bias Reduction	Minimising bias through critical analysis	Sources were compared and critically evaluated
Human Subjects	Ethical concerns like consent and confidentiality	Not applicable as no primary data was collected

References

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