Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

“The impact of Mental health during covid 19 in Adults living in UK”

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Introduction

- **I**n the UK, almost 1 in 4 adults and 1 in 10 children are dealing with a mental health issue each year. In England, People say that every six people had a common mental health problem in the week before. (Baker and Wade,2023).
- **Aim**: To investigate the impact of mental health during covid 19 in adults living in Uk.
- **Objectives:** Define the main concepts: mental health, depression ,loneliness ,covid 19,adults.

Explore the data policies, strategies services in Uk, Conduct systematic literature review of the academic articles, then provide recommendations to health and social care.

Methods

- Systematic literature review
- Secondary research.
- Key words: mental health, depression, loneliness, covid 19, adults.
- Data base: ProQuest central advance search, UWTSD library , ScienceDirect , Elsevier, etc.
- Inclusion criteria: Primary research, date of publication 2013-2023, language English, Academic source, Location United of kingdom .
- Exclusion criteria: Date of publication more than 10 years, Non -in English Language, non- academic source-publish from other countries.

Literature Review

Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Burton et al .(2021)	To investigate how individuals with previous mental health illnesses were affected by COVID-19 and identify strategies for good mental health.	Interview of 22 adults with mental health problems.	Increase of depression.
Connor et al.(2020)	To investigate how the adults manage mentally and physically during the first week of lockdown	Survey of 3077 adults in UK	Increase suicidal thoughts , anxiety depression and positive wellbeing.
Groarke et al.(2020)	to explore the risk of loneliness and safeguarding factors in Uk.	Survey of 2511 Uk residents over 18.	Increase high rate of loneliness in young people and depression.

Results

- Theme 1 “How covid 19 rise the symptoms of mental health” (According to Connor et al.,2020):
  Increase suicidal thoughts , anxiety, depression.
  in addition, (Groarke et al.,2020) :
  increase the elevation rate of loneliness in young people.
- Theme 2 “How covid 19 impact individuals with previous” mental health.
  (As suggested Burton et al.,2021)
  increase depression.
  in other hand (Connor et al.,2020)
  increase a positive wellbeing .

DISCUSSION

- The aim was to explore the impact mental health during covid 19 in adults.

Strengths of secondary research:

The findings was clear to analyse because show the sample of population.

Data was reliable and consistent.

Comparatively simple to analyse.

Limitations:

The data was not available to show all entire article.

Limitations of definitions related to the topic such as : impact in adults.

Lack of clear research.

Recommendations

- Incorporate an adult social care innovation fund that will fund 'exemplar' projects in local areas that will preventatively approaches to care and support at scale, so the whole sector can learn.
- Updated Adult Social Care Outcomes Framework needs to track development in asset-based areas such as: freedom, resilience, wellness, and social connection.
- Identify long-term goals to improve population health as part of the system priorities.
- In order to meet request, we need additional social care practitioners and better terms and conditions for social care employees(Bell et al.,2023).

Conclusion

- People with serious mental problems were especially negatively impacted, and difficulties were directly linked to the epidemic. However, other people utilised this period as a reprieve, built resilience, and learned coping mechanisms to maintain their optimism.

References

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- *Carl Baker, Esme Kirk-Wade(2023) mental health statistics:* Available at: https://researchbriefings.files.parliament.uk/documents/SN06988/SN06988.pdf (Accessed: 05 August 2023).
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