

Mental Health

Literature Review

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“I have neither given nor receive, nor will I tolerate others’ use of unauthorized aid”.

Mental Health

Mental health affects everyone, whether they are in the adolescent stage or the older adult stage. It is a critical topic to discuss with every client. Mental health can also affect the rest of the body and can cause physical body problems. These can include stroke, heart disease, and type 2 diabetes (Learn about Mental Health, 2018). The chances of fatality can increase if help is not provided for people that struggle with their mental health (Mental Health and Mental Disorders, 2020). An increase in mental health awareness can help save many lives. Through this literature review, mental health will be the main discussion amongst these qualitative studies to help clients with education.

Child Mental Illness and the Help-Seeking Process: A Qualitative Study Among Parents in a Ugandan Community

Mental health starts earlier than expected. According to Skylstad et al. (2019), the parents of children ages ten and younger were used as participants of this study. The main purpose of this article is to collect information from the parents to see what a child with depression or ADHD will show symptomatically. In July to October of 2014, a group of people went to an Uganda community to begin their studies. They selected eight parents to get their thoughts on children with ADHD or depression (Skylstad et al., 2019). The results of this study were unexpected. These included symptoms of stubbornness or behavioral changes. The study's ending showed that the community was recommended to change their ways of helping children with mental illnesses. These included improving the environment around the children and their support systems.

Key Points (note that the key points is flush to the far left)

The main purpose of this article is it is essential to look for early signs of mental illness in young children, no matter their age. There are key questions that are being addressed in this article. These include children being left with untreated mental issues, not identifying these symptoms that correlate with psychological problems, and how parents can help their children (Skylstad et al., 2019). The most important information in this article is that the researchers used focus groups to help identify these children's symptoms and behaviors. Their parents were a part of this focus group and didn't recognize these behaviors of mental illness (Skylstad et al., 2019). This can be detrimental to their children's health and lives as they couldn't identify these illnesses. The main inference in this article is these parents that were a part of this study, and even parents apart of the Ugandan community need to pay closer attention to their children's behaviors. This can show signs of stress and mental disorders (Skylstad et al., 2019).

Assumptions

The main assumptions of the author's thinking are people need to be ready to change their surroundings and gain a support group for their mental health, even at an early age. Just because the children don't show it, doesn't mean they don't struggle mentally. If people take this time of reasoning seriously, there would be a better understanding and help children with mental health. If we fail to take this line of reasoning seriously, the implications are that children can develop a thought that they don't have anyone to talk to or keep it to themselves. This can cause mental health to get worse, which can lead to suicide.

Deficit/Conclusion

To sum up this article, the parents of children aged ten and younger in Uganda were asked what they thought ADHD and depression symptoms look like. They believed that children would show stubbornness or behavior changes (Skylstad et al., 2019). They weren't entirely correct. The

children also didn't have much access to support systems, and their environment could cause a decline in mental health.

Variation in Referral and Access to New Psychological Therapy Services by Age: An Empirical Quantitative Study

People that belong to the middle-aged group can also struggle with mental health. This article states that this quantitative study about middle-aged, about 65 years or less, people not getting the help they need can drastically affect them. The general population of the study was conducted in England in 2009. These patients wouldn't reach out to their health care providers, which has caused barriers in their care (Pettit et al., 2017). The Royal College of Psychiatrists assumed that there would be a difference between patients that had received therapy with access and referral rates (Pettit et al., 2017). This study aimed to gain information about middle-aged patient's population, prevalence, being seen by health care providers, and calculate rates on the difference of symptoms of each mental disorder (Pettit et al., 2017). With this information, the Royal College of Psychiatrists can help the middle-aged get the psychological therapy that they may need (Pettit et al., 2017).

Key Points

The main purpose of this article is to gain information on what age groups had the most access and referrals to psychological therapy (Pettit et al., 2017). They would then calculate the outcomes of therapies from each participant. The Royal College of Psychiatrists would place them in categories based on their age and mental illness (Pettit et al., 2017). There is a key question that the author is addressing in this article. This would be how many middle-aged to older adults are getting help for their mental illnesses, and what are they getting from psychological therapy (Pettit et al., 2017). Another question they are trying to find answers is

what the community and health care providers can do to help their older population with their mental illness if it applies (Pettit et al., 2017). The most important information in this article is the Royal College of Psychiatrists would record how many times a participant would attend therapy sessions and how they felt afterward (Pettit et al., 2017). This would help the researchers and people who would use this information by allowing them access to percentages and facts about their data. There are main inferences in this article that the authors are hinting at. One inference is the middle-aged, and older adult mental health is overseen and needs to be addressed more (Pettit et al., 2017). Research shows that younger adults have more access and referral to therapies and help than the middle-aged and older adult population (Pettit et al., 2017). Another inference is that once the older adults and middle-aged people get the help they need, their mental health improves and will open up (Pettit et al., 2017). The key concept we need to understand in this article is therapy and it's access to all age groups. Therapy can help the middle-aged and older adult population to talk about what they are feeling and get the help that they need.

Assumptions

The main assumptions underlying the author's thinking is just because populations grow older, doesn't mean they may not struggle with their mental health. They may benefit if there was someone to talk to even if it was their family member or someone they work with. If we take this line of reasoning seriously, their mental health and illnesses may improve and may start feeling better about themselves. Giving this population access to treatment more can increase their mental status (Pettit et al., 2017). If we fail to take this line of reasoning seriously, mental health will decline even more, and their mental illnesses may lead to

suicide or attempt. Health care workers and the community must put effort into keeping it from going to the stage of suicide. Showing awareness of this issue will help the populations feel more comfortable talking about their mental illnesses (Pettit et al., 2017).

Deficit/Conclusion

To sum up this article, the community and health care providers need to start caring and pay more attention to the mental health of middle-aged and older adult populations. This article has stated that the younger community has more access and referral to psychological treatment and therapy than the middle-aged and older adult population (Pettit et al., 2017). Even though older adults had more access to anti-depressants and anxiolytics than younger adults, they were still deprived of therapies for their mental health (Pettit et al., 2017).). The main point of view presented in this article is even though they are in their home where they may feel the most like themselves and the most comfortable, they can have mental illnesses (Pettit et al., 2017). It is essential for health care workers to pay attention to all of the age groups they are caring for and see where their conditions and medications tie together.

Mental Health Disorders in Elderly People Receiving Home Care

Home Health services are provided to those that can't leave their home due to their medical status (Wang et al., 2016). Several complications can occur with the older adults in-home health care, and these include mental illnesses, cognitive, emotional and behavioral disturbances, and physical disturbances (Wang et al., 2016). Mental health is essential to be aware of in older adults that are in home health. Health care workers need to know that mental disorders can relate to physical and emotional issues (Learn about Mental Health, 2018).

Key Points

The main purpose of this article is to have home health care workers become more aware of mental illnesses and how they affect the rest of the body. This researcher's method uses a conceptual framework to collect data based on the participant's interaction, communication, and social factors (Wang et al., 2016). This will allow the researchers to identify any mental illnesses and how they can correlate with any physical issues. The key question that the author is addressing is how to identify these mental illnesses and how their symptoms affect the rest of their body (Wang et al., 2016). They will then categorize their symptoms and see if it appears to be a mental illness. The most important information in this article is to determine the characteristics and similarities of mental health among the elderly in-home health (Wang et al., 2016). This will allow health care workers to be more sensitive to their patient's needs. The main inferences in this article are looking for signs of mental health in the elderly a lot sooner than workers are doing now. Screening of mental health and intervention needs to be a priority for the elderly in the home health care environment (Wang et al., 2016). This will help older people feel more comfortable and at ease with their status. The key concepts we need to understand in this article is prevention. The interpersonal team of this patient can help prevent progress of any kind of mental disorder through screening and intervention.

Assumptions

The main assumptions underlying the author's thinking are that risk factors and symptoms aren't priorities in the home health field, and it is showing through research. There also needs to be more training and financing to improve their overall care (Wang et al., 2016). If we take this line of reasoning seriously, the implications are helping their patients and their mental status. The interpersonal team needs to have more detection and management over these

conditions (Wang et al., 2016). They also need to be aware that their patient's mental status may be fragile, so the team needs to critically think of ways to help them (von Faber et al., 2016). Social support is vital for improving their overall status (Wang et al., 2016). This may help their mental condition but may also maintain their physical and emotional health. If we fail to take this line of reasoning seriously, the implications are possible overall decline of the patient's status. The patients can feel depressed with their conditions. Without trying to help them with their conditions, this can lead to suicide or worsening of the state. Training and financing are essential for the workers since they are helping take care of the elderly in-home health care. If they aren't provided with these resources, it can be challenging for them to help their patients.

Deficit/Conclusion

To sum up this article, it is vital to be aware of the patient's status, even if they are taken care of at home. This article gave excellent examples and facts as to how they can be detrimental to their health. Resources, like financing, education, and training, are essential for the workers to help care for the patient. Without these resources, their overall mood and health can decline (Wang et al., 2016). The main point of view presented in this article is the elderly are just as important as the younger population when it comes to their health. Mental health is one of the factors that can either be detrimental or improve someone's life.

Conclusion

Mental health is significant to pay attention to regardless of age group and the environment. Whether they are from the adolescent stage or older adults in-home health care, mental issues can interfere with the rest of their bodies (Learn about Mental Health, 2018). These kinds of problems can lead to fatality if not taken care of any sooner (Mental Health and Mental Disorders, 2020). An increase in mental health awareness can help save many lives. In this

literature review, mental health discussion was the main discussion amongst these qualitative studies to help clients with education.

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