Empirical Journal Article Summary

Your Name (First M. Last)

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Taking a look at the introduction of article that is based on consumers who are living with mental health issues, I came to know that people suffering from mental health issues have more chances of physical illness Physical illness also affects the life expectancy of an individual, so it could be said that people with mental health issues need to be more careful as their life would in danger if they would not show seriousness for addressing their mental health issue. There has been witnessed a gap, in community not much attention is paid towards this harsh reality that mental health directly influences the physical health of those who suffer mental health disorders. I learned, it is necessary to treat mental health issues as they directly influence our life expectancy. An in-depth analysis of this article shows that time when mental health was considered irrelevant than physical health, patients with mental health issues used to live for shorter period. In this section, theoretical explanation on which stress has been given is, considering mental health a determining factor of life expectancy. Hypothesis of this study is, is there a close link between physical and mental health?

 From the method section, I learned, keeping the importance of treating mental health issues in eye, both government and semi-government networks are working for the betterment of the mental health consumers. Both government and non-government organizations are putting untiring and unfailing efforts. It was decided that in the weekly bulletin, an advertisement would be on-air regarding this research. At the same time, group sessions would be offered at a suitable location where people could reach easily. People, who wanted to participate in this research, were sent Participant Information Form. Participants in the research were grouped in seven to nine groups and they were total 31 participants. It was an explanatory qualitative research, so interview was used as procedure.

 Result section describes views of mental health consumers about their interaction with physical health care providers. Consumer-provider relationship has been highlighted in this study. Lack of bonding between mental health consumers and physical health care providers causes disempowerment which worsens mental health condition of patients. Results show that participants hope to get better quality of healthcare facilities i.e. respectful environment and trust-building partnerships with health care providers. No statistical data has been used in this section (Ewart,et,al,2016). A graph has been used in this section which shows that there is a link between mental and physical crisis. According to this graph scarcity of physical health care gives rise to physical health problems as provider became non-responsive most of the time. Mental health consumers went through a destructive phase where they undermine self-determination. They found nowhere, to turn around which causes severe crises regarding physical illness. Physical illness crisis gives rise to tenuous empowerment (survival resistance strategies) and many questionable hopes. No proper statistical results have been mentioned in this study. Results obtained from the participants after interview, were of great significance.

 From the discussion section, I learned, physical health of the mental health consumers should be the primary concern, but unfortunately, it is not the case. The gap that mental health consumers feel dragged them towards disempowerment and isolation. Both these factors contribute a lot in worsening mental health of patients (mental health consumers). One interesting fact that has been revealed in the discussion section is, no such question was asked during the interview, but answers of participants repeatedly focus on this area of relation between consumer and provider. Negative feelings that arose in mental health consumers’ effect empowerment that helps in survival and fighting against challenges. Authors interpreted results by evaluating interviews and analyzing in-depth perspectives of participants. No, authors did not provide an alternative explanation as it was a research study, so they have to record information as it is, for interpreting results. Limitations are being mentioned by authors in this research. Small sized sample and belonging of participants from the same jurisdiction limits this study from making it general. Another limitation mentioned in this study, is there is a need to see whether same experiences hat participants shared could be found in other settings or not. Authors suggested that in future, research studies could be made upon, topic of important role physical care provider could play for bringing back mental health consumers on the right track.

 After analyzing the research findings in detail, I could say that the link of the relation between mental health consumers and physical health care provider was not raised in the interview. Experiences and interview outcomes showed, importance of the relation between these two groups must be highlighted (consumers and providers). It won't be wrong to say that mental health directly affects physical health and nurses could play a constructive role for making living conditions better for the patients who are dealing with mental health problems. According to me, there is a strong need to let the physical healthcare providers know that they should develop a healthy bonding so that physical health could be improved. Better physical health and self-determination provided by providers would help reducing the mental health issues (Happell,et,al,2012, 202-210). With time, if a healthy bond is created between consumers and providers only then it could be assumed that mental conditions of patients could become better. If physical health care providers leave mental health consumers in isolation, mental as well as physical health crisis would drastically increase. Mental health care consumers need the support of physical health care providers so that they could compete with challenges and make living conditions better for them.

References

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