Empirical Journal Article

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Summary**

Taking a look at the introductory part of the selected empirical journal article, I have learned that the numbers of patients suffering from mental disorders are now actively participating in recovery treatments. They are trying to have sufficient information about the procedures and treatments they are going to have so that it would be easy for them to make a decision about the treatment they are offered. In past, patients were not active participants but taking a look at the present scenario, it has been witnessed that patients with serious mental illness wanted to be well- informed consumers by having good patient-provider relation that would make the recovery or treatment more effective. In the introductory part, the historical background of the topic has been pointed which is, in past patients were not well-aware of the importance of being informed about the treatment they would get. In this section, it has been emphasized that obtaining necessary information helps both patients and provider in several ways i.e. foster the teamwork, how to deal with illness, selection of best recovery option, better communication between patient-provider that would result in positive health outcome regarding emotional health and fast recovery. The hypothesis of this study is, what effects could be seen on mental health consumers when they would obtain necessary information about their treatments and health care conditions.

**Method**

From the critically analysis of the “method” section, I came to learn that for conducting a study, selecting a theory makes it easy for the researcher to get the required things. In the method, study design assists the research to carry the study smoothly and systematically. Selection of study design helps in selecting ways that would assist the researcher for obtaining relevant information or perspective of selected sample on the research topic. In this study, the subjects selected are the consumers suffering from mental health issues. In simple words, I would say that subjects selected in this study are the patients who are going through any mental illness and want to seek medical help or treatment. The procedure selected in this method includes interviews.

**Result**

Taking a look at the result, I learned that participants selected need to answer all the questions for letting the interviewers know about the information they need before getting involve in a treatment. Participants also mentioned about the issues or barriers that consumers generally face when they try to seek information about the treatment, services, and provider etc. From the result, I have learned that interview is necessary for the researches so that they could make a theoretical model that would be carrying important information regarding timing of illness and level of impairment etc (Foster,et,al,2018). Result is the section that leads the researches towards the conclusion. Result also makes clear to me that it is significant for researchers, to focus every question and take into consideration the whole interview for extracting the data that would help the researches in compiling the final verdict about the interview. There are some obvious things that I learned from the table being given in this study. Table highlights, time of illness, expected recovery time, level of impairment, medication available, side effects of the medication, insurance benefits, self-care, relationships, information about the service provider (active or not), the context of information exchange i.e. emergency care, community, community center, and inpatients discharge etc. There is no such statistical data being given in the study, just the number of participants (how many male and female participants are selected) is given. Other important statistical data that has been gathered is the yield “90% accurate results” when the gathered information was put in the (Atlas. ti 5.0, Scientific Software). Stats being given by the software were statistically significant.

**Discussion**

Taking in account the discussion section, I have learned that most of the mental health consumers believe that the information demanded by the patients must not be mystified. Mystifying the information and exposing it with family would make consumers more suspicious. From the results, the author interpreted that patients need to know what conditions they are going through and what treatment techniques would be effective for them (Bielavitz,et,al,2011). From the analysis of results, it could be said that authors/researches interpret that for giving the patients (consumers) confidence it is important to discuss what they are going to face in the treatment or recovery. No alternative explanation has been given in this study about the interpretation of author about the discussion section. Limitations have been mentioned in this study that are sample selected is small (N=12) and participants were not asked to share their experience about the diagnosis that made the authors unable to compare information preferences and experience that could be used in future studies for making the procedures better. It was suggested to have a greater number of participants so that the process could be made saturated.

**Conclusion**

Taking a look at the research, I would say that consumers (patients) who went through any mental illness must be given the right to know all they want to know before selecting the treatment so that they could make a better decision whether they want to go for a treatment or they want to choose some other treatment. I would say the number of participants chosen should be increased for this kind of research so that a wide range of experiences could be gathered and better conclusion could be drawn.

Reference

Bielavitz, S., Wisdom, J., & Pollack, D. A. (2011). Effective mental health consumer education: a preliminary exploration. *The journal of behavioral health services & research*, *38*(1), 105–113. doi:10.1007/s11414-010-9213-z

Foster, K., Cuzzillo, C., & Furness, T. (2018). Strengthening mental health nurses' resilience through a workplace resilience programme: A qualitative inquiry. *Journal of psychiatric and mental health nursing*, *25*(5-6), 338-348.