PSY 635 Week 1 Assignment 2 Mental Health

Student’s Name:

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The literature view provides critical aspects regarding the barriers for effective treatment of mental-health illness in adolescence. It analyzes results from a focused group interview, where the therapists share diverse perspectives about those seeking therapeutic interventions at others’ initiatives (Barca et al., 2020). For instance, it highlights that the past experiences could hurt the adolescents, while encounters in the social environment could lead to distrust, hindering the success of the therapeutic interventions. Therefore, individuals living with mentally ill parents or relative, or drug addicts develop the mistrust to express the psychotic issues. Besides, the therapist recognized that the lack of hope for the future limits adolescence motivation towards mental health treatment, as they establish little faith on their abilities to transform. Some might drop out after enduring prolonged therapeutic procedures without changes, as they fail to recognize the essence of the intervention.

Additionally, the study indicates that the burden of mental-health could hinder individuals’ adherence to therapeutic interventions. The therapists highlight that the adolescences’ perspectives on their health condition and mental issues such as psychosis and anxiety, interfere with the treatment participation (Barca et al., 2020). Also, they identified that the adolescence stage of development is a significant hindrance to a successful mental health intervention. For instance, the adolescents that were initiated to take therapies had unique interest and beliefs, and were more determined to handle their situations without help. In most scenarios, the therapists could not understand their abilities and strengths, which hindered their capability to provide an effective treatment intervention. Lastly, the article illustrates that the space for engagement and flexibility of service determines adolescences’ commitment to therapeutic services regarding mental health. Therefore, easily accessible and readily available services provide better option for them to attain mental health treatment.

The literature review utilized the focused-group interviews and the reflexive thematic analysis approach to collect and evaluate the required information. A focused-group interview entails a comprehensive discussion involving the selected group of participants, who provide their perspectives regarding the investigated topic. In this case, the researchers engage in ten focus group discussions involving fifty-one participants, specializing in mental health therapy (Barca et al., 2020). Each provided unique experiences in handling adolescences that were seeking mental health interventions. Additionally, the researchers employed the reflexive thematic analysis (TA) technique, which seeks to recognize different experiences and perceptions regarding a phenomenon. In this scenario, they collect and analyze the views of fifty-one therapists, who encountered the adolescents seeking mental health intervention. The reflexive TA provides a comprehensive conclusion regarding the situation.

Mental health illness is a critical issue among the young generation, due to environmental socio-economical issues they endure. Therefore, it demands quick response to address and manage to ensure they are healthy and productive. The literature review article demonstrates that mental health intervention an essential practice for the adolescents, but faces numerous challenges (Barca et al., 2020). Many of those enduring psychological illnesses such as depression and stress find it difficult to undertake therapy, as some are determine to handle their situations, while others fail to recognize its essence. The article highlights different psychiatrics’ conceptualizations that hinders the adolescents from enduring the treatment process, as some drop out, or fail to recognize its need. For this reason, the therapy procedure must be patient-centered to identify the unique needs of the adolescents with mental illness, to enhance the success of the rehabilitation procedures.

Reference

Barca, T., Moltu, C., Veseth, M., Fjellheim, G., & Stige, S. (2020). The nature of youth in the

eyes of mental-health care workers: therapists’ conceptualization of adolescents coming to therapy at others’ initiative. *International Journal Of Mental Health Systems*, *14*(1). <https://doi.org/10.1186/s13033-020-00363-w>