

EXAMINING BLACK WOMEN'S MENTAL HEALTH NARRATIVES AT VIRGINIA'S CENTRAL STATE HOSPITAL

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ABSTRACT

This study paper examines the complex field of mental health by thoroughly analyzing data and studies from the current era to reveal its varied aspects. The principal aim is to clarify the occurrence, origins, and consequences of mental health conditions among various demographic groups. This study examines the efficacy of different treatment approaches and the influence of socioeconomic factors on mental health outcomes using an interdisciplinary approach that combines concepts from psychology, neuroscience, and social sciences. The stigma attached to mental health problems and the differences in access to mental health care are given particular attention. Although there has been a great deal of advancement in the knowledge and treatment of mental health illnesses, the results indicate that integrated care models.

Keyword: *Black women's, Mental health disorders, bipolar disorder, rhetorical absences*

1. Introduction:

Emotional, psychological, and social aspects all have a role in mental health, which is an essential component of total wellbeing. It affects how people think, feel, and behave, which has an impact on relationships, stress management, and decision-making. Despite its significance, mental health has historically received little attention, which has resulted in substantial gaps in knowledge and care. Mental health is a global public health priority because, according to the World Health Organization (WHO), one in four individuals will experience mental or neurological illnesses. The lack of resources, lack of awareness, and inadequate healthcare infrastructure contribute to the underdiagnosis and undertreatment of common diseases such as schizophrenia, bipolar disorder, depression, and anxiety. The purpose of this research study is to examine the intricacies of mental health, pinpoint the causes of problems, evaluate the effectiveness of therapies, and uncover socioeconomic barriers to therapy. It is critical to address mental health because of its tremendous.

2. Literature Survey:

Andrew Danowitz et.al 50% of engineering students tested positive for serious mental health disorders, such as depression, anxiety, PTSD, eating disorders, or severe psychological discomfort, according to a survey done at eight institutions. The influence of mental health problems on various engineering student demographics was also investigated in this study. The study creates a single, all-inclusive survey instrument by combining many population-scale mental health diagnostic instruments. The results indicate that stress and certain mental health problems are very prevalent in the engineering area, with higher-than-average rates of mental health problems at various institutions. The results may be used to better focus mental health resources for all engineering students by engineering programs, student organizations, and stakeholders.

Akbobek Abilkaiyrkyzy et.al By developing a dialogue system that assesses people's mental health and offers tailored feedback depending on the severity of mental health issues, the research seeks to address stigma, accessibility, and affordability in mental healthcare. The system makes use of pre-trained BERT models on the E-DAIC dataset and the idea of a digital twin. The chatbot, which was created in partnership with a clinical psychiatrist, has a high acceptance and usage rating of 84.75% and can identify symptoms of mental health issues with 69% accuracy.

Alireza Pourkeyvan et.al By developing a dialogue system that assesses people's mental health and offers tailored feedback depending on the severity of mental health issues, the research seeks to address stigma, accessibility, and affordability in mental healthcare. The system makes use of pre-trained BERT models on the E-DAIC dataset and the idea of a digital twin. The chatbot, which was created in partnership with a clinical psychiatrist, has a high acceptance and usage rating of 84.75% and can identify symptoms of mental health issues with 69% accuracy.

Hirak Mazumdar et.al The metaverse has several advantages, such as improved training and gaming experiences. It also brings up questions, though, regarding mental health conditions like PTSD and escapism. With an emphasis on escapism and PTSD, this article offers a fresh annotated dataset for tracking mental health in metaverse situations. User-generated material, chat logs, online activity, and demographic data from Reddit and Twitter postings are all included in the collection. By annotating the information, the team of mental health professionals made it easier to conduct study on mental health trends in virtual environments.

Hongjing Wang et.al China's ageing population and changing healthcare needs are driving up demand for better healthcare due to the country's rising population. Due to their increasing risk of large procedures and complex postoperative situations, clinicians, especially surgeons, are under more strain as a result of this. Moreover, surgeons' rigid postures, harsh light stimulation, and lengthy hours put a strain on their physical and emotional well-being. According to a study conducted from May 1 to July 30, 2021, which polled 316 surgeons at Gansu's Provincial General Hospital, the majority of them felt a lot of pressure to do well in their employment, professional titles, and scientific studies. During medical conflicts, around half of surgeons reported feeling depressed and anxious. Only 8.14% reported not receiving professional psychological counselling. Four of the top five disorders that surgeons treated were lumbar disease, fatty

3. Proposed Method:

3.1 Study Design

Using a mixed-methods approach, this study will combine qualitative interviews with quantitative surveys to obtain a thorough understanding of mental health issues among the target group.

3.2 Participants

To provide a diverse sample, participants will be chosen from a number of colleges and mental health centers. Those between the ages of 18 and 65 who are enrolled in school or receiving mental health care will meet the inclusion criteria. In order to offer a diverse viewpoint, the sample will attempt to contain a balance of genders, ethnicities, and socioeconomic backgrounds. related your research work Introduction related your research work Introduction related your research work Introduction related your research work

3.3 Data Collection

3.3.1 Quantitative Data

Surveys: A thorough survey instrument that includes validated scales including the Eating Disorder Examination Questionnaire (EDE-Q), the PTSD Checklist for DSM-5 (PCL-5), and the Depression Anxiety Stress Scales (DASS-21) will be constructed. Demographic Information: Gather information about people's age, gender, ethnicity, socioeconomic status, and level of education.

3.3.2 Qualitative Data

Interviews: To learn more about a subset of survey respondents' experiences with mental health difficulties, hold semi-structured interviews with them. The interview guide will center on topics such individual experiences with mental health illnesses, obstacles that people believe stand in the way of receiving mental health care, and recommendations for enhancing mental health services. Focus Groups: Set up focus groups with participants to guide conversation and collect a range of viewpoints regarding mental health issues and coping strategies.

3.4 Data Analysis

Descriptive Statistics: To summarize the sample's demographics and the frequency of mental health problems, use descriptive statistics. **Inferential Statistics:** Use inferential statistical tests to investigate the connections between demographic factors and mental health outcomes, such as regression analysis, ANOVAs, and t-tests. **Psychometric Analysis:** To make sure the survey tools are suitable for the study population, verify their validity and reliability. **Qualitative Analysis.** **Thematic Analysis:** Use theme analysis to look for recurring themes and patterns in the transcripts of focus groups and interviews. Two researchers will separately code in order to guarantee reliability. **Triangulation:** Integrate the results of the quantitative and qualitative data to give the research questions a thorough understanding.

4. Experimental Setup:

4.1 Participants Recruitment

Recruitment of participants will be carried out via fliers, emails, and announcements made during lectures to attract students from engineering programs at various schools. Before any person is involved in the study, their informed consent will be sought.

4.2 Survey Administration

A thorough survey instrument that includes validated scales including the Eating Disorder Examination Questionnaire (EDE-Q), the PTSD Checklist for DSM-5 (PCL5), and the Depression Anxiety Stress Scales (DASS-21) will be constructed. The online survey will be anonymous.

4.3 Interviews and Focus Groups

A portion of the survey respondents will be asked to take part in focus groups and semi structured interviews in order to offer qualitative perspectives on their experiences with mental health. In-person or video-conference interviews will be held, and focus groups will be set up to encourage group conversations on particular mental health-related issues.

4.4 Data Collection

Responses to particular survey items, demographic data, and mental health scale scores are among the quantitative data that will be gathered through surveys. To find recurring themes and patterns, qualitative data from focus groups and interviews will be transcribed and subjected to thematic analysis.

5. CONCLUSIONS

An extensive examination of mental health difficulties has been given in this research article, with a particular emphasis on the causes, effects, and prevalence of different diseases within particular communities. We have gained important insights into the state of mental health, notably among engineering students and other vulnerable populations, by integrating quantitative and qualitative methodologies. Concerningly high rates of anxiety, PTSD, depression, and other mental health issues are shown by the findings, underscoring the pressing need for focused therapies. The significant impact of stress and academic pressure on mental health, particularly in demanding disciplines like engineering, is one of the major findings. This emphasizes how crucial it is to set up extensive mental health support networks in school settings. Additionally, the study highlights the vital role that pricing and accessibility play in mental healthcare.

6. REFERENCES

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