

## **Research And Development**

Student's Name

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Course Title

Course Number

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Date

## **Mental Health Effects on Young Teenagers**

The research on mental health is sensitive and often emotionally affects researchers. The section documents any data/research/ideation tools/theoretical sources used in the project and how they informed the project's development.

### **Data Sources**

- **Surveys And Questionnaires Administered To Stakeholders In The Health Sector**

The surveys were designed and administered to stakeholders in the health care system, including young people, to determine the impact of mental health on young people. The surveys and questionnaires also collected data on the stressors that cause mental health problems among young people, the coping mechanisms, and support systems. The surveys and questionnaires provided primary information on the subject of study. The sources steered the project towards practical and realistic ideas on mental and its impact on young people.

### **Research Sources**

- **Academic Journals**

The study also incorporated journals as research sources. A review of the journals on mental health and its impact on young teenagers was carried out. The journals provided information from different authors on the subject of study. The fact that the journals published in various parts of the world formed part of the study ensured that the researcher developed an inclusive project.

- **Reports and Books**

Reports from healthcare agencies and the government on mental health and its impact on the young people highlight how depression and anxiety have adversely affected young people.

The reports from the agencies provided a first account of the phenomenon under study. The reports ensured that the project was in touch with reality.

### **Ideation Tools**

The study used the following ideation tools: brainstorming sessions and creative workshops. Brainstorming allowed the researcher to develop creative and fresh ideas on the subject of study (AlMutairi, 2015). The brainstorming process allowed the researcher to generate innovative solutions to the mental health problem. Creative workshops brought together individuals from different sectors to create fresh thinking about the issue of mental health and its impact on young people. The creative workshops also provided a comfortable environment where young people could share their recovery stories (Slattery et al., 2020). The creative workshops also helped create the journey map for the entire project.

### **Theoretical Sources**

The study relied on theoretical sources to develop the theoretical framework. The framework connected the project to the existing literature and determined the current study's limits. It determines the viewpoint or perspective from which the researcher would examine the variables in the project. The theoretical sources defined the perspective of the project.

- **Developmental psychology theories**

The study relied on developmental theories such as Erikson's Psychosocial Developmental Theory and Freud's Psychosexual Developmental Theory to map out young people's unique challenges and how they relate to their mental health. The theories allowed the project to contextualize mental health problems for young people.

- **Resilience Theory**

The study relied on the theory to explain young people's ability to bounce back from the adverse impact of mental health problems such as anxiety and depression (Masten, 2018). The study relied on the theory to show that factors such as sibling bonds allow young people to recover from mental health problems.

## References

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