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Article 1

Citation

Ntoumanis, N., Ng, J.Y., Prestwich, A., Quested, E., Hancox, J.E., Thøgersen-Ntoumani, C., Deci, E.L., Ryan, R.M., Lonsdale, C. and Williams, G.C., 2021. A meta-analysis of self-determination theory-informed intervention studies in the health domain: Effects on motivation, health behavior, physical, and psychological health. *Health psychology review*, 15(2), pp.214-244. Doi: <https://doi.org/10.1080/17437199.2020.1718529>

Signposting

The present source has been a research journal article written by Ntoumanis et al (2021) which had aimed to determine the effect of motivation in health which had influenced the areas like willingness of a person to be engaged in health promoting behavior and others.

Summarizing

The present study had aimed to understand the effects of motivation and others like health behavior on the psychological and physical health of a person. The consideration of 73 studies by different authors has been done in the empirical review where the experimental design regarding the health effects and intervention has been considered. From the understanding of the present study, it can be summarized that the effects of Self-determination Theory has been positive to some extent in the physical and mental health of the person. Self-determination theory (SDT)-based interventions were successful in enhancing motivation, healthy behavior, and physical and mental health outcomes. Additionally, the results were strongest for interventions that focused on autonomous motivation (i.e., intrinsic and recognised regulation) and psychological needs (i.e., autonomy, competence, and relatedness). The study also showed that different types of health behaviors (such as physical exercise, healthy eating, and medication adherence) did not significantly differ in how effective SDT-based interventions were. Additionally, the results held true for many participant groups (such as healthy people and people with chronic diseases). The meta-analysis offers proof that SDT-based interventions can be utilized in a variety of settings to encourage long-lasting behavior change and enhance health outcomes. Positive changes in health behaviour were connected with increases in need for support and autonomous motivation (but not controlled motivation or a motivation).

In conclusion, SDT²-informed treatments have a favorable impact on health indicators. These effects are small, varied, and partially a result of an increase in social support and self-determined motivation.

Evaluation

The value of the work towards the target population of the health professionals and the individuals facing health issues has been high. For the same, the study had not only determined the effect of SDT, but also evaluated the effects with the use of the different other factors such as physical exercise, healthy eating, and others. The target population has been the studies which had used at least one indicator from the different areas described in the article summary. Besides, the consideration of the SDT on the motivation on health (physical and mental) has been done from selected empirical studies which adds value to the population. The researchers had aimed to determine the impact of health domain interventions³ on the physical and mental health areas and⁶ the same had provided the research peers with valuable information regarding the effect of motivation and SDT on the health. The study has been useful as it has added knowledge regarding the effects of motivation on physical and mental improvement. The authors of the review are credible as they are from renowned universities like Curtin University, University of Leeds and others and are⁵ associated with the physical and mental wellbeing of the people. While the study has used the experimental design such as randomized controlled trials or quasi-experimental studies, there have been practical issues like high cost for control trial, large data, and others where the theoretical issues such as Hawthorne effect, selection bias, and others can also be visible. Besides, the ethical issues like inequity from the biased accessibility of the study can also be persistent.

Reflection

The source was helpful to me understanding the effect of motivation on⁷ the physical and mental health of a person where the results of the study has helped to shape the answer the effect of motivation on health and the same has helped me to understand that the self-determination combined with other factors such as physical activity and others can improve the health effects.

Article 2

Citation

Carstensen, L. L. (2021). Socioemotional Selectivity Theory: The Role of Perceived Endings in Human Motivation. *The Gerontologist*, Volume 61(8), 1188–1196, Doi: <https://doi.org/10.1093/geront/gnab116>.

Signposting

The source has been a research journal article by renowned author L. L. Carstensen who had been associated with the field of human aging and lifespan development. The main aim of the study has been to determine the impact of the Socioemotional selectivity theory (SST) on the health and lifespan improvement of the people.

Summarizing

Human health outcomes are significantly influenced by motivation. Motivation can affect physical health by influencing actions like food, exercise, and substance use. Positive health outcomes, such as a decreased risk of chronic disease and an extended lifetime, are more likely to be experienced by those who are highly motivated to engage in healthy behaviors. Results in mental health can also be influenced by motivation. Highly motivated people are more likely to feel a sense of purpose and fulfillment in life, which can have a good impact on their mental health. They are also more likely to pursue their passions. Individuals who lack motivation, on the other hand, could feel apathetic, despondent, or depressed. It is complex and multifaceted how motivation and health are related. An individual's motivation can be affected by a variety of elements, including personality traits, social support systems, and environmental conditions. An important field of research that can guide interventions and methods for increasing health and well-being is the study of how motivation shapes health outcomes. In an earlier study by Reed and Carstensen (2012), the positive effect was consistently reduced or abolished when participants were given clear goals. These results, in our opinion, added to the mounting evidence that the motivational factors are to blame for the positivity effect rather than alternative theories such as cognitive aging or brain degeneration. The author also used the studies by the authors like Löckenhoff and English provided additional evidence that the motivational factors are to blame for the positive effect (as opposed to alternate theories like cognitive decline or neural degeneration). Further, personal relevance of the external stimuli such as motivation has an impact on positivity and the personal ability to cognitively process the external factors can also have an effect on the health.

Evaluation

The author of the present article has been a renowned personality in the field of psychology and human lifespan development and has a wide experience of conducting different experimental studies with the authors like Löckenhoff and English which indicated that the motivation has an impact on the health of people. With the use of SST, the author had described that the people try to cope with the negative aspects through the use of the positive processing of the external stimuli. The younger people try to carry the use of knowledge development for the processing of the external stimuli while the aged people tend to set emotional goals based on the goals realized in the present. The external positive stimuli acts as a motivation in the present state and the study has been convincing in revealing the same (Siddaway et al., 2019). From the understanding of the research, it can be stated that the target population of the younger and older adults has been seen through the exploratory perspective which provided the value of the work. Further, the study has provided guidings to the research peers who can get information regarding the research in the same line. The source has been both useful and credible as the findings and development has been done based on many empirical studies conducted by the author and others. The comparison of the findings of the study can be compared with the findings of the study by Ntoumanis et al (2021) both of which indicate the role of personal intervention along with motivation. The exploratory research approach has some practical, theoretical and ethical issues such as time constraint, lack of structure, bias, informed consent and others.

Reflection

From the understanding of the research by the author in the present study, I would like to conclude that the same has provided me with help to shape my answer regarding the effect of motivation on health. Additionally, the present research has helped me to change my thinking regarding the topic and I further came to understand that cognitive ability to process external stimuli like motivation also has an effect on the health.

Article 3

Citation

Fisher, K. and Kridli, S.A.O., 2014. The role of motivation and self-efficacy on the practice of health promotion behaviours in the overweight and obese middle-aged American women. *International journal of nursing practice*, 20(3), pp.327-335. Doi:10.1111/ijn.12155

Signposting

The aim of the present empirical research journal by Fisher and Kridli (2014) had been to determine the *“relationship between motivation, self-efficacy and demographic variables, and determine if they affect the performance of health promotion behaviours in overweight or obese middle-aged American women.”* For the same, the consideration of two research groups of women aged between 30–65 with BMI of 25–29 and ≥ 30 has been done by the authors.

Summarizing

A cross-sectional study was carried out by the authors with 106 obese and overweight ¹¹women between the ages of 30 and 65. The participants answered questions on motivation, self-efficacy, and health-promoting behaviours like exercise, a healthy diet, and stress management in a survey. Higher levels of motivation and self-efficacy were found to be strongly connected with a higher likelihood of engaging in behaviours that promote health. Particularly, women who felt more motivated were more likely to practice a healthy diet and physical activity, while those who felt more confident in their own abilities were more likely to practice stress-reduction techniques. The study's participants' challenges in pursuing health-promoting behaviours, ³such as a lack of time and a lack of social support, were also mentioned by the authors. However, they contend that interventions aimed at boosting self-efficacy and motivation may be successful in assisting ⁶overweight and obese middle-aged American women to get through these obstacles and enhance their health. Overall, the study shows how important self-efficacy and motivation are in encouraging healthy behaviors in middle-aged overweight and obese American women, and it hypothesises that treatments aimed at these variables may be successful in enhancing health outcomes.

Evaluation

The value of the work towards the target population of the American women aged between 30 to 65 with different BMI has been high as it has indicated the importance of motivation towards the use of the different health wellbeing activities such as healthy eating, physical activity, and others and the women with higher motivation towards the same had experienced better health which provides value to the target population. The research has been convincing and has been of value to the research peers as the findings from the collected responses from the study group revealed important findings towards the importance of motivation in health which can help in

future research (Carnwell and Daly, 2001). The source has been useful as it has added to the knowledge regarding the importance of motivation in taking the health activities among the American women and the research source has been credible as both the authors are qualified in their field of nursing from University of Michigan-Flint and Oakland University. The comparison of the findings from the study can be done with the other bibliographic sources used in the present study. Especially the study by Ntoumanis (2021) had indicated the result of depression, lack of health efficacy and others where motivation can work as a stimulator of positive mental and physical health. On the other hand, the study by Carstensen (2021) had also indicated the importance of motivation and personal cognitive ability towards health impact. Compared with the same, it can be stated that motivation has been an important effector of health. On the other hand, the use of exploratory research methods has the same issues described in the earlier study.

Reflection

From the completion of the review of the present study by Fisher and Kridli (2014), I would like to reflect that the study has been very helpful for me to determine the answer of the question of the impact of motivation on health. Further, the study has helped to shape the answer of the question which clearly indicated the importance of motivation in health. The information in the present study has helped me to strengthen the knowledge regarding the topic.

Article 4

Citation

Wols, A., Poppelaars, M., Lichtwarck-Aschoff, A. and Granic, I., 2020. The role of motivation to change and mindsets in a game promoted for mental health. *Entertainment Computing*, 35, p.100371. DOI: <https://doi.org/10.1016/j.entcom.2020.100371>.

Signposting

The goal of the study was to determine if ⁸ young adults with severe mental health symptoms chose and engaged ¹ with a video game marketed as a mental health game based on their motivation to change, emotional mindset, or stress mindset. The findings demonstrated that neither the game selection nor the length of involvement were impacted by these parameters. Participants stated that their view that stress's negative consequences are incapacitating

decreased¹ after playing the game marketed as a mental wellness game. According to the study, highlighting the positive effects of video games on mental health may help to improve mental health outcomes.

Summarizing

This study investigated whether practicing an emotional wellness game alters participants' mood and stress attitudes as well as the way incentive and mindset affect young adults' choice of and participation with a mental health game. The results demonstrated that participants' desire to select a game offered as a mental health play over a play sold as an entertainment game was not predicted by participants' motivation to change, emotional attitude, or stress mentality. However, those who selected the mental health simulation reported a shift in their stress attitude following playtime, demonstrating a reduction in their opinion that stress's effects are incapacitating. Participants who selected the amusement game did not experience any change in their stress thinking. According to the study, using video games to promote mental health is a viable way to connect with people who are experiencing mental health issues, even if they are not particularly motivated to do so.

Evaluation

There are a number of limitations to the study, which should be considered when interpreting the results. First of all, because the bulk of the participants were well educated and predominantly female, the sample did not accurately reflect the Dutch young adult community with mental health problems. As university students might not have the same interests and motivations towards video games for psychological wellness as the general public might, this may have skewed the results. As participants were directed to respond to the desire to change the survey based on the behaviors, feelings, or events they had indicated in the prior questionnaire, the sample's variation in desire to change was also constrained. This might have caused people with more serious psychological issues to have had their incentive to change underestimated. The study only looked at one particular game, thus future research should look into the impact of motivational variables on sustained engagement and continued usage of video games for mental health. A daily diary study or ecological momentary evaluations may be used to do this. Examining how continued use and in-game experiences affect motivational elements might also be intriguing.

Reflection

The purpose of the study was to ascertain whether young adults with serious mental health issues selected and played a video game that was promoted as a mental health sport based on their desire to change, their emotional mindset, or their stress mindset. The results demonstrated that these characteristics had no effect on the game choice or level of participation. Participants did, however, indicate a change in their attitude towards stress after playtime, showing a decrease in their belief that stress's consequences are incapacitating. According to the study, even those who are not highly driven can utilize video games to support mental health and interact with those who are dealing with mental health concerns.

Article 5

Citation

Gillison, F.B., Rouse, P., Standage, M., Sebire, S.J. and Ryan, R.M., 2019. A meta-analysis of techniques to promote motivation for health behaviour change from a self-determination theory perspective. *Health psychology review*, 13(1), pp.110-130. DOI: <https://doi.org/10.1080/17437199.2018.1534071>.

Signposting

In order to encourage psychological need fulfillment and motivation within health therapies, this study provides a detailed meta-analysis and review of interventions based on the self-determination theory (SDT). Eighty percent of the 74 articles in the analysis, which covered the years 1970 to 2017, were randomized controlled trials. In contrast to relatedness and motivation, which had smaller impact sizes ($g = 0.28$ and 0.41 , respectively), the study indicated that a sense of support, autonomy, and competency all had substantial effect sizes. Adults reported higher levels of competence satisfaction than children, and one-on-one therapies were shown to be more successful than group-based interventions. According to the study, a supportive environment necessitates the blending of many co-acting strategies.

Summarizing

SDT (Self-Determination Theory)-based behavior change treatments have moderate impacts on motivation and competence satisfaction but have moderately favorable effects on attitudes towards support for autonomy and autonomy satisfaction. There were found to be 21 different SDT theory-based approaches. When adults received interventions compared to children,

competence satisfaction was higher, and it was also higher for adults in one-on-one situations. The presentation of a rationale appeared to be significant for generating autonomous motivation, while the employing ⁵ of non-controlling terminology seemed to be essential in promoting autonomy satisfaction. Contrary to hypothesis, encouraging group activities, showing client involvement, offering knowledge, and organization were all significant adverse predictors of at least one result.

Evaluation

Overall, the results point to beneficial benefits of SDT-based practical procedures on motivation, competence satisfaction, autonomy support, and autonomy satisfaction. The study emphasizes the significance of taking moderation effects into account, particularly in relation to age and the form of delivery of the intervention, as well as the necessity of paying particular attention to the control groups when evaluating study results.

Reflection

The outcomes directly answer the implications of the critical analysis that seeks to link mental health and motivation.

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