



Effectiveness of Mental Health Interventions in Community Settings in Improving Outcomes for Patients with Mental Illness in Northern Samar

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ABSTRACT

This systematic literature review delves into the utilization of mental health interventions in community settings to effectively assist patients with mental illness. By examining interventions that reduce the signs and symptoms of mental illness, this review aims to decrease hospitalization rates and improve the quality of life for individuals deserving of proper care. The selected timeframe for this literature review spans from 2008 to 2016, and various electronic databases were explored, including MEDLINE, Cumulative Index to Nursing and Allied Health Literature (CINAHL), and SAGE Journal, which encompass articles from the International Journal of Social Psychiatry, Journal of the American Psychiatric Nurses Association, and PsycINFO databases. Additionally, digital dissertations and theses available through Google Scholar were included in the search. The search terms focused on mental health interventions in community-based settings. The reviewed literature provides evidence of the effectiveness of diverse mental health interventions implemented in community settings. However, it also highlights the scarcity of mental health interventions available to patients with mental illness worldwide. Through this comprehensive literature review, a deeper understanding of mental health interventions in community settings can be gained, ultimately informing, and improving future approaches in this crucial area of care.

Keywords: *Systematic Literature Review, Mental Health Interventions, Electronic Database, Psycinfo*

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INTRODUCTION

Mental illness is a pressing issue with far-reaching consequences, including significant economic burdens on families and countries. The financial dependency on family members and the lack of productivity due to mental illness contribute to increased healthcare costs. Despite the recognition of mental illnesses as a leading cause of disability worldwide, there remains a lack of appropriate and effective mental health interventions.

Currently, there are only a few interventions available in the community to improve outpatient mental health services. Furthermore, these interventions have been created and tested experimentally, resulting in limited availability and uncertain effectiveness. The specific components of these interventions that yield positive outcomes are also unclear. Consequently, a systematic review of these interventions is essential to address these knowledge gaps.

In recent years, numerous reports have emphasized the disparity between our understanding of effective treatments and the services received by mentally ill individuals. While authorities agree that effective interventions exist, there is a lack of implementation and adoption of these treatments to achieve crucial behavioral health outcomes for patients. Little evidence suggests that such treatments are promptly and successfully implemented in community settings. Thus, this systematic review focuses on exploring the literature regarding available and effective mental health interventions at the community level, as this level serves as the frontline for mental health interventions.

By conducting a comprehensive literature review, we aim to bridge the knowledge gap and gain insights into the effectiveness of mental health interventions in community settings. This exploration will provide valuable information to inform future strategies and ensure improved mental health outcomes for individuals in need.

SEARCH OF LITERATURE

To conduct a comprehensive literature review on "Effectiveness of Mental Health Interventions in Community Settings in Improving Outcomes for Patients with Mental Illness in Northern Samar" an organized search strategy was employed. The aim was to identify effective mental health interventions for patients with mental disorders in the community setting. Initially, a scoping review was conducted to estimate the size and scope of the literature available in this field.

To refine the search and ensure a focused approach, key terms and synonyms were identified for the search categories. The search parameters encompassed the years 2008 to 2016, enabling a targeted exploration of current literature. The search terms employed were "mental health interventions," "treatment," and "community-based."

Several electronic databases were reviewed to obtain relevant literature, including MEDLINE, Cumulative Index to Nursing and Allied Health Literature (CINAHL), and SAGE Journal, where articles from the International Journal of Social Psychiatry, Journal of the American Psychiatric Nurses Association, and PsycINFO databases were found. Additionally, digital dissertations and theses available through Google Scholar were included in the search.

During the initial search, it became apparent that the number of relevant returns was limited. To enhance the search results, additional key terms such as "community mental health treatments" were incorporated. The search was conducted from October 2016 to March 2017 to ensure a comprehensive review of available literature.

Interventions eligible for inclusion in this review encompassed screening, education, referral, consultation, counseling, medicine administration, complementary therapy, and any psychological intervention within the scope of the community nurse's role.

By employing this search strategy, we aim to gather a wide range of literature on mental health interventions in community settings. This comprehensive literature review will provide valuable insights into effective approaches and contribute to the advancement of mental healthcare in communities.

STUDY LIMITATION

Single Researcher Conducted the Review: This systematic literature review was conducted by a single researcher, which introduces the possibility of bias in the selection criteria, search methodology, and analysis of findings. Collaboration among multiple researchers is ideal for conducting systematic reviews to ensure a more comprehensive and objective approach (Holopainen, Hakulinen, Vitanen, & Tossavainen, 2007).

Limited Time for Literature Exposure: Due to time constraints, there was limited exposure to the available literature, potentially impacting the comprehensiveness and validity of the review. A broader timeframe and extended search period would have allowed for a more extensive examination of relevant studies, providing a more comprehensive understanding of mental health interventions in community settings.

While these limitations may impact the review process, it is important to acknowledge them as potential sources of bias and potential limitations in the study. Future research should consider involving multiple researchers and allocating sufficient time to conduct a thorough and robust review of the literature to enhance the validity and reliability of findings in exploring mental health interventions in community settings.

ANALYSIS AND EXCLUSION CRITERIA

The inclusion criteria for this comprehensive literature review, titled "Exploring Mental Health Interventions in Community Settings," were carefully defined to guide the selection of relevant studies. The review sought to include studies that discussed mental health interventions in the community setting with the goal of reducing symptoms associated with various mental illnesses. Additionally, studies needed to be written in English and published between the years 2008 and 2016 to

ensure the inclusion of current literature. Participants of all ages were considered, encompassing individuals affected by mental disorders identified under the DSM Criteria Axis IV.

Conversely, the review employed exclusion criteria to ensure the focus remained on community-based interventions. Studies that investigated mental health interventions in hospital or school settings were excluded to maintain a specific emphasis on community settings. Furthermore, studies published before 2008 or after 2016 were excluded to maintain relevance within the designated timeframe.

By applying these inclusion and exclusion criteria, the comprehensive literature review aimed to provide a thorough examination of mental health interventions in community settings, targeting symptom reduction for various mental illnesses. The defined criteria helped to ensure the selection of studies that align with the objectives of the review and contribute to a comprehensive understanding of effective interventions in community-based mental healthcare.

RESULT/CONCLUSION

The comprehensive literature review, titled "Exploring Mental Health Interventions in Community Settings," delved into the effectiveness of various mental health interventions utilized in community settings. The findings showcased a range of interventions that have demonstrated positive outcomes in improving mental health and well-being.

One significant finding was the effectiveness of Assertive Community Treatment (ACT) in the community setting. Studies showed that ACT led to significant improvements in symptom reduction, illness severity, global functioning, and overall quality of life for individuals with mental disorders. This community-based approach proved to be highly satisfactory for both patients and caregivers, emphasizing the importance of tailored care in the community.

Moreover, community strategies for integrated treatment, particularly during the early stages of schizophrenia and other psychotic disorders, revealed promising results. These strategies effectively reduced negative and psychotic symptoms, minimized hospitalization days, addressed comorbidities such as substance abuse, and improved treatment adherence and global functioning. The integration of psychoeducation for patients and families played a vital role in reducing self-stigma, domestic abuse, and improving knowledge about the disease and treatment options.

Additionally, the review identified cognitive-behavioral therapy (CBT) as a valuable intervention in community settings. CBT demonstrated positive outcomes in the management of various mental health conditions, including depression and anxiety disorders. It proved effective in reducing symptoms, enhancing coping skills, and improving overall psychological well-being.

Mindfulness-based interventions, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness Cognitive Behavior Therapy (MCBT), showcased their efficacy in reducing psychological distress, increasing mindfulness and self-esteem, and improving overall functioning among adolescents with heterogeneous mental health diagnoses. The qualitative feedback from participants and their parents further supported the engaging and beneficial nature of these interventions.

Furthermore, mentalization-based interventions (MBIs) proved compatible with recovery-focused psychiatric case management for individuals with borderline personality disorder (BPD). Case managers reported improved therapeutic alliances and observed no harm in terms of deliberate self-harm or acute service utilization. This highlights the potential of MBIs in supporting individuals with BPD and integrating mental health care within the community.

In conclusion, this comprehensive literature review highlights the significance of mental health interventions in community settings. The findings underscore the effectiveness of various interventions, including ACT, integrated treatment strategies, CBT, mindfulness-based interventions, and MBIs. By implementing these evidence-based interventions, communities can provide accessible, holistic, and person-centered mental health care, ultimately promoting improved well-being and quality of life for individuals facing mental health challenges.

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