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Dockx, Y., Bijnens, E. M., Luyten, L., Peusens, M., Provost, E., Rasking, L., Sleurs, H., Hogervorst, J., Plusquin, M., Casas, L., & Nawrot, T. S. (2022). Early life exposure to residential green space impacts cognitive functioning in children aged 4 to 6 years. *Environment International*, *161*, 107094. <https://doaj.org/article/bf33d84c9939416c8a2ee6d787cb534f>

This is an academic source which talks about early life exposure to residential green space and how it impacts the cognitive functioning in children ages 4 to 6 years. The method in this case was allowing 456 children to complete 4 tasks of the Cambridge Neuropsychological Test Automated Battery. They had multiple findings such as having lower odds of children having hyperactivity problems with the beneficial of residentials green space. Environments impacts individuals especially children’s examples like poverty ridden neighborhoods. This study shows that when children are around more green colors, it helps them with better memory, intelligence increased, and more attentive. One of their cognitive measurements that were done for this study, was having a trainer give instructions for each task that were given to the children made by software developers. Each test had trials that were not in the well calculated outcome. Tasks such as attention, working memory, and child’s visual recognition. The relates to my agency because the agency provides cognitive functioning services and I wonder if they have green color in their facility to help with their clients.

*Old Dominion University Libraries - Remote login*. (n.d.). Login.proxy.lib.odu.edu. Retrieved April 22, 2023, from <https://www-sciencedirect-com.proxy.lib.odu.edu/science/article/pii/S0020138318303589>

This academic source is based on integrating extended focused assessment with sonography for trauma for severe trauma. The goals for this study were to evaluate the accuracy and the therapeutic impacts of imaging work-up in patients with severe treatment. The imaging protocol includes chest radiography and focused assessment with sonography for trauma. Their methods were admitted patients to their level 1 trauma center. There were initially 1315 patients admitted but 756 showed an increased accuracy for hemothorax (physical examination) and pneumothorax (occurs after a successful thoracentesis around the catheter). Their conclusions came to allowed 755 out of 756 patients to make appropriate decisions from the initial imaging assessment. This related to the agency I choose because they also having trauma assessments and although they don’t use this method, it shows that it works for severe trauma patients.

Moen, Ø. L., Aass, L. K., Schröder, A., & Skundberg‐Kletthagen, H. (2021). Young adults suffering from mental illness: Evaluation of the family‐centred support conversation intervention from the perspective of mental healthcare professionals. *Journal of Clinical Nursing*, *30*(19-20). <https://doi.org/10.1111/jocn.15795>

 This academic source discusses about the youth suffering mental illness and meeting their goals

through family-centered support conversation intervention. The design that is used is a

qualitative explorative design which was conducted in Norway. This was analyzed

using the phenomenon graphic approach. The results they got from this is that some of mental health professionals had no experience routine for families that need support. Having family there with the client was something new and a challenge that these professionals had to face. The professionals expressed a need to adjust the intervention. The results of this were knowledge being shared among the clients, families, and the mental health professionals. It opened new resources, strengths, and changed beliefs. The relevance to the agency is that has a program that has a family evaluation and as well shows how life and important skills are needed to navigate through life. It can also benefit families in short- and long-term perspectives.

*Old Dominion University Libraries - Remote login*. (n.d.-b). <https://web-p-ebscohost-com.proxy.lib.odu.edu/ehost/pdfviewer/pdfviewer?vid=0&sid=f11f0669-29cf-4cc9-9ae3-9ba718927436%40redis>

 This scholarly article talks about the effect of different intervention approaches on gross motor

outcomes of children with autism spectrum disorder. The purpose of this study is to analyze this

using meta-analysis. There are several studies that shows that children with ASD have delays in

their gross motor performance and scores lows on the motor assessments versus children without

ASD. This is concerning considering how much gross motor skills are very important for daily

life activities and overall health. The way gross motor skills are measured are by body

coordination, locomotion (running, jumping, galloping), object manipulation (throwing/catching

balls), and balance. One of the interventions that have been approached to improve motor skills

with children with ASD, was when Abdel and Mohammed looked at the effects of sensory

integration on 34 children with ASD. The program had 3 session per week with sensory based

activities for 6 months. The results showed that all the children showed improvement in gross

motor scores postintervention but not much improvement in object control skills. This relates to

the agency because Harbor Point has recreational therapy where they have gross motor

interventions for people with ASD and people who don’t have it as well. It helps promotes

positive thoughts and feelings as well as promoting overall health.

*Old Dominion University Libraries - Remote login*. (n.d.-c). <https://web-s-ebscohost-com.proxy.lib.odu.edu/ehost/pdfviewer/pdfviewer?vid=0&sid=766bc5da-7359-48cb-ac3a-cb4e1d7e42f4%40redis>

This scholarly article talks about treatment-resistant depression (TRD) at risk factors for substance abuse which is a nation-wide cohort study. Treatment resistant depression is a commonly known thing among patients that suffers from major depressive disorder (SUD). The goal of this study is to investigate the possible risks for substance abuse among patients with TRD compared to other depressed patients. The patients ages were 18-69 who had received at least one antidepressant prescription. The findings were 13% of patients with major depression disorder was also suffering from TRD. The conclusion of these study was that the patients with treatment-resistant depression have a higher chance for substance use disorders compared to the individuals with major depressive disorder. The effect of each depression depends on the individual and what type of trauma they have. This relates because it talks about substance use as well as types of depression. The agency provides substance use assessments if needed to patients.

Berber Çelik, Ç., & Odacı, H. (2017). Psycho-Educational Group Intervention Based on Reality Therapy to Cope with Academic Procrastination. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, *36*(3), 220–233. <https://doi.org/10.1007/s10942-017-0283-1>

This study examines psycho-educational group interventions based on reality therapy to help the youth cope with academic procrastination done in Turkey. Reality therapy, which was developed by William Glasser, is a therapy model that teaches individuals to learn responsibility for their actions all the time. Research found 70% of university students has shown procrastination in their academic area. Procrastination affects a lot of students and it increase stress which effects their personal life as well. A 10-hour session was a training program that had an experimental group and a group with no treatment for a comparison. The findings showed that the experimental group had the effect of decreasing individuals (undergraduates) academic procrastination. Other programs related to this approach are found to help teaching behavioral and motivation methods. Teaching students how to create positive perception of self, success in academic life, and self-observation. Recommendation for the future would be using different therapeutic approaches to deal with procrastination. It seems like majority is based on cognitive therapy.

Abi-Jaoude, E., Naylor, K. T., & Pignatiello, A. (2020). Smartphones, social media use and youth mental health. *ProQuest*, E136–E141. <https://www.proquest.com/docview/2354385954?accountid=12967&parentSessionId=PUO9ddNjh4ykkCyZwIcoS7f3gxEhLnZz1iEHE7WEnSg%3D&pq-origsite=primo>

This scholarly article topic is about smartphones, social media, and the youth mental health. Mental distress has been on a rise as well as mental health conditions. Some if it is paralleled to the use of smartphone and social media within children and adolescents. Suicide is now second leading cause of death for Canadian youth which is similar results for the U.S. as well. Simultaneously, social media has increased and 70% of teens uses social media multiple times throughout the day. Study shows that spending more than a few hours per week using social media has negatively results with self-reported happiness. This relates to my agency because the practitioners there can work collaboratively with the youth and their family, using a nonjudgement environment, appropriate methods, education, and resources to reduce the risks and harms from social media or smartphone use. Recommendations would be a need for more public awareness or campaigns that promotes positive phone usage and the challenges that youth face today.

*Old Dominion University Libraries - Remote login*. (n.d.-f). <https://web-s-ebscohost-com.proxy.lib.odu.edu/ehost/pdfviewer/pdfviewer?vid=0&sid=f602dd99-137f-4a4d-bbfb-76a54c757287%40redis>

The article provides insight on a creative approach to restoring grief and loss through

narrative therapy. Grief is a natural process that requires adaptive ability. Once an individual experience grief, they must actively modify their life to accommodate the major life change. Narrative Therapy is a set of tools to such as journaling, letters, and documents to help clients reanalyze the problem. Sometimes it can be difficult to retell stories after experiencing loss with new meanings. Grief snow globe is an intervention that help exactly that. This therapy is supported by 2 main areas of literature which is creativity and narrative counseling theory. It gives the individuals the power to rewrite and change the meaning of lived events or circumstances in their life. This relate to the agency I choose because this can be another form of therapy that this agency should offer. I think it would benefit from it because it may be a best fit for some clients.

Haktanir, A., Aydil, D., Baloğlu, M., & Kesici, Ş. (2022). The use of dialectical behavior therapy in adolescent anger management: A systematic review. *Clinical Child Psychology and Psychiatry*, 135910452211480. <https://doi.org/10.1177/13591045221148075>

This article is about the use of dialectical behavior therapy in adolescent anger management. Adolescence goes through changes biological, socially, and psychologically. In some cultures, this time-period can be difficult due to adolescents having difficulty controlling their emotions. Anger is one of the primary emotions and it’s experienced when our rights are violated, seeing things as a threat, being hurt, and when our need/desires aren’t met or being hindered. But this doesn’t mean our anger can’t be controlled. Dialectical Behavior Therapy (DBT) studies anger among adolescents and is a promising approach in helping adolescents anger management. Emotion regulation methods plays an important role in daily life and this therapy helps individuals recognize this, making sense of it, and reacting to their emotions. In individual therapy, clients will meet the DBT weekly to help monitor the skills learned in therapy and apply it to real life. When more experimental research is done, the more effectiveness results of DBT will show. This related to the agency because they a do dialectical therapy as well and shown amazing results within their clients.

Marcionetti, J., & Rossier, J. (2019). A longitudinal study of relations among adolescents’ self-esteem, general self-efficacy, career adaptability, and life satisfaction. *Journal of Career Development*, *48*(4), 089484531986169. <https://doi.org/10.1177/0894845319861691>

 This scholarly article discusses the study of relations among adolescents’ self-esteem, life

satisfaction, general self-efficacy, and career adaptability. These are important resources and is

required for them to make professional and educational choices. Self esteem has shown by

multiple studies to be unstable during early childhood and farther down life. With having low

self-esteem, it rolls over into difficulties with career decision making. Overall, career

adaptability gives life satisfaction and positive coalition. General self-efficacy is just as

important because it’s a positive guide to help them overcome obstacles. It’s also correlated with

curiosity, confidence, and concern. This study analyzes the correlation between all these topics

and how they influence life happiness in adolescents. This relates to the agency I choose because

they also help their patients with having a positive view of themselves, helping with general self-

efficacy, and being their guidance to help them think clearly about their career choices.