

Notebook Check # 1

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Brainstorming Research Topic

(The evolution of mental health treatment overtime) might be too broad!

Exploring

- Early beliefs.
- Stigmatization both old & new practices
- How treatment evolutionize
- Early ways to treating mental health.
- modern ways to treating mental health.
- changes in understanding mental health.

Narrowing Research

- evolution in psychotherapy & antidepressants
- How new research finding ^{is} helping mental health patients.

Really interested

Endometriosis and mental health

- Correlation
- treatments
- outcomes
- quality of life

Focus

Depression & Anxiety
fibromyalgia
stigma's

How it has affected me

Importance of awareness

too broad

- H. Denis Kocas, Lisa R. Rubin, Marci Lobel

- Stigma and mental health in endometriosis. (2023)

Pg 1. "Endometriosis affects the physical, social, and psychological functioning of patients and has long confounded clinicians and scientists due to its multifactorial etiology, complicated pathophysiology, spectrum of clinical features, and diverse routes of management."

This quote highlights the broad impact of endometriosis, by considering the ~~challenges presented~~ to patients challenging effects that patients are presented with. It also emphasizes why the disease is challenging for providers.

Pg 2. "For patients that do seek medical care, an abundance of research indicates that they are dismissed by medical providers, who may normalize their pain and attribute their symptoms to psychological causes."

From my perspective, this is a massive systemic issue that creates a barrier to proper medical care. When providers attribute physical pain to emotional or mental causes, it can indeed start to deteriorate the mind.

Pg 2. "Conceptualization of stigma has evolved somewhat over time, informed by Goffman's foundational work."

Although I do agree with the quote, more research on the impacts of social challenges is needed, as I do believe it plays a significant role.