Mental and Behavioral Health Research Articles: Annotated Bibliography

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**Annotated Bibiliography**

Johnson, Steven Ross. “Addressing Behavioral Health to Improve All Health.” Modern Healthcare, 27 May 2017, [www.modernhealthcare.com/article/20170527/MAGAZINE/170529956/addressing-behavioral-health-to-improve-all-health](http://www.modernhealthcare.com/article/20170527/MAGAZINE/170529956/addressing-behavioral-health-to-improve-all-health).

This article, titled *Addressing Behavioral Health to Improve All Health,* by Steven Ross Johnsonprovides information on the correlation of mental health to physical health, giving justification and support for mental health awareness. The article provides statics on how poor mental health can develop, or worsen, other health conditions such as diabetes, cardiovascular disease, cancer, and more. The research method in this is observations and surveys, as Johnson reports statistics and information found from observational studies and response reported. Being that Colonial Beahvioral Health is a mental health outpatient center, I will look to this article for when I need statistical data to support recommendations in my evaluation report.

Campo, John, et al. “It's Time to Recognize Mental Health as Essential to Physical Health.” STAT, 30 May 2017, www.statnews.com/2017/05/31/mental-health-medicine/.

This article, by John Campo, is another article that supports the correlation of physical health to mental health and the importance. Along with the previous article, this one provides statistical data that I can incorporate into recommendations as support when finalizing my evaluation report. The research here is that of which Campo has retrieve from outside sources. No information in the article suggest an evaluation was preformed for Campo to retrieve his own data. Campo does provide information on how stakeholders, being that of insurance companies, to impact the level of support that people receive for their mental health. It is interesting to read the comparison of the two, being that a stakeholder can cause discrepancies in success of agencies/programs/medical services/etc… Campo does suggest that mental health care be taken more serious and routinely, comparing that to how physicians tend to patients on follow up visit for chronic health conditions and routine physicals.

Lehmon, Anthony. Evidence-Based Mental Health Treatments and Services: . 2004, [www.milbank.org/wp-content/files/documents/2004lehman/2004lehman.html?gclid=EAIaIQobChMI6cnIgp7X5wIVh5WzCh1mEAInEAAYASAAEgJwafD\_BwE](http://www.milbank.org/wp-content/files/documents/2004lehman/2004lehman.html?gclid=EAIaIQobChMI6cnIgp7X5wIVh5WzCh1mEAInEAAYASAAEgJwafD_BwE).

This research article provides information on programs, treatments, and services regarding mental health. Colonial Behavioral Health is a program/service-oriented establishment, so this article will be great to refer too. The article is fairly lengthy, and also has a glossary for terms that may be unfamiliar. The article states that it provides information on “the significance of recent advances in evaluating evidence for allocating resources to and within public mental health programs.” When looking at research findings, Anthon Lehmon, the credited author, reports that mental health services should be provided on evidence-based approaches, being that it is important to be able to document and see the growth. The article provides visual that support the idea that evidence-based practices work better than other approaches. Being that Colonial Behavioral Health provides evidence-based services in their many programs, I can use this article as a resource when needed to compare information, data, and other findings to my own recommendations

Hochman, M., et al. “Characteristics and Behavioral Health Needs of Patients with Patterns of High Hospital Use: Implications for Primary Care Providers.” BMC Health Services Research, BioMed Central, 1 Jan. 1970, bmchealthservres.biomedcentral.com/articles/10.1186/s12913-019-3894-7.

This article goes over the rate of which individuals with development disabilities or substance abuse disorders have a higher rate of hospitalization and how that hospitalization does not necessary benefit them. Being that Colonial Behavioral health is a mental health outpatient center, their goal is to provide services that prevent hospitalizations and institutionalization of their clients. The article states “this study aimed to understand the behavioral health characteristics and needs of patients with high hospital utilization patterns.” The article also shares the important of agencies/programs of behavioral health, which is like the agency I am evaluating on, Colonial Behavioral Health. The article provides research in which observations and surveys of appropriate stakeholders were done. The research article shows the data collection and how it was obtained.

Schneiderman, Neil, et al. “Stress and Health: Psychological, Behavioral, and Biological Determinants.” Annual Review of Clinical Psychology, U.S. National Library of Medicine, 2005, [www.ncbi.nlm.nih.gov/pmc/articles/PMC2568977/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2568977/).

 This article speaks mainly on stress and anxiety and it’s correlation to mental health. Being that Colonial Behavioral Health services adults with various levels of developmental disabilities, they service some adults whose main diagnosis is anxiety to the degree in which it has impaired their cognitive function. The research method used in this article was compiling other sources that used observational studies and surveys to obtain data; so, while this article itself did not do so, they acquired other resources that did in order to come up with their findings—similar to what I will be doing with mine. The findings in this article justified that anxiety can impair mental health severely. It goes on to say how there are so many circumstances in the world that induce a higher level of anxiety, “At a societal level, we face a lack of institutional resources (e.g., inadequate health insurance), pestilence (e.g., HIV/AIDS), war, and international terrorism that has reached our shores” (Schniederman, 2005). Future research is suggested to further understand the relationship between stress and health, as improved health conditions is the goal from further understanding.

Manderscheid, Ronald W, et al. “Evolving Definitions of Mental Illness and Wellness.” Preventing Chronic Disease, Centers for Disease Control and Prevention, Jan. 2010,

 This article speaks on the evolution the mental health field has experienced over the past while. This article is relevant to my evaluation as it provides modern terminology, practices, and research that I can refer to and incorporate into recommendations of my findings within my evaluation report. The article builds on concepts of wellness and advocates for the importance of mental health wellness. The research is done through information gathered on other resources that were obtained through surveys. This article relates to Colonial Behavioral health as it is a mental health outpatient/behavioral health center.

Grant, Jon E, et al. “Introduction to Behavioral Addictions.” The American Journal of Drug and Alcohol Abuse, U.S. National Library of Medicine, Sept. 2010, www.ncbi.nlm.nih.gov/pmc/articles/PMC3164585/.

This article speaks on behavioral addictions that are result of substance abuse and/or behavioral health impairments. This article is extremely relevant to my evaluation as the program at Colonial Behavioral Health that I am evaluating looks to support behavioral health and promote independence. The article goes into how prevention and treatment are important to combat behavioral health issues. The research method use in the findings of this article are surveys and group studies of individual who agreed to being evaluated in studies. This article is a resource cited in a previous article I have included in my annotated bibliography. Regarding future research, the article includes justification it is summary when writing, “Substantial future research… is needed to bring our knowledge of behavioral addictions to the level of that for substance addictions, especially in the domains of genetics, neurobiology (including brain imaging), and treatment.”

Harvard Health Publishing. “5 Steps to Long-Lasting Independent Living.” *Harvard Health*, 2020, www.health.harvard.edu/staying-healthy/5-steps-to-long-lasting-independent-living.

 This article goes over how behavioral health can be improved independent living skill enrichment. Colonial Behavioral Health’s program that I am evaluating partners with their residential program to empower those with developmental disabilities to live the most independently that they can safely do. This article had research done through surveys and observational studies. The article provides links and excerpts from credible sources and individuals where appropriate.

Tackett, Brittany. “What Is Behavioral Health?” Project Know, 6 Nov. 2019, [www.projectknow.com/drug-addiction/behavioral-health/](http://www.projectknow.com/drug-addiction/behavioral-health/)

 This article goes over the difference in definitions between mental health and behavioral health. It provides clear terminology for what makes interventions, support, and observations that related to behavioral health over mental health. Being that the two are very familiar, it is still important to differentiate between the two when a program focuses on one more than the other. I felt that this article was important as it could be easy to confuse the two and lead my research towards the mental health field rather than the behavioral health field, as I am more familiar with the mental health field. There is no specific research method here, other than information being provided by a credited individual, Meredith Watkins, MA, MFT. I will use this article in my evaluation report when I need to refer to correct terminology and definitions.

Umberson, Debra, and Jennifer Karas Montez. “Social Relationships and Health: a Flashpoint for Health Policy.” *Journal of Health and Social Behavior*, U.S. National Library of Medicine, 2010, www.ncbi.nlm.nih.gov/pmc/articles/PMC3150158/.

 This article is less relevant than the others, as the majority of the article speaks on social relationships. However, a piece of the article includes behavioral explanations to social relationships, in which I can justify relevance to my evaluation. The article provides data and information gathered through observational data through cited resources. The articles speaks on how behavior is a conditional thing and change positively and negatively through various means of intervention and support. With tying into beahvioral health, the article’s future research shoes that identifying behvioral risks is needed, social contexts should be evaluated, and, “future research will benefit from methodological considerations, including… dyadic information about social relationships, and qualitative data”.