

Qualitative Article Critique

- 1. Conduct a search of the Chamberlain library to find a single source of qualitative research on the National Practice Problem selected in Week 3. Be sure to use the most recent evidence available (within the past 5 years).**
- 2. The qualitative source of evidence you select must be a single source of evidence. Systematic reviews and mixed-methods are not permitted for this assignment.**
- 3. Present the written reference and permalink for the article selected.**
- 4. Summarize the article and provide key findings including aim, method, analysis, and results within the chosen article.**
- 5. Describe the value of the qualitative research findings related to the National Practice Problem.**
- 6. Attach the completed Johns Hopkins Appraisal Tool to the discussion.**

The national practice problem selected for this qualitative study is depression. Depression causes major challenges for the individual, and it is recognized as a big contributor to the burden of disease and a major burden to the individual and their families. Depression adds to the disease burden around the world, and according to Eigenhuis et al. (2021), it increases in the occurrence during adolescence comparable to depression noticed in adults. Around the time of puberty, teenagers begin to develop personalities that would set the tone for their adulthood (Eigenhuis et al., 2021). Only a small percentage of depressed teenagers and young adults obtain therapy, despite access to mental health services. This study used qualitative research methodologies to examine the factors that supported and inhibited young people with depression symptoms from seeking help (Eigenhuis et al., 2021).

The presence of depression in adolescents has unfavorable outcomes, a major indicator of mental illness later in life; increased dropout rate, low educational achievement, high-risk behaviors, and suicidal thoughts related to depression (Eigenhuis et al., 2021). The Search for help was frequently prompted by impairment or worsening in the person's ability to function, such as inadequate performance in school, physical issues, or mental distress. One of the critical components of help-seeking was health literacy; many teens reported having little information about depression and available treatments. It was not until they did, however, that they began comprehending their symptoms, which was a crucial step in realizing they needed assistance. The process of seeking therapy was delayed by attitude factors (such as embarrassment, the need to deal with symptoms on individual issues, and a poor opinion of treatment), but having a positive attitude and being open toward professional care were facilitators.

Semi-structured interviews were used in this study's qualitative study design to gather in-depth data on potential enablers and impediments to seeking help (Eigenhuis et al., 2021). The goal was to incorporate different groups of male and female participants from various racial and ethnic backgrounds with differing levels of schooling, treatment histories, and educational