

How does the use of psychodynamic therapy in comparison to medication help in treating depression in teenagers?

Essay 1

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Essay 1

PICO Research Question

John is a 17 years old male who is looking for help with his depressive symptoms. He specifically wants to know if psychodynamic therapy would help him to overcome depression.

P - 15 to 19 years teenager with depressive symptoms.

I - Treatment – psychodynamic therapy

C – Placebo = antidepressants

O - Reduced depressive symptoms

Question -

How does the use of psychodynamic therapy in comparison to medication help in treating depression in teenagers?

Rationale

Dash (2018) cites that there are numerous teenagers in different parts of the world that are going through a severe form of depression. The author further cites that depression can occur owing to diverse reasons, especially in the case of teenagers. The reasons can be owing to obesity, peer problems, academic problems, and even long-term bullying. However, there is not much research available in comprehending if the depression in teenagers can be cured by psychodynamic therapy in comparison to medications. The purpose of carrying out this research is to fulfil the literature gap of understanding to what extent the psychodynamic therapies have been useful in treating the depression in teenagers, instead of using a placebo in the form of antidepressants to treat the condition.

Objectives

The following are the objectives of this study:

- To conceptualise the notion of psychodynamic therapy and medication
- To evaluate methods of therapy that are available to treat depression in teenagers
- To assess the use of psychodynamic therapy in comparison to medication help in treating depression in teenagers
- To provide relevant recommendations for the adoption of methods that can be employed to treat depression in teenagers

Study Design

The considered design of the study pertains to the use of 2 designs, A Systematic Review Design and A Quantitative Design. These designs are explained as follows:

Systematic Review Design

A systematic review design pertains to the use of selected articles and reviewing them thoroughly and analysing the data that would be obtained from the selected articles (Van Herck et al., 2010). According to the study of Witteman et al. (2016), a systematic review is developed after the analysis and combination of data that has been obtained from both published and unpublished researches, and then summarising all the results that has been obtained. For the purpose of this study, the systematic review design will pertain to the development of a Prisma framework which would elucidate the initial number of studies that were selected and after reviewing those studies against and inclusion and exclusion criteria the study were either

excluded or included for further review. Hence for this study, first an inclusion and exclusion criteria will be developed which would allow the researcher to select the desired number of articles. Additionally, a search strategy would also be developed which will allow to search for relevant articles pertaining to the field of research. For this study, the search strategy would be using keywords such as “Psychodynamic Therapy”, “Medication”, “Depression in Teenagers”, “Treatment for depression”, “Psychodynamic therapy for depression” and other relevant keywords to search articles. The selected articles would then be analysed as per their content and data will be extracted and summarised in order to meet the objectives of this study.

Quantitative Design

For the implementation of a quantitative design, the researcher will develop a set of survey questionnaires that would be distributed to the concerned participants of this study. The questionnaires would be developed on a 5-point Likert Scale, whereby the respondents will answer the statements as per ‘Strongly Disagree’, ‘Disagree’, ‘Neutral’, ‘Agree’, ‘Strongly Agree’. The questionnaires would be distributed to a sample size of 80 participants through the use of an online medium. The questionnaires will be circulated to the participants who are working in healthcare industry, which includes doctors, nurses, and since this study relates to treating depression in teenagers, the questionnaires would also be distributed to the parents of teenager whose child is suffering from depression, and to teenagers who have been cured and no longer have depression. The distributed questionnaire will allow the researcher to measure the effectiveness of different methods that being employed for the treatment of depression and the difference between the effectiveness of psychotherapy and medication to cure depression. Close-ended questionnaires will be developed for the purpose of data collection. In order to analyse the

obtained data, the researcher will employ the use of SPSS software to obtain results and summarise the findings of the results.

Study Methodology

In a research, the methodology describes about the methods that have been adopted to ensure successful completion of the study with the respect to the approach, philosophy, design and data collection methods. These methods allow the researcher to understand the different concepts of the study under researcher and evaluate the concepts based on theories, philosophies, hypothesis and objectives (Mackey and Gass, 2015). For the purpose of this study, the following methodology is being considered.

Research Philosophy

There are three philosophies available that researchers can adopt in their research according to the nature of the study they are conducting. The research philosophies are as follows: Interpretivism, Positivism and Pragmatism (Thanh and Thanh, 2015). Thanh and Thanh (2015) explains about the philosophy of Interpretivism and describes that, the philosophy of interpretivism pertains to the observation of real-world phenomena in a qualitative manner. It is important for the researcher to analyse the phenomena of the real-world in an objective manner in order to find out patterns from the observations being and make inference from them. It allows for the integration of human interest in the study that is being researched by the researcher. Furthermore, according to the study of Dudovskiy (2017), the author extricates that researcher who adopt the philosophy of interpretivism assume that they have access to reality only by the

development of a social construct such as language, consciousness, shared meanings, and instruments.

According to the study of Campbell (2016), many researchers have acknowledged the fact that the research philosophy of positivism is difficult to explain in a succinct and precise manner. This is due to the fact that there is vast amount of difference in the research settings that has been adopted by different researchers. Ray (2017) elucidates that, the philosophy of positivism pertains to the view of obtaining factual knowledge which can be gained through the observation of real-world phenomena and enables the researcher to obtain trustworthy and honest data. The role of researchers who adopt the philosophy of positivism in their studies is related to collection of data and interpretation of the data in an objective manner (Caldwell, 2015). Additionally, positivism is dependent on quantifiable observations which would lead to statistical analysis and in such studies the researcher is independent and no there are no requirements for human interest.

Research Approach

There are three types of research approaches that can be adopted by the researcher in their study, these are, inductive, deductive, abductive research approaches. In accordance with the study of Liu (2016), the authors explains that an inductive approach or an inductive reasoning begins by making observations of the real-world and then theories are proposed at the end of the process of research, which is a result of the observations that has been made. Greenfield et al. (2015) extricates that an inductive research pertains to the searching of patterns from the observations that has been made and it facilitates the development of explanations, or theories for the identified patterns through a sequence of proposition. Furthermore, according to the study

of Wheatley (2015), at the beginning of researches that employ the use of inductive approach, no theories or hypothesis are applied and that the researcher is free to mould the direction of the researcher to ensure the research being carried out is of high quality. An important aspect to highlight pertaining to researches that employ inductive approach is that this approach does not disregard the use of theories when formulating objectives and research questions (Hamilton, W., Ying and Leskovec, 2017).

The study of Grinchenko and Shchapova (2020) extricates that researches that employ the use of deductive approach, are concerned with the development of hypothesis that is based on an existing theory, and then work on to the development of a research strategy that tests the hypothesis true or false. Zalaghi and Khazaei (2016) describes that a deductive approach means studying a particular aspect of the real-world and then generalising the results that have been obtained. As an example, if a causal relationship is present between one or more variables that can be implied with the aid of a theory or a case example, a deductive approach would test the relationship between these variables to acquire information on general circumstances. According to the study of Spector and Pindek (2016), the development of a hypothesis in a research aids to the explanation of a deductive approach being adopted that can be consequential from the proposals of the theory. In simpler terms, deductive approach is concerned with the construing assumptions from premises or suggestions.

Research Methodology

The two types of research methodology that are available to a researcher are, Qualitative methodology and Quantitative Methodology. According to the study of Katz (2015), the author describes that a qualitative method is a research method that is focused on obtaining data through

quality means, such as through interviews or open-ended questionnaires. Researchers who employ the use of this method in their research incline towards not only finding out about “What” people think about a certain phenomenon, but also explores on the question of “Why” people think like that (Glesne, 2016). Furthermore, in accordance with the study of Skinner (2015), qualitative research is employed by researchers to gain an understanding of the fundamental motives, thoughts, and motivations and it allows for the providence of insights into issues and aids in the development of ideas and hypothesis for the purpose of research. Silverman (2016) describes that, in a qualitative research, the data collection methods that is most commonly employed pertains to the use of unstructured or semi-structured techniques, such as interviews and it these data collection methods allow the researcher to discover trends in opinions and views and dive deeper into the issue.

According to the study of Haegele and Hodge (2015), researchers employ the use of quantitative methods in order to generate numerical data by quantifying the problem and applying arithmetical formulas to obtain factual data. Quantitative method is employed in researches because it aids the researchers to quantify attitudes, sentiments, actions, and other distinct variables and simplify the outcomes from a bigger sample of people (Antwi and Hamza, 2015). In accordance with the study of Hartas (2015), quantitative research is a methodical examination of phenomena by congregation of quantifiable data and execution mathematical methods in order to gain realistic data based on evidences. The data collection methods that are employed for the collection of quantifiable data pertains to the use of or sending out, online surveys, online polls, questionnaires etc. The results obtained from theses data collection methods can be moulded into computable data (McCusker and Gunaydin, 2015).

Data Collection Methods

The two types of data collection methods that are available to a researcher pertain to the use of primary data collection method and secondary data collection methods. Primary data collection is concerned with the collection of data from a target sample size of the study and involved the participation of human participants in the study. While, secondary data collection method pertains to the collection of data that is already available such as the use of articles, journals, books, websites and other authentic and reliable website. For the purpose of this study, both primary and secondary data collection methods have been considered.

Quantitative method will be employed as a primary data collection method in order to obtain data pertaining to the concerned research topic. Within primary data collection method, the researcher will employ the use of survey questionnaires that would be distributed to the concerned participants of the study. The questionnaires will be formulated based on a 5-point Likert Scale, in which questions would be provided to the participants and the answer will be given in the form of agreeing or disagreeing to the statements that are present. The sample size for distribution of survey questionnaires pertains to the participants of the 80 respondents for this study. Survey questionnaires will be employed in order measure or to compare psychodynamic therapy with medication and how these methods aid teenagers in eliminating or reducing depression.

For the purpose of data collection through secondary method, a systematic review of articles has been considered. The systematic review of articles is considered due to the fact that the state of depression is an ongoing research field and new studies are constantly being introduced that elucidates methods of intervention to reduce depression in individuals. Furthermore, researchers are now researching on the cause of depression in teenagers and the

methods that can be adopted to the risk of depression which could potentially harm the overall health of the teenage suffering from depression. By conducting a systematic review of articles, the researchers can obtain data about the methods of intervention that are being employed to cure depression, factors of why depression is increasing in teenagers, the use of psychodynamic therapy in comparison to medication to aid treatment of depression in teenagers, and other relevant factors as well. The researcher will select a number of articles that provide information on above aspects and thoroughly review the articles in order to generate themes and understand the phenomenon.

Ethical Considerations

Bell, Bryman and Harley (2018) is of the view that in any form of research study, ethical considerations play a vital role. One of the ethical considerations that the researcher will ensure is provide the reference of each of the information that is used of the previous researchers who have worked on a similar area of research. The purpose of doing this is to prevent the issue of using material without consent or giving appropriate reference to the work. The second ethical consideration that the researcher will focus on is verifying the information that is being used for the study. Quinlan et al. (2019) cites that one of the key aspects of using information from diverse sources is to ensure that the information is reliable. There are numerous analysts who do not verify the information that they are using for their reliability, and this can lead to inconsistencies when carrying out the research. The researcher in this study would ensure any information he uses related to the topic is verified through different library databases for their reliability factor. In some cases, the information is usually not valid either which can cause errors

in the research as well. This is another area that the researcher will focus on to make certain that the information used is valid and has been carried out (Bell, Bryman and Harley, 2018).

The third ethical consideration is related to the survey approach. Bernard (2017) cite that when making use of a research method in which people are involved, it is important that their confidentiality is maintained throughout the study to prevent any issues for them later on. Similarly, the researcher will ensure the safety of the participants by keeping all of their personal information confidential. Moreover, the researcher will also sign a consent form and distribute its copies to the participants to inform them that the researcher will not be sharing any of their information with any third party under any circumstances.

Dissemination of Findings

According to the study of Green et al. (2015), dissemination of findings pertains to the sharing of information and knowledge so that it is easily accessible by other people and can gain knowledge of the findings of the study that has been conducted. Liebenberg (2017) extricates that dissemination of information can incur the researcher nearly half as much of the total cost of an information research, hence it should be planned from the beginning. Furthermore, according to the study of Brownson, Colditz and Proctor (2017), to ensure the effectiveness of the information that is being disseminated, the individual must be knowledgeable of the requirements of the audience to whom the information is to be disseminated. For the purpose of dissemination of findings for this research, the researcher will adopt the method of publishing the information to a popular journal or article database, such PubMed and will publish the findings to libraries through which other researcher and individuals are able to access the information. Neta et al. (2015) elucidates that the traditional method of disseminating information was to

employ the use of leaflets, however, with the increasing availability of the internet around the world, it is much easier to share information on an online medium, which would ensure that the information is secure and is available to readers 24/7. Another method that can be employed by the researcher, for the purpose of dissemination of findings of this study, would be to create a video that would explain the methods adopted to obtain results and the method of analysis carried out. Developing a video would allow the researcher to better explain the findings of this study and would ensure that the viewers can easily understand it as well. The targeted audience to whom the findings of this study will be disseminated pertains to doctors, nurses who are working in healthcare industry to cure depression in different individuals and teenagers, parents whose child is suffering from the state of depression and teenagers who are undergoing therapy or treatment for depression. This will enable them to be knowledgeable of the use of psychodynamic therapy for the treatment of depression in teenagers as compared to medications, and the comparison and effectiveness of both the methods.

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