

EVIDENCE-BASED MEDICINE AS THE MAIN INDICATOR OF A NATION'S  
PSYCHOLOGICAL HEALTH

by Student's name

Code+ course name

Professor's name

University name

City, State

Date

## Evidence-Based Medicine as the Main Indicator of a Nation's Psychological Health

Evidence-based medicine (EBM) is an innovative approach to patient treatment that presupposes the usage of administered clinical research studies and available patient-related data for making judicious and feasible medical decisions. The main goal of the given practice is to provide all healthcare seekers with tested and verified medication methods. Thus, evidence-based medicine facilitates healthcare practitioners to administer optimal and highly effective treatment to every person who faces psychological difficulties and needs professional support.

To start with, it is important to note that the analyzed clinical approach is actively utilized within the domain of psychology, since the aggrandizement and maintenance of people's psychological well-being is a complicated and challenging process. The point is that such factors as unique features of individuals' emotional states, intricate causes of different mental problems, and increased risks of dealing with psychological deterioration caused by inappropriate treatment complicate the process of patient rehabilitation (Steptoe, Deaton, & Stone 2015, 3). In general, most of the quality-related problems within the mental health domain stem from such issues as a lack of knowledge, efforts or resources devoted to health care, and a first issue causing the emergence of subsequent ones. Thus, information awareness is the key to the enhancement of a nation's psychological well-being, and the evidence-based medicine is the best way to obtain current data that will be relevant to a whole society.

In fact, the tenure of people's lives in the digital era are featured by constant changes and invoke the necessity to adapt to such alterations; thus, a modern human is subjected to constant individual distress. As usual, the health care systems of different countries cannot promptly and adequately respond to the burden of mental disorders peculiar to their residents; thus, such states tend to be unable to address all stress-related stimuli (Kokabisaghi, Bakx, &

Zenelaj 2016, 146). However, the practice of resorting to evidence-based medicine is considered to be one of the most effective ways to deal with the given problem, being the main indicator of a nation's psychological health and the ways of its improvement. The point is that evidence-based clinical practice presupposes retrieving information from multiple sources, subsequently combining all data obtained in separate states and communities to shape a common picture of a nation's psychological health.

It should be mentioned that the initiation of numerous research studies and conduction of clinical testings are frequently used ways of obtaining credible patient-related evidence. In general, due to the facilitation of the above-mentioned practices, healthcare practitioners are capable of gathering multifaceted sets of facts about the psychological well-being of those who pertain to different social groups, abide by specific diets, and have distinct lifestyles. As a result, every research study elucidates important information about a particular target group by enabling healthcare practitioners to understand what factors affect the emergence and aggravation of psychological problems in people who were initially attributed to the same group. Consequently, scholars use such data to comprehend what treatment methods are the most effective and necessary to be applied to a particular case.

Many developed states actively resort to evidence-based medicine to monitor a nation's general psychological health and deliver assistance to those who feel the need for support and psychological help. To be more precise, in the United Kingdom, the National Health Service has authorized an online program that enables state residents to submit information about their psychological well-being and get access to numerous records, creating locations where such people can find professional help. What is more, all of the users' personal details and filled-in answers compose the theoretical foundation of evidence-based medical reports, and such healthcare administrative data helps state officials grasp what psychological problems tend to prevail and which of them should be more actively scrutinized. In fact, a similar

approach is facilitated in Germany, as the state has adopted the e-mental health portal, stemming from the high prevalence of mental disorders nationwide (Tlach, & et al. 2016, 1). As a result, every person who visits the e-mental health portal is offered to fill in the online questionnaire and all retrieved answers are subsequently used by healthcare experts to enhance the quality of mental health services in the state and contribute to the establishment of better patient decision aids.

All things considered, a lot of people are diagnosed with mental disorders worldwide and the given phenomenon cannot be eliminated; however, every state can provide such individuals with effective treatment methods, facilitating them in order to participate in social life or at least providing them with proper treatment. In fact, limited scientific evidence for prevailing mental problems in a particular society results in the lack of care of mentally disturbed individuals, being a negative phenomenon for a state. At the same time, those countries that initiate evidence-based medical practices manage to make their healthcare services safe, efficient, patient-centered, and timely. Thus, evidence-based medicine is a crucially important clinical practice that should be implemented in every state, facilitating the latter to be aware of the mental health situation in a society and use obtained data to enhance the quality and effectiveness of all services rendered within the domain of clinical psychology.

Reference List

Kokabisaghi, F., Bakx, I., & Zenelaj, B., 2016. The right to mental health in the digital era.

Erasmus Law Review. DOI: 10.5553/ELR.000067

Stephoe, A., Deaton, A., & Stone, A., 2015. Psychological wellbeing, health and ageing. The

Lancet. DOI: 10.1016/S0140-6736(13)61489-0

Tlach, L. & et al. 2016. Acceptance of the German e-mental health portal. PeerJ. DOI:

10.7717/peerj.2093



## Live Paper Help

Helping students to get the grades they want

Order writing help