**Mental Health Research Question**

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PSY110: General Psychology

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**Mental health**

Mental health is one of the concerned social issue affecting most people in our society. There is an increase number of people who are affected by mental health. Therefore, the research will be able to outline some of the research questions towards finding in details how mental issues can be handled. The topic is broad enough since there are different types of mental health affecting people in our society

**List of Research Questions**

1. What are the benefits and risks of delivering mental health care by use of technology instead of face to face?
2. How do certain mental health conditions affect how people engage with others
3. How can treatment outcomes be maximized by combining existing treatment options with the use of digital mental health interventions?
4. At what point in the care pathways are digital interventions most safe and effective?
5. How should apps for mental health be evaluated and accepted to use?
6. Are therapies delivered through digital technology effective compared to those delivered through human intervention?
7. Do media such as video games, movies, and music tend to help people release pent-up emotion so that they are more mentally healthy, or does it tend to cause people to become more violent, angry and afraid?

**Best three Research Questions**

1. How do you know someone is affected with mental health and what are some of the ways of treating them?
2. Do media such as video games, movies, and music tend to help people release pent-up emotion so that they are more mentally healthy, or does it tend to cause people to become more violent, angry and afraid?
3. How can treatment outcomes be maximized by combining existing treatment options with the use of digital mental health interventions?

**References**

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