



Effectiveness of Psychological Counselling and Treatment Interventions in Enhancing Mental Health Outcomes: A Comprehensive Analysis

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Abstract

Research study to investigate psychological consultation and therapy therefore analyze of the persons who had once received psychological treatment actually for anxiety disorders, depressive disorders, and post-traumatic stress disorders. A cross-sectional exploratory qualitative study was conducted on 20 adults aged between 25 and 50 years and has equal proportion of male and female participants. The study shows that after completing the counselling program our participants received the proper tools and support; they acquired better ways of dealing with emotions; they also changed their attitudes and behaviors regarding their interpersonal relationships. Social isolation was mentioned alongside other barriers such as; stigma, cost and accessibility to services. Lastly, our studies stress the importance of a robust therapeutic alliance as a mechanism of producing favorable results. In this way, counselling will be able to overwhelm these barriers and possibly become a powerful and popular means of encouraging mental health. The findings of this study can help progress mental health care and training focused on way that is less approachable for minorities.

Keywords

Therapy, Psyche, Relationship, Latent, Labelling Theory

Introduction

Emotional and psychological welfare is a foundation of general health since serves as an underlying determinant of individual's physical state, work-output and periods of happiness. But mental illness has raised its ugly head as a major issue in the world today with WHO pointing out that every one person in every eight persons is affected by a mental illness (WHO, 2022). Modern psychological counselling and treatment which include a wide spectrum of therapeutic procedures have become identified as essential for the management of mental ailments and strengthening psychological coping.

Psychological counselling is that help to people rendered by mental health workers that seek to enhance their emotional, psychological, and social functioning (Corey, 2017). Among the treatment interventions are CBT, psychodynamic therapy, person-centered therapy, with many patients suffering from anxiety disorders, depression, and PTSD benefiting from the interventions (Beck, 2011, Lambert, 2013). If anything, these interventions do more than help manage symptoms; it helps patients deal with their mental health in the long run.

So, while there have been amazing changes the problems of access to quality mental health care remain very real. Corrigan et al. (2014) have reported that programmes endure from stigma, low identification, and insufficient support, which result in non-attendance at programmes. The mental health care is significantly less developed in LMICs; in severe disorders, the treatment gap is higher

than 75% (Patel et al., 2018). These difficulties point to the fact that the society should carry out further research with the goal of establishing the effectiveness and availability of psychological counselling and treatment interventions.

Problem Statement

Mental health disorders are on the increase and require qualitative attention but the service delivery and treatment outcomes are somehow compromised. Although many empirical investigations have supported the efficacy of counselling, more elaborate and synoptic research investigations examining counselling utility in different group and context is important (Kendall & Rabbitt, 2013).

Objectives

- 1) To evaluate the effect of psychological counselling and treatment to the changes experienced by the mental health of individuals.
- 2) To determine some of the important variables that affects the delivery of therapeutic efforts.
- 3) To suggest ways through which mental health care can easily be accessed and made better.

Literature Review

Psychological counselling and treatment approaches have often been evaluated concerning their effectiveness for mental health. This chapter explores relevant literature in four main areas: fundamental principles of psychological counselling, efficacy of applied therapies, issues of mental health care access, and place of current technologies in treatment.

Theoretical Foundations of Psychological Counselling: Psychological counselling owes its practice to a number of theoretical orientations that shed different lights on psychological disorders and their treatment. Cognitive behaviour therapy, initiated by Aaron T Beck deals with the patterns of cognition and behaviours that are pathological in anxiety and depression (Beck, 2011). In the same way, Carl Rogers' person centered therapy also focuses on the client-therapist relationship insisting on empathic understanding, self-acceptance and authenticity as the keys to client change (Rogers, 1951). Psychoanalytic therapies rooted in Freudian theses examine unconscious motives and attachment and tend to be helpful for severe disorders as the personality disorders (Leichsenring et al., 2013). All these frameworks combined serve as a guide in both the creation and implementation of psychological counselling interventions.

Effectiveness of Therapeutic Interventions: Numerous studies emphasize that psychological counselling and treatment is beneficial to the patient. For instance, in a study published by Cuijpers and his colleagues (2020), evidence for the efficacy of the CBT in treating depression symptoms was overwhelming; indeed they noted that the long-term effects of CBT were similar to the effects elicited by drugs. Similarly in patients with recurrent depression, mindfulness based cognitive therapy (MBCT) offers some hope in preventing relapse (Segal et al., 2018). Anti-depressant drugs has also been proved to be effective in treating trauma related disorders and other psychological interventional procedures. For example, EMDR therapy was recognized as a best practice in PTSD treatment involving people who were traumatized through war or natural disasters (Shapiro, 2017). Despite these positive outcomes, there is still heterogeneity in outcome consideration of client attributes and demographics, culture, and treatment environment.

Barriers to Accessing Mental Health Services: As suggested, psychological counselling has certain advantages, yet existing limitations to the mental health care are present globally. The persistence of stigma remains a challenge due to cultural beliefs or due to a fundamental lack of awareness, which is typical for LMICs. Several people do not attend for help because of some stigma or social isolation (Corrigan & Kanjir, 2014). The treatment gap is further widened by poor economic measures and scanty resources available for this sensitive and important responsibility. Currently, less than 10% of people with mental health conditions in LMICs receive proper care because there are few trained workers and little finance (World Health Organization, 2022). Also, growing evidence tends to indicate how cultural beliefs may either enhance or hinder the mere understanding of mental disorder and the willingness to seek help (Kim & Zane, 2016).

Role of Emerging Technologies in Treatment: The growth of the internet and technology has greatly changed the way that psychological counselling is delivered. Teletherapy, mobile health applications and i CBT have the advantages of tele-therapies, they can help to solve problems related to geographic limitations and costs. Research evidence has indicated that iCBT clients present the same level of success as face-to-face clients with the treatment of mild to moderate depression and anxiety (Andersson et al., 2014). Virtual reality based exposure therapy has been considered as one of

the effective tools for using in phobia and PTSD patients with the ability for gradual exposure to environment (Rothbaum et al., 2019). Of course, these innovations are valuable in increasing accessibility and, at the same time, they produce debates on data privacy, digital competencies, and therapeutic relationship.

Methods

The present study used a qualitative research design to assess the efficacy of psychological counselling and treatment. Surveys were administered to 20 participants; 10 males and 10 female participants between the ages of 25 and 50 years with a history of psychological counselling for anxiety, depression, PTSD. Participants were therefore purposefully recruited for the study and _timestamps_ obtained from counselling centers and private practices. Caveats for the interviews were information sharing, exclusion of names of people and places, and the use of a quiet separate room for confidentiality, and the interviews lasted from 45-60 minutes and asked broad questions on their experience with therapy. The interviews were conducted with the consent of the participants and recorded using digital voice recorders, with verbatim transcriptions made thereafter and analyzed based on thematic analysis to report frequent patterns and brief topics. For the personal ethical consideration, consent, confidentiality, and anonymity in the participants were considered to be strongly observing. This approach helped offer deeper understanding of the participant’s perceptions towards counselling and its effects on their psychological health.

Results and Discussion

This chapter gives the analysis and discussion of the results of the study in light of the qualitative data recorded from the participants. Consequently, the thematic analysis pointed out major themes with respect to the efficacy of psychological counselling and treatment, the obstacles encountered by persons seeking psychological services, and the general influence of psychological and counselling interventions on well-being.

Participant Demographics

Demographic Variable	Number of Participants (N=20)	Percentage (%)
Gender		
Male	10	50
Female	10	50
Age Group		
25-35 years	12	60
36-50 years	8	40
Condition Treated		
Anxiety	8	40
Depression	7	35
PTSD	5	25

Key Themes and Findings

Theme 1: Transformative Impact of Counselling

In this study, participants emphasised that counselling had a positive effect on their psychological well-being, problem-solving and social relationships.

Subtheme	Number of Participants	Percentage (%)
Improved coping skills	15	75
Enhanced self-awareness	12	60
Strengthened relationships	10	50

Example Quote:

The emotion with which I benefited from counselling was on feelings of stress wherein counselling assist me to cope. Some of the NAN participants reported: "I feel more confident managing challenges now."

Theme 2: Barriers to Accessing Mental Health Services

Participants highlighted logistical, cultural, and financial barriers to seeking psychological help.

Subtheme	Number of Participants	Percentage (%)
Stigma around mental health	10	50
High cost of therapy	8	40
Limited availability of services	7	35

Example Quote:

“This is because I was afraid to seek therapy because of what people would say or do. The statement that AIDS is a group-of-death disease has not left the inhabitants of the houses of Kalytars’kyi Raion.”

Theme 3: Importance of Therapeutic Alliance

The study indicated that the counselor-participant combination was an important to the success of therapies.

Subtheme	Number of Participants	Percentage (%)
Trust in the Therapist	17	85
Feeling heard and understood	16	80
Regular feedback and guidance	12	60

Example Quote:

“Talking to my own therapist involved discussing every detail that one could potentially imagine and not be judged. This I think played a big part in my success story.”

Discussion

The results show that Psychological counselling remains a strongly positive influence on people with mental health issues, and education improves their ability to manage issues and live well. The importance of trust between the patient and the psychiatrist and a good relationship between both parties were highlighted by the participants to the effect that a good and experienced therapist is needed. But it also noted factors like stigma, and lack of funds, that were seen to inhibit the utilisation of mental health services. These barriers must be broken in order to enhance the qualitative mental health of other people in the society.

The findings therefore have significance in informing the success of the service provided by profession and possibly the changes it can bring about in clients’ lives as well as the deficiencies that need to be addressed to increase the popularity and usage of the service. Therefore, our Research conclusions give a wealth of information on the improvement of more affirmative mental health policies and interventions.

Conclusion

Therefore, in this study, efforts were made to approximate the research material through face-to-face interaction with participants who offered details about their experiences of psychological counselling and treatment. We have been able to prove beyond reasonable doubt the positive change occasioned by counselling on one’s psychological well-being, emotional strength and familial relatedness. As such, we found out that the nature of relationship between the counsellor and the client was an important determinant of the outcome. Further, we detected social prejudices and financial difficulties as the main reasons for the lack of utilization of such services. Using the interviews and participants’ point of view, we gained insights about the strengths and weaknesses of counselling. The above barriers should be observed and conversely, mental health issues need to be encouraged so as to enhance the probability of counselling working for anyone in need.

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