**Strategies to treat mental illness among US veterans: Methodology**

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**Topic: Strategies to treat mental illness among US veterans**

Mental illness is common in the US, such that one in five adults have a mental health condition (National Alliance of Mental Illness, n.d.). About 1.7 million veterans received treatment in a Veteran Affairs (VA) health specialty program in 2018 (VA, n.d.). Treatment, however, depends on several factors. Therefore, strategies to treat mental illnesses for US veterans should aim to provide maximum benefit to the veterans seeking help.

The Department of Veterans Affairs research on mental health has been focused on understanding some of the mental illnesses facing US veterans. An effective health care system is an essential factor in providing mental health care. Effective healthcare system aims at providing services based on scientific knowledge to all who could benefit and refraining from providing the services to those who could not benefit (National Academies Press, 2018).

Following diagnoses with mental illness, specialists or care providers should commit to providing evidence-based care for the specific mental health condition.

Evidence-based psychotherapy and pharmacotherapy are some of the strategies to employ in treating mental illness among US veterans.

**Objectives**

To examine the availability of evidence-based practices in institutions where veterans seek help (department of Veterans Affairs)

To examine whether veterans are receiving adequate treatment

To evaluate factors that determine the treatment provided to US veterans at specific institutions

To assess patient engagement in care

**Methodology**

Mental illness among veterans is a national responsibility. The Department of VA has provided evidence-based treatment to US war veterans. This study will evaluate the strategies of treating mental illness among US veterans by examining the availability of Evidence-based treatment in centers where US veterans seek mental health care, reviewing if the treatment is adequate, evaluate factors surrounding treatment and patient engagement in care.

The research will use quantitative data. Published research related to the topic is a rich data source, which can help determine the strategies to treat mental illness among US veterans. Google Scholar and simple Google search will gather relevant peer-reviewed articles related to the topic. Descriptive analysis of data will be used as the method for data analysis.

References

National Academic Press. (2018, January 31). Effective mental health care - Evaluation of the Department of Veterans Affairs mental health services - NCBI bookshelf. National Center for Biotechnology Information. https://www.ncbi.nlm.nih.gov/books/NBK499487/

US Department of Veterans Affairs. (n.d.). Mental health. Office of Research & Development. https://www.research.va.gov/topics/mental\_health.cfm