

How Family Communication Can Help to Intervene Mental Health Issues Among Youngsters

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ABSTRACT

This paper aims to draw an analyst's review on how family communication can help intervene in mental health issues among youngsters by examining the relationship between family communication and mental health issues. By using the ATLAS.ti 23 approach, this study attempts to conduct a systematic overview of the mental health issues and family communication studies published in Scopus from 2019 to 2023. This study aims to determine the prevalent strategies for intervening in mental health issues among youngsters through the role of family communication. By using auto-coding links in ATLAS.ti 23 also may reveal youngsters' and families' communication relationships and mental health issues intervention measures. A thematic analysis of these 21 articles identified 13 initial codes characterizing youngsters and family communication relationships and mental health issues intervention through those two groups in terms of communication. The five most interesting discoveries that have been found in this concept are the linkages between parent-child communication, parental involvement, family communication pattern, attachment style, and a family-focused treatment. The parent-child communication term is the most used in the articles. This study shows how data analysis can be used to find the trend or direction that reflects characteristics important to youngsters in mental health issues intervention.

Keywords: family communication, mental health issues, intervention, relationship, youngsters

INTRODUCTION

According to research by Felman and Tee-Melegrito (2020), we can define mental health as how we think, feel, and behave in certain situations. On the contrary, they further described depression, anxiety, bipolar, addiction, obsessive-compulsive disorder (OCD), suicidal thoughts, and other conditions as mental health issues that can only be treated by mental health specialists. Mental health is defined by the American Psychiatric Association (2022) as the pillar of emotions, thinking, communication, learning, resilience, hope, and self-esteem, which correlates to one's relationships, personal and emotional well-being, and contributing to community or society.

According to the data given by the Institute of Health Metrics and Evaluation (2019), more than 120 million people around the world of all ages are experiencing mental disorders, with depressive disorders as the most common mental disorder, followed by anxiety and schizophrenia in the third. However, the number increased significantly as the infamous COVID-19 pandemic struck the world in early 2020, and people were ordered to stay home and work from home to prevent the outbreak from spreading. Malaysia is also not exceptional in the outbreak as the Malaysian government implemented a series of Movement Control Orders as national quarantine and prevention measures. With more than 2 million confirmed cases on 1st January 2021, Malaysia recorded 13% positive tests daily with 12,487 tests conducted (Health, 2023).

Mental health issues in Malaysia are also not to be looked down upon as the rate of cases increased remarkably from 2018 to 2019, with only 10,000 case differences (Institute for Health Metrics and Evaluation, 2019). This was further supported by the statement from the former Health Minister, Dr. Zaliha Mustafa, where the National Health and Morbidity Survey 2022 revealed that 1 in 4 youngsters experienced depression, 1 in 8 had suicidal thoughts, and 1 in 10 had attempted suicide (Vethasalam, 2023). In another news, she further revealed that the Federal Territory of Kuala Lumpur is the state with the highest number of depressive and anxiety cases, with the B40 group - Malaysia's bottom 40 percent in income - and the urban being the most vulnerable group experiencing depression and anxiety disorders (The Straits Times, 2023). In the year 2019, people aged 20 years and above were recorded as the highest group experiencing mental disorders, with a total case of 425 thousand, while people aged 15 - 19 years old came up second with 52 thousand cases in the same year (Institute for Health Metrics and Evaluation, 2019).

Similar to other illnesses or disorders, mental disorders can also be prevented through the role of parents and the children themselves or, to be more specific, through family communication. According to Geçer and Yıldırım (2021), family communication is different from the usual interpersonal or daily interactions that we experience. Family members can express their worries, anxiety, concerns, and problems through family communication. Just as peer communication is vital to youngsters, parent-child communication is also essential as a protective factor against mental disorders. We could define communication as the essential core for a better quality relationship since communication is all about listening, understanding, availability, and supporting those involved in the interactions. Wang et al. (2022) found that parent-child communication, along with a good school life journey, were revealed as protective factors for depressive and anxiety disorders among youngsters. However, communication between parents and children is not necessarily as difficult as most people think, yet it requires specific skills,

availability, and time. With that being said, when parents could utilize those skills perfectly, one could say that it helps their children from experiencing mental disorders.

As we browse through most of the previous research, most of the findings showed how family communication negatively affects depression and anxiety disorders among youngsters. For instance, according to Huang et al. (2023), positive family communication was negatively significant to family violence, problematic internet use, depression, and anxiety among youngsters. This was further supported by Maurya et al. (2023), where higher parental communication correlated with lower depressive symptoms. On the contrary, while positive family communication negatively affects depression and anxiety disorders among youngsters, negative family communication positively affects depressive and anxiety symptoms among youngsters. According to Wang et al. (2019), poor parent-adolescent communication was found to be strongly associated with children's mental health. Berryhill and Smith (2020) supported the finding by stating that chaotic family setups correlated with higher depression and anxiety in both genders.

For that reason, this paper aims to get a better understanding of the complex relationships between family communication and mental health issues among youngsters, especially youngsters in Malaysia. Another purpose of this knowledge paper is to explore the possible prevention measures that could later be used as coping mechanisms in preventing mental disorders among Malaysian youngsters. Just as other people rely heavily on communication, youngsters rely heavily on communication to cope with their problems. However, just as positive family communication could be helpful to the youngsters' mental health, negative family communication also could risk their children to the dark side of mental disorders. So, parents must know how to communicate appropriately according to the situation without harming their children.

Moreover, numerous academic researchers have found crucial elements in intervening in mental health issues among youngsters. Following this, the research objective of this paper is to use the ATLAS.ti 23 approaches to discover the overview with regard:

RO1: To investigate the relationship between mental health issues such as anxiety and depression and communication patterns between youngsters and families.

RO2: To suggest suitable interventions to help youngsters enhance their well-being and emotional resilience.

Therefore, the underpinning of this paper is to discover current trends in strategies that have been discussed in the mental health issues intervention publications from the years 2019–2023 through the following research question:

RQ1: What is the relationship between mental health issues and communication patterns between youngsters and families in studies published in Scopus from 2019 to 2023?

RQ2: What intervention strategies can families play when interacting with youngsters with mental health problems in studies published in Scopus from 2019 to 2023?

RESEARCH METHODOLOGY

This study applied thematic analysis based on a selection paper in a literature review. Thematic analysis is a qualitative research method for identifying, analyzing, and interpreting patterns of meaning (themes) in analyzing complex data sets. The thematic analysis also recognizes research patterns and develops themes by reading about the subject to capture available narratives (Dawadi, 2020). Researchers use the thematic review tool ATLAS.ti 23 to analyze the data gathered from specific criteria and databases. The selection of literature was conducted according to several selection criteria:

- i. Studies published in Scopus.
- ii. Publication from 2019 until 2023.
- iii. Have a keyword(s) about the relationship between youngsters and family
- iv. Communication or mental health issues intervention method.
- v. Focusing on youngsters.

In general, literature searches were conducted using Scopus. Scopus search strings were retrieved using the term "TITLE-ABS-KEY" to search for the relationship between mental health issues and family communication and the intervention publications focusing on youngsters from 2019 until 2023. All articles that do not match the criteria of the researcher setting will be excluded. Based on the search, researchers managed to get 23 articles, and only 21 of them suited the criteria.

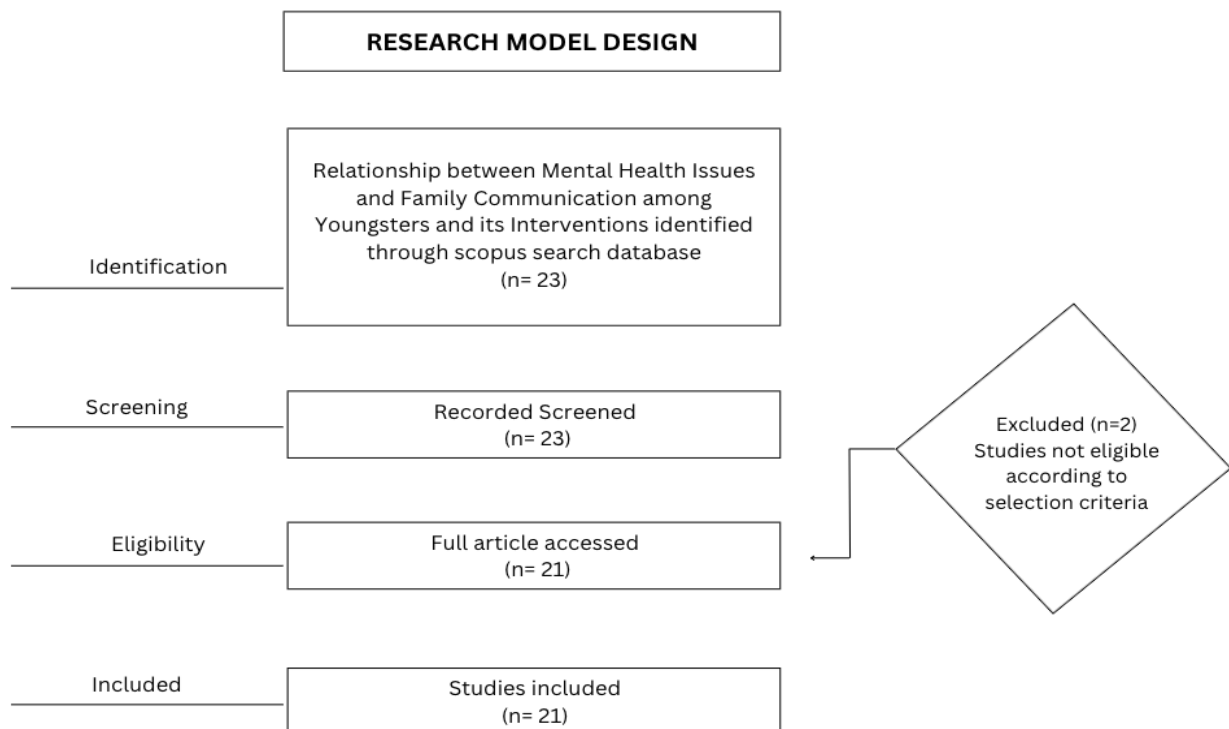


Figure 1: Flowchart of Thematic Review of Selection Criteria

DATA ANALYSIS

Overall, all 21 study article topics are related to youngsters and family communication. Below is the summary finding of the evaluated evidence of all articles, summarized into two main themes: youngsters and family communication relationships and the mental health issues intervention through those two groups in terms of communication.

Table 1: Data Analysis for the 21 articles

Author	Country	Theme	Research method	Findings
(Berryhill & Smith, 2020).	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	The study revealed a link between family dynamics and anxiety/depression in college students. Chaotic family setups correlated with higher depression and anxiety in both genders. However, positive family communication and self-compassion play a role in mitigating the negative effects of chaotically disengaged family functioning on depression and anxiety symptoms among college students, particularly females. This underscores the pivotal role of family dynamics, communication, and self-compassion in tackling anxiety and depression among young adults, emphasizing the significance of nurturing supportive family environments for mental well-being.
(Huang et al., 2023)	China	Relationship between family communication and youngsters	Quantitative Method	The results of the research study showed that positive family communication was negatively related to family violence, problematic internet use, depression, and anxiety in Chinese adolescents. Additionally, problematic internet use and family violence were found to mediate the effects of positive family communication on anxiety and depression. The study emphasized the importance of improving family communication, reducing family violence, and promoting interventions to reduce problematic internet use to reduce anxiety and depression in adolescents.
(KavehFarsani et al., 2020).	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	The research study's results showed significant correlations between family communication, body image, self-esteem, depression, and psychological well-being. However, the relationship between family communication and

				body image, as well as body image and psychological well-being, was not significant. The proposed model, which included family communication, body image, self-esteem, depression, and psychological well-being, had a good fit based on the combination of fit measures.
(Davani et al., 2022)	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	The research findings showed that family members of depressed patients tend to use conformity orientation in their communication patterns. In contrast, family members of healthy individuals often use communication orientation. Depressed patients were found to have an insecure-avoidant attachment style, while OCD patients had an insecure-ambivalent attachment style. On the other hand, healthy individuals exhibited a secure attachment style. These results suggest that family communication patterns and attachment styles can have an impact on mental health and the types of disorders individuals experience.
(Maurya et al., 2023)	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	The study identified multiple factors linked to depressive symptoms in adolescents and young adults, such as cyber victimization, education levels, gender, and socioeconomic aspects. Notably, higher parental communication correlated with lower depressive symptoms. It emphasized addressing these factors in mental health programs for young individuals. Stressing the significance of family communication, the research highlights its role in mitigating depressive symptoms among youngsters. This underscores the importance of fostering open dialogue within families to support mental well-being and emphasizes the need for targeted interventions addressing various factors influencing the mental health of adolescents and young adults.
(Wang et al., 2022)	Switzerland	Relationship between family communication and youngsters	Quantitative Method	More father-adolescent communication, better school-life experiences, and higher confidence in the future were protective factors for depressive symptoms among all boys and girls, and learning difficulties were a risk factor for

				depressive symptoms among all boys and girls. School-life experiences, learning difficulties, and confidence in the future had statistically significant mediating effects on the relationship between parent-adolescent communication and depressive symptoms.
(Li et al., 2022)	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	The research found that good parent-child communication was negatively correlated with depression symptoms and positively associated with subjective well-being and subjective interpersonal popularity in adolescents. The study also revealed that the internal attribution of achievement partially mediated the effects of parent-child communication quality on adolescents' depression, subjective well-being, and subjective interpersonal popularity. In other words, adolescents who communicated better with their parents were more likely to attribute their achievements to internal factors like effort, contributing to better mental health outcomes. These findings suggest that parent-child communication and adolescents' positive achievement attribution patterns play important roles in promoting adolescents' mental health.
(Tang et al, 2021)	Netherlands	Relationship between family communication and youngsters	Quantitative Method	The three most prevalent symptoms were: anxiety (24.9%), depression (19.7%), and stress (15.2%). Participants were generally satisfied with life and 21.4% became more satisfied with life during school closures. Senior grades were positively correlated with psychopathological symptoms and negatively associated with life satisfaction. In contrast, the perceived benefit from home quarantine and parent-child discussions on COVID-19 were negatively correlated with psychopathological symptoms and positively correlated with life satisfaction. Among participants who perceived no benefit from home quarantine, those who had discussions with their parents about COVID-19 experienced less depression, anxiety, and stress.

(Wang et al, 2019)	Switzerland	Relationship between family communication and youngsters	Quantitative Method	Poor parent-adolescent communication was found to be strongly associated with children’s mental health. The study emphasized the importance of parent–child communication and the need for migrant parents to focus on improving their communication skills with their left-behind children
(Yang et al, 2022)	United Kingdom	Relationship between family communication and youngsters	Quantitative Method	Adolescents' attachment security to parents was associated with their increased COVID-19-related and general health behavior as well as decreased depression and anxiety over 2 months during COVID-19. Moreover, more frequent parent–adolescent COVID-19 communication was associated with adolescents' increased COVID-19-related and general health behavior over time. Notably, attachment security and COVID-19 communication's associations with health behavior largely remained the same after considering both factors simultaneously. In addition, results from exploratory analyses suggest that more frequent COVID-19 communication mediates the link between attachment security and increased health behavior.
(Felix et al, 2020)	United States	Relationship between family communication and youngsters	Quantitative Method	Topic avoidance moderated the relationship between flood exposure and reported child anxiety, but not for parents. At low levels of topic avoidance, there was no significant relationship between flood exposure and child anxiety. However, at mean and high levels of topic avoidance, there was a significant, positive relationship found between flood exposure and child anxiety, with the steepness of the slope increasing at high levels of topic avoidance. The study found that co-rumination moderated the relationship of disaster exposure and life stressors on parent and child mental health. Greater co-rumination was associated with an increased risk for mental health symptoms. The study supports examining communication processes, like topic avoidance and co-rumination, and their impact on family mental health, particularly for children. Topic

				avoidance may be detrimental to child mental health post-disaster, but so can co-rumination. Supporting healthy communication practices that reduce the likelihood of either topic avoidance or co-rumination can be a public mental health promotion strategy post-disaster
(Liu et al, 2021)	Netherlands	Relationship between family communication and youngsters	Quantitative Method	The study found that positive parental involvement, particularly in the form of academic involvement and emotional support, was associated with lower levels of depression among Chinese middle school students during the COVID-19 pandemic. However, exercise was not found to be a significant factor in reducing depression levels. The study also found that students at higher grade levels reported higher levels of depression, and that students from families experiencing financial difficulties may be at higher risk for depression. The study highlights the importance of supporting students' mental health during times of crisis and suggests that limited social media exposure, counseling services, and positive parental involvement behaviors may be effective measures to reduce depression levels.
(Zhen et al, 2022)	Netherlands	Relationship between family communication and youngsters	Quantitative Method	The study found that the mean scores for posttraumatic stress disorder (PTSD) and posttraumatic growth (PTG) were 25.57 (SD = 13.43) and 49.35 (SD = 21.16), respectively. Based on the diagnostic algorithm, 26.8% of adolescents were identified as probable PTSD cases, and the prevalence of PTG in the study was 22.4%. The study conducted a mediation analysis to examine the mediating roles of self-compassion and disclosure in the relationship between parent-child communication and posttraumatic stress disorder and growth in adolescents. The results indicated significant mediation effects, with all the mediation paths being significant.
(Zhou et al, 2021)	Switzerland	Relationship between family communication and youngsters	Quantitative Method	The study found that psychological resilience is a key mediating factor associated with parental migration status and parent-child communication. Better

				<p>psychological resilience is related to fewer psychological problems among different parental migration statuses. The study also highlights the importance of promoting psychological resilience in left-behind children through interventions such as implementing positive psychology education in schools, fostering communication skills with parents, and enhancing cultural adaptation self-efficacy.</p>
(Zhang et al, 2021)	Switzerland	Relationship between family communication and youngsters	Quantitative Method	<p>The study found that parent-adolescent communication is negatively associated with depressive symptoms in early adolescents, and that this relationship is stronger for girls than for boys.</p> <p>The study also found that age and gender moderate the relationship between parent-adolescent communication and depressive symptoms, with the negative association being stronger for younger adolescents and for girls. Additionally, the study found that family economic conditions and parents' education level are associated with parent-adolescent communication, and that school rank and location are associated with depressive symptoms.</p>
(Baena et al, 2021)	Netherlands	Relationship between family communication and youngsters	Quantitative Method	<p>The results of the study indicate that emotional and behavioral disorders in adolescents do not have a direct effect on positive aspects of family functioning, such as family cohesion. Instead, the research suggests that family unity is preserved despite the difficulties posed by these disorders. Furthermore, the study highlights the essential role played by parenting alliance in family cohesion, demonstrating its protective and stabilizing effect in relation to the impact of behavioral disorders on families.</p> <p>Additionally, the article discusses the moderating role of parenting alliance in the context of adolescents' mental health issues. It reports that the relationship between behavioral disorders and family cohesion was significant only for low levels of parenting alliance, not for medium or high levels. Similarly, the</p>

				relationship between emotional disorders and family cohesion was significant only for low levels of parenting alliance, not for medium or high levels.
(Lloyd et al., 2023)	United Kingdom	Intervention to prevent mental health issues	Quantitative Method	The results of the research on the impact of family interventions on communication in the context of anxiety and depression among individuals aged 14-24 years were mixed. The studies reviewed showed varied findings regarding whether family-focused interventions led to improvements in communication. While there was limited evidence that family-focused interventions resulted in better communication compared to interventions without a family-focused component, it is important to note that the studies had significant limitations. Therefore, further research is needed to assess the efficacy of family-focused interventions for improving communication in the context of anxiety and depression in this age group.
(Murphy et al, 2021)	Netherlands	Intervention to help parents give help for their children	Quantitative Method	The review identified a range of interventions aimed at increasing parental help-seeking for adolescents, including psychoeducation, mental health literacy, and parenting programs. The majority of the studies included in the review reported positive outcomes in terms of increased parental help-seeking knowledge, attitudes, intentions, or behaviors. Four interventions were identified as promising based on specific criteria, including evidence-based intervention, moderate or strong methodology, and statistically significant differences in help-seeking outcomes. The review highlights the importance of developing high-quality interventions to support parents in seeking timely help for their adolescents.
(Pedersen et al, 2019)	United States	Intervention to help parents give help for their children	Quantitative Method	The results of this systematic review suggest that family and parenting interventions in low- and middle-income countries (LMIC) can have promising effects on child and youth mental health outcomes. The review identified 32

				<p>studies of parent- and family-focused interventions in LMIC, which demonstrated feasibility and promising results for this mode of intervention within psychoeducational, parent- and family-skills training, behavioral, psychosocial, and trauma-focused-CBT delivery on child and youth mental health and wellbeing outcomes. The review also found that strategies to address caregiver knowledge and personal coping, as well as promote access, engagement, and support, were most commonly used in the intervention manuals analyzed. However, the review is characterized by the heterogeneity of interventions and low quality of studies, and the authors recommend conducting rigorous and methodologically sound studies in the future to identify effective components of interventions and implementation factors associated with improved outcomes.</p>
(Ballal et al, 2019)	India	Intervention to help parents give help for their children	Quantitative Method	<p>The article emphasizes the need for more attention to be focused on the diversity among families affected by mental illness and the unique vulnerabilities and needs of children and families affected by parental mental illness. It also discusses the challenges in working with this population and the potential strategies to address these challenges. Additionally, the article highlights the importance of adapting interventions to suit the Indian mental health systems and the resources available, and the need for rigorous studies to examine the cost-effectiveness and returns-on-investment of preventive interventions with this population.</p>
(Fakhrou et al, 2023)	Qatar	Intervention to help parents give help for their children	Quantitative Method	<p>The results of this study show that there are statistically significant differences in the role of family members in supporting people with mental disorders due to two variables: gender and work. Age was found to have no statistically significant effect on the role of family members in supporting people with mental disorders. The study also found that family rehabilitation is important in the care of people with mental disorders, and that</p>

				<p>there are certain behaviors of family members that can increase or decrease stress for the person. The study suggests that the family plays an essential role in supporting and promoting the lives of people with mental disorders and recommends effective ways to cope with them.</p>
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The literature search was performed using the Scopus searches. The initial search result came out of Scopus with 23 articles for mental health issues and interventions derived from research in online databases. However, two articles were removed because the criteria results were irrelevant in discussing the relationship between mental health issues and family communication and its intervention. Finally, 21 articles were finalized and uploaded as primary documents in ATLAS.ti 23, and the code group was established in this study.

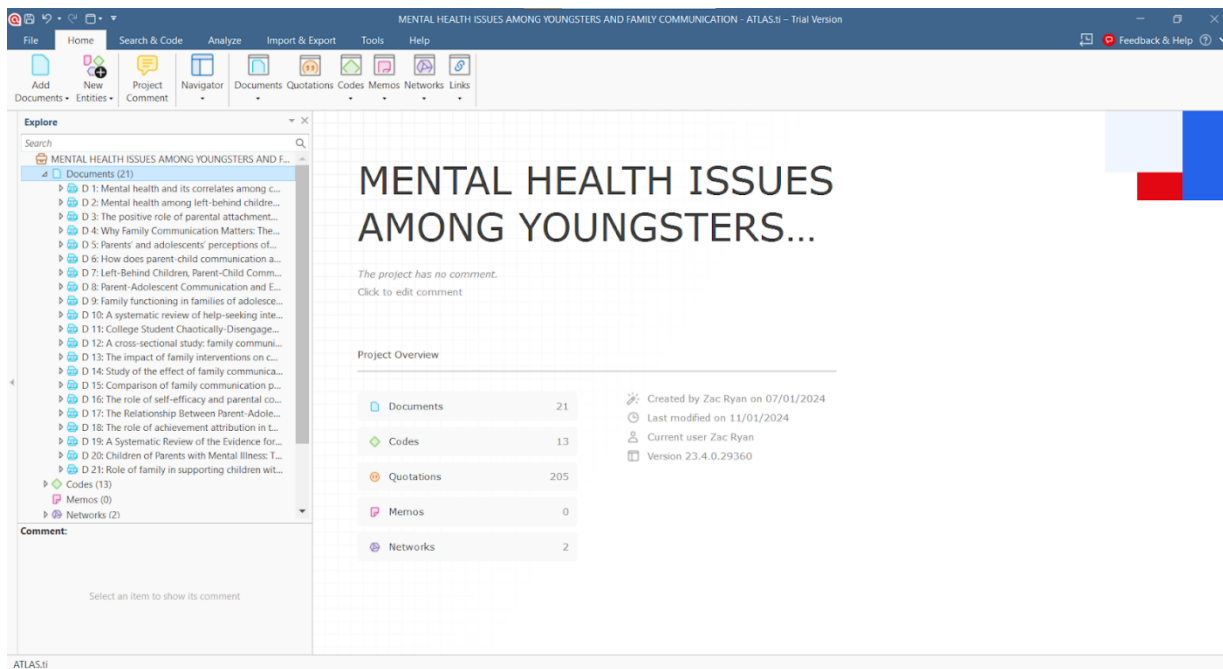


Figure 2: The Primary Documents and Code Group established in ATLAS.ti 23

From the 23 primary documents created in ATLAS.ti 23, the following classification groupings were automatically established into two groups for systematic sorting, as shown in Figure 1. Regarding this group's coding, 13 initial codes were produced. To answer the research questions on "What intervention strategies can families play when interacting with youngsters with mental health problems in studies published in Scopus from 2019 to 2023?" The codes

were grouped into several themes that analyze the literature contribution, resulting in the findings and interpretation reviewed.

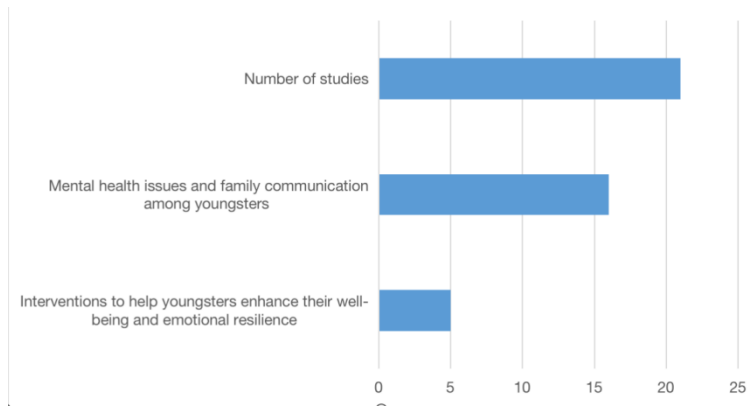


Figure 3: A Bar Graph showing the Number of Studies by Subtopic

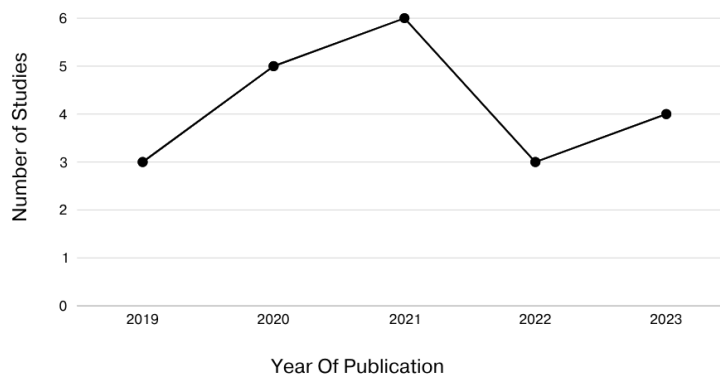


Figure 4: A Line Graph showing the Number of Studies published yearly since 2019

The year 2021 has the highest number of studies published because many researchers worked to produce articles focused on youngsters' mental health issues and family intervention following the post-COVID-19 era. Several factors determined this increase in studies, and a literature review helps understand why these investigations were very significant. Many researchers moved their focus on the long-term effects of pandemics, especially on youngsters' mental health and family interactions (Cohen et al., 2021). Before that, 2020 was a tough year in which the pandemic brought uncertainties and challenges affecting people's mental well-being, especially youngsters and their families. The MCO, lockdowns, and other restrictive measures used during the pandemic transformed the daily

lives of youngsters. Lockdowns imply social isolation and altered routines, which significantly impact the mental well-being of youngsters. Researchers found it critical to understand how these measures affected the psychosocial aspects. So, they began conducting more studies focusing on exploring various family interventions and support mechanisms (Weeland et al., 2021). These circumstances prompted researchers to investigate the immediate psychological consequences, which is why 2021 is overflowing with studies. In summary, many articles published in 2021 on youth mental health and family intervention are due to the efforts of researchers who tried their best to investigate how the COVID-19 pandemic would affect youngsters in the short and long term.

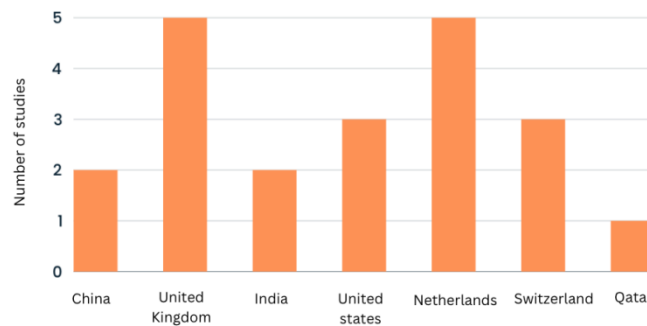


Figure 5: A Bar Graph showing the Number of Studies by Country

The United Kingdom and the Netherlands are global leaders in youngsters' mental health research and family intervention. However, in the UK, youngsters face a growing and concerning surge in mental health challenges, especially depression, further amplified by the ongoing COVID-19 pandemic (Owens et al., 2022). This indicates that the researchers thoroughly examined these issues and successfully devised effective solutions. The UK and Netherlands researchers recognize the crucial role families play in youngsters' mental health, employing diverse family-based interventions tailored to specific challenges. In the UK, programs like Multisystemic Therapy (MST) empower families to address communication issues and conflict resolution, demonstrating positive outcomes in reducing adolescent depression and delinquency (Hu et al., 2021). Meanwhile, researchers in the Netherlands actively involve families in Cognitive Behavioral Therapy (CBT) adaptations like Family-Based CBT (F-CBT), where parents learn to coach their children in managing negative thoughts and behaviors related to depression. These collaborative approaches hold immense promise in tackling adolescent mental health concerns, highlighting the importance of integrating families into the treatment process.

FINDINGS AND DISCUSSIONS



Figure 6: Word Cloud generated from 21 articles

This study used qualitative analysis to identify two document groups in thematic categories on the relationship between mental health issues and family communication and the intervention. The thematic category explores the conceptual perspective of the relationship between mental health issues and family communication and the intervention using ATLAS.ti 23 approach. Figure 6 shows the visual word cloud method, which displays the content of the 21 articles in this study's frequent word "crunching" lists. The "communication" word is seen as the more prominent and bolder displayed word, and it is reported as a popular frequency word among practices in the literature content findings image above since we want to focus on how communication by families can play a significant role in intervening in mental health issues among youngsters.

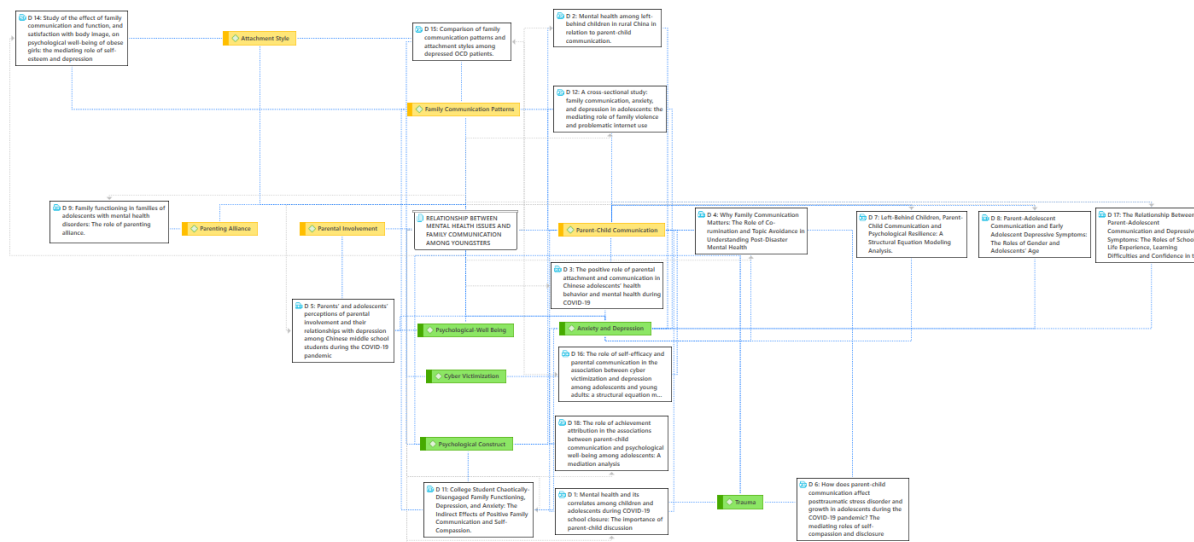


Figure 7: Analysis of Relationship Between Mental Health Issues and Family Communication among Youngsters

A systematic analysis was conducted following the database upload to present the synthesized data. The analysis examined their interconnectedness, focusing on sixteen articles on mental health issues and family communication among youngsters. When the data analysis is carried out, the networks automatically generate qualitative visualizations to identify the relationship between mental health issues and family communication among youngsters. Then, it resembles the network view in ATLAS.ti 23 establishes a deep systemic link between relationship mental health issues and family communication analysis papers that are related to one another. This study analysis discovered ten appealing codes in the form of labelled node layouts, organized into two categories which are mental health issues such as anxiety and depression, psychological well-being, cyber victimization, psychological construct and trauma, and family communication such as family communication pattern, parent-child communication, parental involvement, attachment style, and parenting resilience. As a result, reflection findings in the networks below show that family communication intervention strategies have proven effective in previous research tests. Figure 7 provides an overview of the thematic review with an analysis of data network linkages examined from the systematic analysis to answer research questions on the relationship between mental health issues and family communication among youngsters.

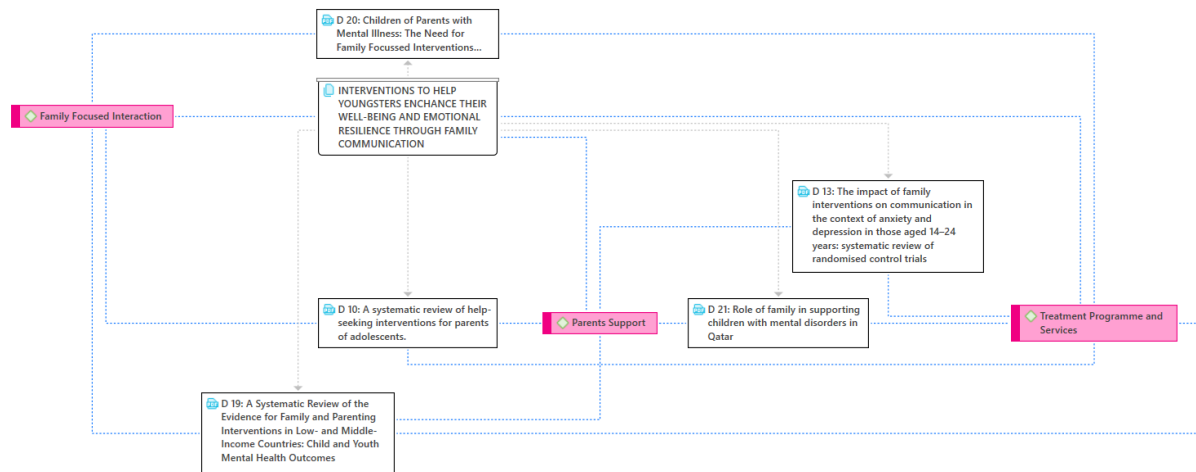


Figure 8: Analysis of Interventions through Family Communication

A comprehensive analysis was made in Figure 8 to provide synthesis data for the second group of five articles concerning different mental health intervention issues. These articles talk about the interventions for mental health. Qualitative visualizations of the current connections in intervention impacts are automatically generated by networks based on data analysis for mental health interventions. This is similar to the network view in ATLAS.ti 23, wherein these deep systemic connections between analysis papers on related mental health interventions are established. The study analysis resulted in three significant codes, including family focused interaction, parents support, and treatment programmes and services. These codes are connected to a graph reflecting primary connections in search of relationships. The reflected outcomes of the networks below show that mental health intervention is effective, as supported by previous testing in research tests. Figure 8 offers a lens through which research questions regarding the influence of related adolescent characteristics on mental health intervention could be analyzed using a thematic review with data network relations, as seen in the study conducted during systematic analysis across studies for solving issues contributors to addressing health.

IMPLICATION AND CONCLUSION

A comprehensive review of all semantic networks that interpret metaphors was discovered in the mental health issues intervention among youngsters through family communication research. All networks represent the grounded complex information from 21 primary documents uploaded and identified 13 initial codes characterizing the relationship between mental health issues among youngsters and family communication and its intervention. ATLAS. Ti 23 has created visually appealing graph networks through two-dimensional layouts of labelled nodes and links in discovering connections.

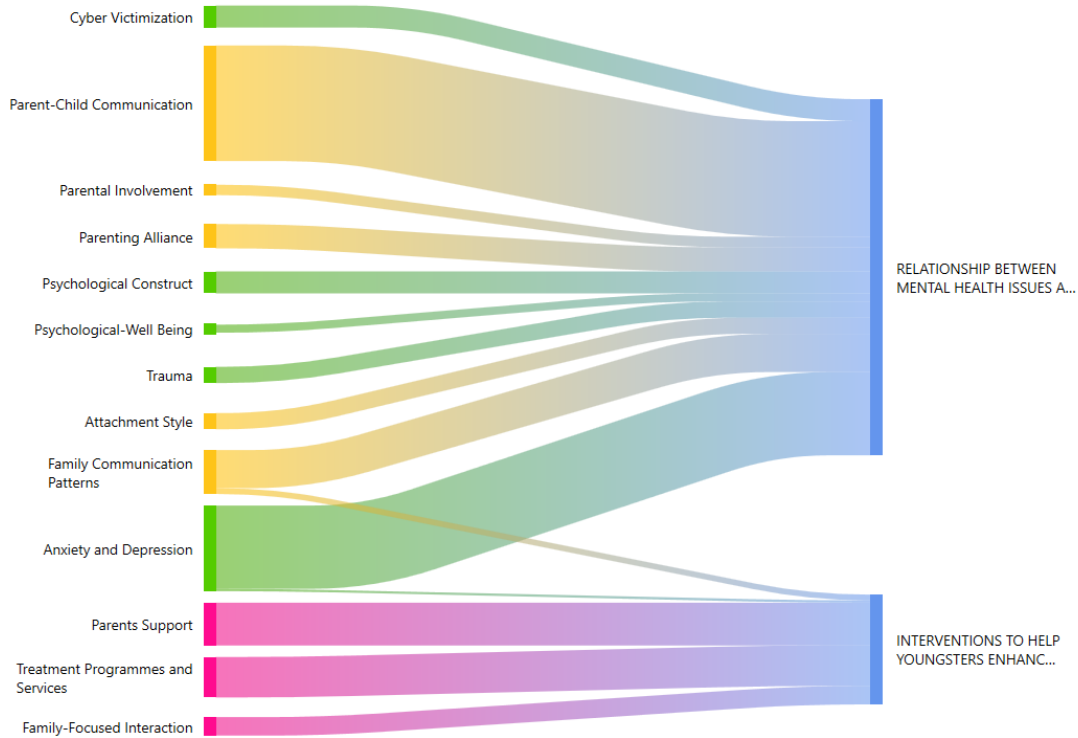


Figure 9: An Analysis of the Sankey Diagram

Figure 9 shows a Sankey diagram summarising our findings and connections between mental health issues and intervention analyses. In brief, the conceptual structures in the Sankey diagram above have identified the linkages in all the related networks. However, in data analysis, the discovery of the Sankey diagram has come out with four main directions that show the relationship between mental health and family communication. The first direction is parent-child communication, which reflects the significant relationships of parent-child communication and mental health among youngsters. Secondly, cyber victimization has a related relationship to how cyberbullying affects the mental health of youngsters. The third focuses on psychological constructs, which are related to accurately assessing the mental health level among youngsters. Lastly, the fourth is about attachment styles, which reflect related relationships regarding how youngsters relate to their families. Finally, the associated codes in such concepts of this study fill the gaps in identifying the findings and compressing the data from the previously published literature.

Furthermore, based on the Sankey diagram, we could also outline three main directions showing interventions to help youngsters enhance their mental well-being. First, from the diagram, we could identify parents' support, which reflects related relationships and the impact of interventions to help enhance mental health. Secondly, treatment programs and services also highlight the prevention measures for maintaining good mental health among youngsters. Thirdly, mental disorders also could be prevented through family-focused interactions. In

addition, the diagram shows two main directions for the new perspectives on mental disorder prevention among youngsters. Essentially, it is about family communication patterns, which reflect related relationships and how types of family communication could help enhance mental well-being among youngsters. Lastly, it is about anxiety and depression, which have related relationships, and the impact of mental disorders on mental health among youngsters.

The themes identified in the above answer help contribute to the content of knowledge of mental health prevention measures by highlighting the possible elements that could be implemented in future research or prevention of mental health. Through this, future researchers could develop prevention strategies or methods that are more comprehensive and effective despite the challenges. The emphasis on parent-child communication and cyber victimization highlights the importance of parents in preventing cyberbullying among youngsters. Likewise, with the emphasis on parents' support and treatment programs and services for mental disorders, prevention is an essential strategy of prevention. Through parent-child interactions and treatment programs, youngsters could learn and master their problem-solving skills, emotional regulation, and critical thinking skills. In the same way, the treatment strategies provide a more structured and inclusive approach to prevention, which incorporates multiple strategies and approaches that future research could use for further research.

To conclude, the focus on family communication as the social agent in preventing mental disorders among youngsters suggests that communication is essential in solving any problems. Parents are responsible for making sure that their children are always stress-free, identifying their children's problems, promoting positive coping strategies that their children could use to cope with mental disorders, and emphasizing the importance of having good mental health while avoiding the use of medications or alcohol which could worsen their mental health. By addressing these prevention measures, one could say that it could help to reduce the mental disorders issues among youngsters, especially in Malaysia.

Overall, this contribution of conceptual paper or knowledge on mental health among youngsters is fundamental, as it provides much knowledge that could be used in further research and prevention measures. With this study, we can use data analysis to find trends or directions and narrow down our findings on mental health and family communication among youngsters. Finally, with the data, we could fill the knowledge gaps that limit identifying the findings and compressing the data from the previously published literature.

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