

Disclosure of Mental Health Symptoms: A Concept Analysis

TAMAR RODNEY, MSN, RN, PMHNP-BC, PHD-C

JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING , BALTIMORE , MD, USA

Purpose

This is an analysis of the concept disclosure of mental health symptoms. The assessment of mental health symptoms is primarily dependent on the individual experiencing them sharing their experience of symptoms with a healthcare provider. The social consequences of revealing such symptoms are often negative and prevents early assessment and treatment provision for these individuals.

Disclosure has been defined to capture “a telling of the unknown”. Previously explored

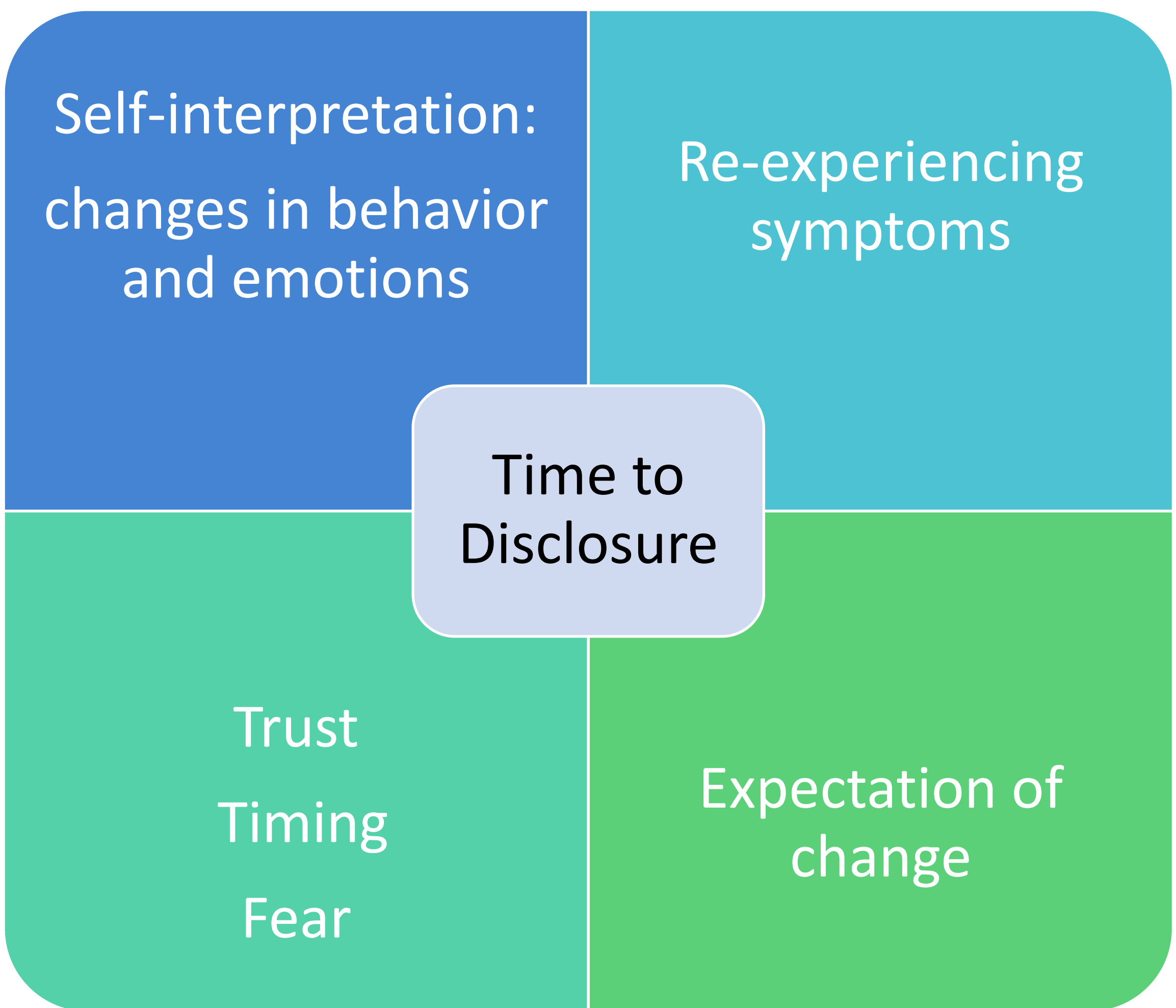
- General concept (Saiki & Lobo, 2011)
- In the context of HIV (Eustace & Ilagan, 2010)
- In the context of cancer (Sun & Knobf, 2008)

Methods

The following databases were searched to capture the meaning and processes of Mental Health disclosure: PubMed, CINAHL and PSYCINFO. Other search parameters included, English language, published between 2006 to 2016, with key words (mental health symptoms, psychiatric symptoms, diagnosis, and disclosure). The Walker and Avant (2004) concept analysis model (Strategies for Theory Construction in Nursing, Pearson Prentice Hall, River, NJ, 2005) was used to guide the analysis process. The defining attributes to disclosure of information relevant to psychiatry and mental health were explored as unique aspects to analysis of the concept.

Disclosure of Mental Health : Critical Attributes

The time to disclosure of mental health symptoms is influenced by four main groups of emotional experiences.



Conclusion

The exploration of this concept highlights the differential experiences that needs to be considered when assessing individuals with mental health concerns. The approach to mental health assessment should reflect a process of non-judgmental inquiry. The subsequent implications include the need to develop approaches that protect individual and encourage an environment receptive to early disclosure of symptoms to allow for timely treatment planning.

References

- Eustace, R. W., & Ilagan, P. R. (2010). HIV disclosure among HIV positive individuals: A concept analysis. *Journal of Advanced Nursing*, 66(9), 2094-2103. doi:10.1111/j.1365-2648.2010.05354.x [doi]
- Saiki, L. S., & Lobo, M. L. (2011). Disclosure: A concept analysis. *Journal of Advanced Nursing*, 67(12), 2713-2722. doi:10.1111/j.1365-2648.2011.05741.x [doi]
- Sun, Y., & Knobf, M. T. (2008). Concept analysis of symptom disclosure in the context of cancer. *ANS.Advances in Nursing Science*, 31(4), 332-341. doi:10.1097/01.ANS.0000341413.09801.7a [doi]
- Walker, L. O., & Avant, K. C. (2011). *Strategies for theory construction in nursing* Prentice Hall.