

Section 1

Name: Yara Awad

Your Major: Computer Science

Section 2

On a scale of 1 to 10, how confident do you feel about writing for this course?

8/10

I think my writing skills are decent but could always be improved, and I have a good idea of how my paper will look like and what I want to include.

Section 3

1. The extent of my research. I require a much deeper understanding of the topic and the clearer understating I have myself, the better I will be able to convey, my point to the reader.
2. The reliability of my sources. This paper is at a much higher level that what I am used to and demands more reliable and trustworthy sources (i.e., scholarly peer-reviewed journals).
3. Time management. Due to the amount of research necessary and the number of words for the final paper, I have to be one a strict schedule to help ensure I do not fall behind on my work.

Section 4

Working Topic:

Electroconvulsive therapy

Working Research Question:

Is the practice of electroconvulsive therapy in psychotherapy beneficial?

Working Secondary Questions

1. What are the benefits of electroconvulsive therapy?
2. What are the dangers of the mental conditions electroconvulsive therapy could treat?
3. How effective is electroconvulsive therapy?

Working Thesis:

Electroconvulsive therapy is beneficial.

Working Counter Theses:

1. Electroconvulsive therapy is unethical.
2. Electroconvulsive therapy results in trauma.

3. Electroconvulsive therapy has too many physiological side effects.

Working Supporting Arguments:

1. Electroconvulsive therapy is beneficial as it can help treat mental illnesses such as depression.
2. Electroconvulsive therapy is too effective to be dismissed as a viable method of treatment.
3. The dangers of mental illnesses on an individual are so severe whatever method of treatment necessary should be used to avoid loss of life and permanent mental damage.

Working Counter Arguments:

1. Electroconvulsive therapy is unethical since on occasion it is used on patients who may not be fully aware of what they are consenting to considering their compromised state of mind.
2. Electroconvulsive therapy can be traumatic because involves high levels physical pain.
3. Electroconvulsive therapy can cause physiological duress since the patient must endure a series of seizures caused by the electricity coursing through their brain.

Working Topic

My topic is the use of electroconvulsive therapy all around the world. It will focus on the applications of electroconvulsive therapy in the field of psychology. The paper also considers the benefits of electroconvulsive therapy in treating depression, autism, and numerous other mental disorders. The definition of electroconvulsive therapy will be carefully assessed in order to gain a clear understanding of what it is and its use, it is much more than simply electrocuting someone's brain as people falsely assume.

As with any medical treatment, electroconvulsive therapy has a range of side effects which seem to be the focus of many opposers of the practice. However, it is important to note that when treating psychiatric disorders using biological methods, there will always be side effects, such as with any drug or medication prescribed to a patient.

There remains much work to do in making electroconvulsive therapy acceptable and accessible to those who need it. However, due to the poor image falsely portrayed by the media regarding electroconvulsive therapy, its practice is decreasing in the limited places where it is safely available.

Brief Introduction

This topic is of great interest to me since the stigma regarding mental disorders is beginning to fade away, and although it has become a widely accepted notion that people may suffer from mental issues, some people still struggle with accepting that it is okay to reach out and get help. Many other people I suffer from one form of disorder or another and it is important to recognize that any form of treatment is acceptable and as long as it is effective, you do not always have to depend on conventional treatment methods accepted by society.

This topic is appropriate for the course considering that it is one of the oldest methods of treatment in psychiatry, coming into practice over 80 years ago, and yet also the most controversial to this day. Electroconvulsive therapy has proven to be one of the most effective psychiatric treatment methods available, displaying lifesaving results. Countless people suffer various psychiatric disorders everywhere around the world and at all ages, unfortunately not all treatment methods or drugs are effective for everyone, making it crucial to provide as many treatment methods as possible.

Research Questions and Methods

My working question is, “Is the practice of electroconvulsive therapy in psychotherapy beneficial?” and my secondary questions are, “What are the benefits of electroconvulsive therapy? What are the dangers of the mental conditions electroconvulsive therapy could treat? How effective is electroconvulsive therapy?” To answer these questions, I will conduct a thorough investigation into the benefits of electroconvulsive therapy and as many psychiatric disorders as possible while considering the possible drawbacks and side effects of the treatment, basing my argument on as many scholarly peer reviewed journals and articles as possible. I will rely on databases such as, google scholar, WorldCat, science direct and JSTOR to gather my evidence.

References

Gazdag, G., & Ungvari, G. S. (2019). Electroconvulsive therapy: 80 years old and still going strong. *World Journal of Psychiatry, 9*(1), 1–6. <https://doi.org/10.5498/wjp.v9.i1.1>

This article briefly describes the definition of electroconvulsive therapy and gives an in-depth review of the history of electroconvulsive therapy and how it came about. This article will

provide a good foundation on what electroconvulsive therapy is to both people ignorant on the topic and those familiar with it, regardless of personal views on it.

Youn, T., Jeong, S. H., Kim, Y. S., & Chung, I. W. (2019). Long-term clinical efficacy of maintenance electroconvulsive therapy in patients with treatment-resistant schizophrenia on clozapine. *Psychiatry Research*, *273*, 759–766.

<https://doi.org/10.1016/j.psychres.2019.02.008>

This article focuses on a 2-year study where electroconvulsive therapy was used in the treatment of schizophrenic patients who have not responded to clozapine, a drug commonly used to treat this disorder. This article is evidence on the benefits of electroconvulsive therapy the study showed that the use of acute electric convulsive therapy caused improvements in the patient's mental status and positive results.

Planning

While taking into consideration the work and evaluations from my other courses, I have constructed the following timeline for my work:

- Week 3-4:

Since term exams have yet to begin, I have more time now to focus on research. For the next 7 days I will spend 1 to 2 hours a day doing research and verifying the reliability of my selected sources, and for the remaining 3 days will begin compiling my proposal.

By listing down my main points of focus and where I will need supporting evidence, I can focus my research and effectively target journal articles that are relevant to my paper.

- Week 5 and 6:

I will have term evaluations so I will not be able to work on the paper.

- Week 7 and 8:

I will begin on my working draft complete in order to have it complete 5 days before submission to leave room for modifications and final improvements without any time pressure since I have weekly quizzes from my math course and homework's from my major related courses.

- Week 9 and 10:

I will begin working on my progress report in order to complete it by the start of week 10 while simultaneously working on my final paper and building on my working draft.

- Week 11- 13:

I will work on my final paper complete in order to leave room for modifications and final improvements without any time pressure since it will be the end of term and I will have projects to submit for 2 other courses, as well as approaching finals.

Checklist

1/ I have read the rubric and included all the information required in the pages above.

YES

2/ I have pressed spellcheck/grammar check and corrected any text as appropriate.

YES

3/ I have carefully read *out loud* my entire paper and corrected issues where appropriate.

YES

4/ I have named the file for submission as follows: Research Plan [my iLearn name]

For example: Research Plan Philip Michael McCarthy

YES

5/ The file I am submitting is a Microsoft Word document.

YES