



## The Power of Psychosocial Interventions: Nurturing Mental Well-Being

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### Abstract

In today's fast-paced world, where stress, anxiety, and mental health challenges have become increasingly prevalent, the importance of psychosocial interventions cannot be overstated. These interventions combine psychological and social approaches to address and support individuals' mental well-being, providing a holistic framework for promoting positive mental health. By integrating therapeutic techniques, counselling, and social support, psychosocial interventions empower individuals to navigate life's challenges, develop resilience, and improve their overall quality of life.

**Keywords:** Psychosocial interventions; Counselling; CBT; Psychoeducation; Psychosocial rehabilitation

### Introduction

Psychosocial interventions are evidence-based approaches that incorporate psychological and social components to promote mental well-being. They encompass a wide range of techniques, therapies, and support systems aimed at enhancing psychological resilience, improving coping mechanisms, and fostering social connections [1].

### Methodology

#### Components of psychosocial interventions

**Psychological support:** Psychosocial interventions prioritize the emotional and psychological well-being of individuals. They often involve one-on-one counselling sessions, cognitive-behavioural therapy (CBT), psychoeducation, and mindfulness-based practices. By providing a safe and confidential space for individuals to express their feelings, fears, and concerns, psychological support helps in identifying and addressing underlying issues and developing effective coping strategies.

**Social support:** Human beings are inherently social creatures, and social support plays a vital role in maintaining good mental health. Psychosocial interventions focus on nurturing and enhancing social connections through various means, such as support groups, community programs, peer counselling, and family therapy. Social support networks not only provide a sense of belonging and acceptance but also offer practical assistance, encouragement, and validation, which can significantly alleviate stress and promote resilience [2, 3].

**Skill-building and empowerment:** Psychosocial interventions aim to equip individuals with the necessary tools and skills to navigate life's challenges effectively. These interventions often include workshops, training sessions, and psychoeducational programs that focus on building problem-solving skills, communication skills, stress management techniques, and emotional regulation strategies. By empowering individuals to take control of their lives and make informed choices, psychosocial interventions foster a sense of self-efficacy and improve overall well-being.

#### Benefits of psychosocial interventions

**Mental Health Promotion:** Psychosocial interventions provide a proactive approach to mental health by promoting emotional well-being, resilience, and self-care practices. By addressing early signs of distress, these interventions can prevent the development or progression of mental health disorders.

**Holistic approach:** Unlike purely medical interventions, psychosocial interventions adopt a holistic approach that recognizes the interplay between psychological, social, and environmental factors in a person's life. By addressing these multifaceted aspects, these interventions offer a comprehensive understanding of an individual's mental health and provide tailored support accordingly.

**Community integration:** Psychosocial interventions encourage community participation and engagement, fostering a sense of belonging and social inclusion. This aspect is particularly beneficial for marginalized or vulnerable populations, as it helps reduce stigma and provides a supportive environment for individuals to share their experiences and challenges [4, 5].

**Long-term impact:** By focusing on developing coping mechanisms and resilience, psychosocial interventions have the potential to create lasting changes in individuals' lives. By equipping them with the necessary skills and support systems, these interventions empower individuals to manage stress, handle adversity, and maintain their mental well-being over time.

**Cognitive-behavioural therapy (CBT):** CBT is a widely used therapeutic approach that focuses on identifying and modifying negative thought patterns and behaviours. It helps individuals develop coping strategies, challenge irrational beliefs, and replace maladaptive behaviours with healthier alternatives. CBT aims to improve problem-solving skills and enhance emotional regulation (Figure 1).

**Psychoeducation:** Psychoeducation involves providing individuals and their families with information about mental health conditions, their causes, symptoms, and available treatment options. It helps individuals gain a better understanding of their condition, reduce stigma, and empowers them to actively participate in their treatment and recovery [6].

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Figure 1: Cognitive-behavioural therapy.

**Mindfulness-based interventions:** Mindfulness-based interventions, such as mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT), focus on cultivating present-moment awareness and non-judgmental acceptance. These interventions teach individuals to observe their thoughts and emotions without attachment, reduce stress, and enhance overall well-being.

**Social skills training:** Social skills training is particularly helpful for individuals who struggle with interpersonal relationships or social anxiety. It involves teaching individuals effective communication, assertiveness, and conflict resolution skills. Social skills training helps individuals build and maintain healthy relationships, improve self-esteem, and enhance their overall social functioning.

**Group therapy:** Group therapy brings together individuals facing similar challenges and provides them with a supportive and empathetic environment. It offers opportunities for sharing experiences, learning from others, and receiving feedback. Group therapy fosters a sense of belonging, reduces feelings of isolation, and promotes social skills development [7-9].

**Family therapy:** Family therapy involves working with individuals and their families to address relational issues and improve communication. It helps family members understand each other's perspectives, develop healthy boundaries, and resolve conflicts. Family therapy is particularly beneficial for individuals whose mental health issues are influenced by family dynamics.

**Supportive counselling:** Supportive counselling provides individuals with a safe space to express their feelings, thoughts, and concerns. The counselor offers empathy, validation, and guidance, allowing individuals to explore their emotions and gain a better understanding of them. Supportive counselling focuses on providing emotional support, encouragement, and coping strategies.

**Psychosocial rehabilitation:** Psychosocial rehabilitation programs focus on restoring functional abilities and improving the quality of life for individuals with severe mental health conditions. These programs may include vocational training, life skills development, socialization activities, and community integration. The goal is to empower individuals to live independently and engage meaningfully in society.

It's important to note that the specific methods used in psychosocial interventions can vary depending on the individual's needs, the nature of the issue, and the therapeutic approach employed. The interventions are often tailored to suit the unique circumstances and goals of each

individual, ensuring a personalized and effective treatment experience [10].

Cognitive-Behavioural Therapy (CBT) has emerged as a highly effective and widely used form of psychotherapy. It offers individuals a practical and evidence-based approach to address a range of mental health concerns. By focusing on the interplay between thoughts, emotions, and behaviours, CBT empowers individuals to challenge negative thinking patterns, develop healthier coping strategies, and achieve lasting positive change. This article explores the principles, techniques, and benefits of CBT in promoting mental well-being (Table 1).

Cognitive-Behavioural Therapy is a form of psychotherapy rooted in the understanding that our thoughts, emotions, and behaviours are interconnected and influence our overall well-being. It aims to help individuals identify and change unhelpful or distorted thinking patterns, which can contribute to emotional distress and unhealthy behaviours. By modifying thoughts and behaviours, CBT seeks to alleviate psychological symptoms, enhance resilience, and improve daily functioning.

**Principles of cognitive-behavioural therapy**

**Cognitive Restructuring:** CBT emphasizes the identification and modification of negative or irrational thoughts, known as cognitive distortions. Through cognitive restructuring, individuals learn to challenge and replace these distorted thoughts with more realistic and positive ones. By altering cognitive patterns, individuals can experience a shift in emotions and behaviours [11, 12].

**Behavioural activation:** CBT recognizes the reciprocal relationship between thoughts and behaviours. It encourages individuals to engage in activities that promote well-being, even when faced with low motivation or negative thoughts. Behavioural activation involves setting and pursuing specific goals, scheduling pleasurable activities, and gradually reintroducing one to previously avoided or challenging situations.

**Skills building:** CBT equips individuals with practical skills to cope with difficult emotions and situations. This includes stress management techniques, problem-solving skills, assertiveness training, and relaxation exercises. By learning and practicing these skills, individuals develop greater resilience and self-efficacy.

**Techniques used in cognitive-behavioural therapy:** Socratic Questioning: Therapists use probing questions to help individuals explore the evidence for their negative thoughts and consider alternative perspectives. By challenging cognitive distortions and examining the

Table 1: Key components of Cognitive-Behavioural Therapy (CBT).

Component	Description
Cognitive Restructuring	Identifying and challenging negative or irrational thoughts to replace them with more realistic ones.
Behavioural Activation	Encouraging engagement in positive activities and behaviours to improve mood and overall functioning.
Skills Building	Teaching practical coping skills, such as stress management, problem-solving, and assertiveness.
Socratic Questioning	Using probing questions to challenge and examine the evidence for negative thoughts and beliefs.
Exposure Therapy	Gradual and controlled exposure to feared situations or stimuli to reduce anxiety and phobias.
Behavioural Experiments	Structured activities to test the validity of beliefs and assumptions, gathering evidence for change.
Thought Records	Keeping a record of negative thoughts, emotions, and associated behaviours to evaluate and modify them.

accuracy of thoughts, individuals can develop more balanced and realistic thinking patterns.

**Exposure therapy:** This technique is often employed to address anxiety disorders and phobias. Exposure therapy involves gradual and controlled exposure to feared situations or stimuli, allowing individuals to confront their fears and learn that their anxieties are often disproportionate to the actual threat. Through repeated exposure, anxiety diminishes, and new, more adaptive responses are learned.

**Behavioural experiments:** Individuals engage in structured activities or experiments to test the validity of their beliefs and assumptions. This helps to challenge and modify unhelpful thoughts and beliefs by gathering evidence through direct experiences [13, 14].

**Thought records:** Individuals are encouraged to keep a record of their negative thoughts, emotions, and associated behaviours. Thought records help individuals identify and evaluate the accuracy of their thoughts, recognize patterns, and develop alternative interpretations or responses.

**Effective treatment:** CBT has a substantial body of research supporting its effectiveness in treating various mental health conditions, including depression, anxiety disorders, post-traumatic stress disorder (PTSD), eating disorders, and substance abuse. It has also been used in managing chronic pain, insomnia, and relationship difficulties (Figure 2).

**Practical and goal-oriented:** CBT provides individuals with concrete tools and strategies that can be applied in daily life. It focuses on setting specific goals and collaboratively working towards achieving them, empowering individuals to take an active role in their own healing and growth.

**Lasting change:** By addressing the underlying thought patterns and behavioural responses, CBT aims to create lasting change.

Psychoeducation has emerged as a valuable and empowering approach in the field of mental health. By providing individuals with knowledge and information about their mental health conditions, symptoms, treatment options, and coping strategies, psychoeducation plays a vital role in promoting understanding, reducing stigma, and empowering individuals to actively participate in their own mental well-being. This article explores the concept of psychoeducation, its benefits, and its application in empowering individuals on their mental health journey.

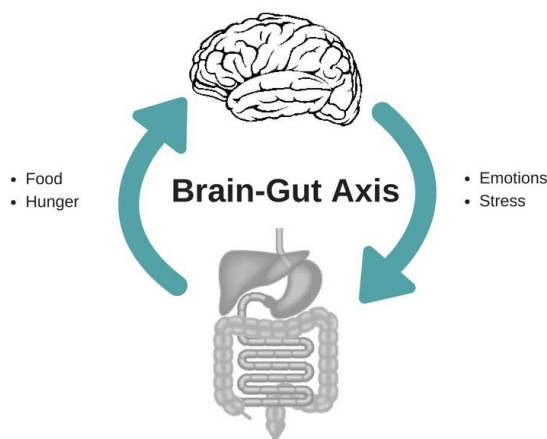


Figure 2: Brain- gut axis.

## Understanding psychoeducation

Psychoeducation refers to the process of educating individuals, families, and communities about mental health conditions, psychological processes, and the various aspects of mental well-being. It aims to provide accurate information, debunk myths, and increase awareness surrounding mental health. Psychoeducation encompasses a wide range of topics, including symptoms, causes, treatment options, self-care strategies, and available support resources [15].

### Key components of psychoeducation

**Accurate information:** Psychoeducation ensures that individuals have access to accurate and up-to-date information about mental health conditions. It helps individuals understand the signs and symptoms, contributing factors, and available treatment options. By debunking myths and misconceptions, psychoeducation reduces stigma and promotes a more compassionate and informed approach to mental health.

**Treatment options:** Psychoeducation provides individuals with knowledge about various evidence-based treatments available for mental health conditions. This includes information about psychotherapy, medication, self-help strategies, and complementary approaches. By understanding the treatment options, individuals can make informed decisions in collaboration with healthcare professionals.

**Coping strategies:** Psychoeducation equips individuals with practical coping strategies and self-care techniques to manage their mental health. This includes stress management, relaxation exercises, problem-solving skills, and healthy lifestyle choices. By learning effective coping strategies, individuals can enhance their resilience, reduce symptoms, and improve their overall well-being.

### Benefits of psychoeducation

**Empowering knowledge:** Psychoeducation empowers individuals by providing them with knowledge and understanding of their mental health conditions. It helps individuals gain insights into their experiences, normalize their symptoms, and reduce self-blame. This knowledge empowers individuals to take an active role in managing their mental health and seeking appropriate support.

**Reduced stigma:** By disseminating accurate information and challenging misconceptions, psychoeducation helps combat the stigma surrounding mental health. It promotes a more inclusive and supportive environment, fostering empathy and understanding among individuals, families, and communities.

**Improved treatment engagement:** Psychoeducation enhances treatment engagement and adherence by providing individuals with a clear understanding of their condition and treatment options. When individuals are well-informed about the benefits and expectations of treatment, they are more likely to actively participate and collaborate with healthcare professionals [16, 17].

**Enhanced self-care:** Psychoeducation equips individuals with the knowledge and skills necessary for self-care. By understanding the importance of self-care activities, individuals can prioritize their mental well-being, engage in healthy coping strategies, and prevent relapse or deterioration of symptoms (Table 2).

### Application of psychoeducation

**Mental Health Conditions:** Psychoeducation is beneficial for individuals diagnosed with various mental health conditions, including depression, anxiety disorders, bipolar disorder, schizophrenia, and



Table 2: Various aspects of psychoeducation.

Aspect	Description
Providing information about mental health	Educating individuals about different mental health conditions, their symptoms, and prevalence.
Explaining the causes of mental health issues	Sharing knowledge about potential factors contributing to the development of mental health issues.
Discussing available treatment options	Informing individuals about evidence-based treatment approaches, including therapy and medication.
Teaching coping strategies	Equipping individuals with practical techniques to manage symptoms and enhance their well-being.
Addressing stigma and reducing misconceptions	Challenging stereotypes and promoting a more accurate and compassionate understanding of mental health.
Fostering self-care practices	Encouraging individuals to prioritize self-care activities, including healthy lifestyle choices.
Providing information about support resources	Sharing details about available support groups, hotlines, online communities, and mental health services.
Promoting awareness and early intervention	Highlighting the importance of recognizing early warning signs and seeking help promptly.
Engaging families and support networks	Educating loved ones about mental health conditions, symptoms, and ways to provide support.
Encouraging self-advocacy	Empowering individuals to advocate for their own mental health needs and rights.

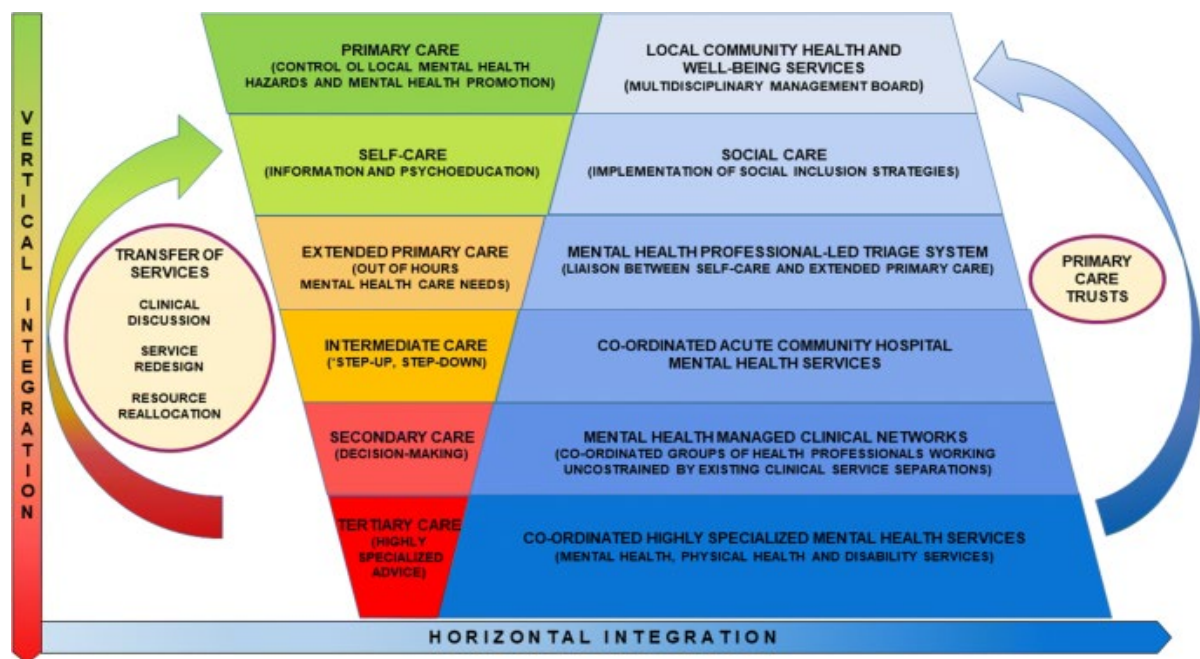


Figure 3: Prevention and early intervention of psychoeducation.

eating disorders. It helps individuals understand their conditions, manage symptoms, and make informed decisions about treatment options.

**Prevention and early intervention:** Psychoeducation plays a crucial role in prevention and early intervention efforts. By educating individuals about mental health, risk factors, and early warning signs, psychoeducation can facilitate early recognition and timely intervention, potentially preventing the onset or progression of mental health conditions (Figure 3).

**Family and support systems:** Psychoeducation extends beyond individuals to their families, friends, and support systems. It helps loved ones understand the experiences and challenges faced by individuals with mental health conditions, fostering empathy, support, and effective communication within relationships [18, 19].

### Discussion

Psychosocial intervention is a comprehensive approach that addresses the interconnected nature of psychological and social factors in promoting mental well-being. It recognizes that individuals' mental health is influenced not only by internal psychological processes but also by their social contexts, relationships, and environmental factors. By integrating psychological and social interventions, psychosocial

intervention aims to empower individuals to overcome mental health challenges and lead fulfilling lives. One of the key aspects of psychosocial intervention is its focus on providing psychological support. This involves offering individuals emotional support, guidance, and therapeutic techniques to navigate through their challenges. Various evidence-based therapies, such as cognitive-behavioural therapy (CBT), mindfulness-based interventions, and counselling, are employed to help individuals develop coping strategies, manage stress, and gain insights into their emotions and behaviours. By addressing psychological factors, psychosocial intervention promotes self-awareness, emotional regulation, and improved psychological well-being.

Another vital component of psychosocial intervention is social engagement. Recognizing the significance of social connections, these interventions encourage individuals to engage in meaningful relationships, build support networks, and participate in social activities. Social engagement combats loneliness, enhances a sense of belonging, and fosters resilience by strengthening interpersonal skills and social support systems. By addressing social factors, psychosocial intervention promotes social connectedness, positive relationships, and a sense of community [20-22].

Furthermore, psychosocial intervention recognizes the importance of environmental considerations. It involves assessing and modifying

**Table 3:** Cognitive-Behavioural Therapy (CBT) in India.

Aspect	Description
Recognition and Acceptance of CBT in India	CBT has gained recognition and acceptance as an evidence-based therapy for various mental health conditions in India.
Availability of Trained CBT Practitioners	There is a growing number of mental health professionals in India who have been trained in CBT techniques and approaches.
Application in Clinical Settings	CBT is commonly used in clinical settings, such as private practices, hospitals, and mental health clinics, across major cities in India.
Integration in Public Mental Health Programs	CBT is being integrated into public mental health programs, such as government-run hospitals and community mental health centres in some states.
Cultural Adaptation of CBT	CBT techniques and interventions are often adapted to the Indian cultural context, considering cultural beliefs, values, and social dynamics.
Availability of CBT Training and Workshops	Various organizations and institutes in India offer CBT training programs and workshops for mental health professionals to enhance their skills.
Research and Evidence Base	There is an increasing body of research and studies conducted on the effectiveness of CBT interventions in the Indian context.
Accessibility in Rural Areas	Access to CBT services in rural areas of India might be limited due to resource constraints, including a shortage of mental health professionals.
Integration with Other Therapeutic Approaches	CBT is often integrated with other therapeutic approaches, such as mindfulness-based interventions, to provide a comprehensive treatment approach.
Use in Specific Mental Health Conditions and Populations	CBT is utilized in treating various mental health conditions, including depression, anxiety disorders, post-traumatic stress disorder (PTSD), and substance abuse. It is also applied to specific populations, such as children, adolescents, and the elderly.

environmental factors that contribute to distress, such as work-related stressors, living conditions, or socioeconomic challenges. Creating a supportive and nurturing environment plays a vital role in promoting mental well-being. Psychosocial interventions aim to improve the quality of individuals' environments, whether it's through addressing workplace issues, providing housing support, or advocating for social justice and equal access to resources (Table 3).

## Conclusion

Psychosocial interventions offer a powerful framework for nurturing mental well-being by combining psychological support, social connections, and skill-building strategies. By recognizing the holistic nature of mental health and addressing the interplay between psychological and social factors, these interventions empower individuals to overcome challenges, develop resilience, and lead fulfilling lives. As we strive to create a mentally healthy society, psychosocial interventions play a crucial role in supporting individuals. Psychosocial intervention is a powerful and holistic approach that recognizes the interplay between psychological and social factors in promoting mental well-being. By integrating psychological support, social engagement, and environmental considerations, psychosocial interventions address the complex nature of mental health challenges and empower individuals to lead fulfilling lives.

Psychosocial interventions provide individuals with the tools and strategies to navigate their challenges, manage stress, and develop coping mechanisms. They promote self-awareness, emotional regulation, and resilience by addressing psychological factors. Additionally, by encouraging social engagement and fostering supportive relationships, these interventions combat loneliness, enhance a sense of belonging, and strengthen social support systems. Furthermore, psychosocial interventions acknowledge the impact of environmental factors on mental health. By addressing and modifying environmental stressors, these interventions create nurturing and supportive environments that contribute to overall well-being.

The applications of psychosocial interventions are wide-ranging, encompassing various mental health conditions, prevention efforts, support systems, and community education. They empower individuals to actively participate in their own mental health journey, reduce stigma, and enhance treatment engagement and adherence. Overall, psychosocial intervention represents a vital

and comprehensive approach to promoting mental well-being. By recognizing the interconnectedness of psychological and social factors, these interventions provide individuals with the support, skills, and knowledge they need to overcome challenges, improve their mental health, and lead fulfilling lives.

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