

MENTAL HEALTH

Facilitator:

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Specific Learning Objectives

- At the end of session, the learner shall be able to know about:
 - Mental health as public health priority.
 - Determinants of mental health.
 - Prevention and promotion in mental health.

Introduction

- W.H.O. definition of 'Health'.
 - Health is a state of complete **physical, mental** and **social** well-being and not merely an absence of disease or infirmity.
- Most countries have not effectively translated this broad conceptualization into health policies and practices.

What is Mental Health?

- From a cross-cultural perspective, mental health is nearly impossible to describe.
- The emotional and social well-being of an individual, including one's psychological resources for dealing with the day-to-day problems of life.

Good Mental Health is the Ability to:

- Function under adversity
- Change or adapt to changes
- Maintain control over one's tension and anxiety
- Find more satisfaction in giving than receiving
- Show consideration for others
- Curb hate and guild
- Love others

Public Mental Health

- Reducing the incidence, prevalence and the impacts of mental disorders.
- Improving the mental health status of population.
- To optimize physical health through mental and behavioral interventions.

Mental Health as a Public Health Priority

- 450 million people worldwide
- Prevalence ranges from 4.3% (China) - 26.4% (U.S.)
- In all countries: LMIC and HIC
- Men & women
- At all stages of life
- Rich and poor
- Rural and urban population

Mortality

- Themselves have relatively low mortality rates.
- Associated with >90% of all cases of suicides.
 - ‘Global’ mortality rate: 16 per 1000 (death due to suicide every 40 seconds)
 - Among the three leading causes of deaths in 15-45 years age group.
- More likely to get Strokes & Coronary Heart Diseases.

Burden of Disease

- Accounted for 13% of GBD (WHO 2004).
- Depressive disorders is amongst the top three causes of DALYs lost.

Interrelationship between physical and mental health

- Two key pathways:
 1. Physiological systems e.g. neuroendocrine and immune functioning
 2. Health behavior.
- However, these two pathways are not independent.

Example of Mental Health & HIV/AIDS

- Mental health status increases the risk of infection.
- Infection directly affects the CNS functioning.
- Psychological impacts.
- Influencing the course of the disease.

Mental Health Service Gap

- Serious cases of mental disorders received no treatment:
 - 35-50% in in high-income countries
 - 76-85% in low- and middle- income countries.

Personal & Family Impacts

- ‘Days out of role’ – very important measure of the macroeconomic impacts of mental disorders.
- Families too often become the object of discrimination.

Ideology of Health

- **There is no health without mental health.**

1. Mental health should be integral to all health assessments and treatments.

Whether mental health may have been a risk factor of the presenting problem or is a secondary outcome.

2. Initiatives directed at attaining good population health should include consideration of mental health.
 3. Attending to mental health problems should have parity with regard to treatment and prevention of physical conditions.
 4. Health policy, health service and health systems should always include mental health component.
- **There should not be health service that does not provide mental health.**

Determinants of Mental Health

- Biological determinants.
- Psychological determinants
- **Social determinants.**

Social determinants of mental health can improve Public Mental Health

- Four critical way:
 1. Careful and scientific documentation of social and economic determinants informs mental health service planning.
 - Poverty
 - Wars
 2. Programmes for prevention of mental disorders and promotion of mental health can be organized around the information and knowledge about social determinants of mental health.
 - Literacy to women.

3. Association and impacts on mental health can be utilized to advocate for social change.

- Women's mental health: Gender discrimination & violence.

4. Information on social determinants provides the necessary information and impetus for authorities outside of health to act accordingly.

- Subsidized housing, job creation etc.

Substance abuse

- Factors that lead to substance abuse include social, psychological and biological phenomenon.
- Intersectoral collaboration and intervention to control substance abuse.

Stigma: A major public health challenge

- Prevents people from acknowledging any mental health problem
- Prevents seeking care and treatment.
- Providers are reluctant to treat people with mental disorders.
- Alienated and discriminated.
- Institutionalization.

Prevention and Promotion in Mental Health

- Primary prevention:
 - Universal prevention:
 - ✓ for all
 - Selective prevention:
 - ✓ Based on risk factors
 - Indicated prevention:
 - ✓ Based on specific risk indicators and showing early signs, but no mental disorder

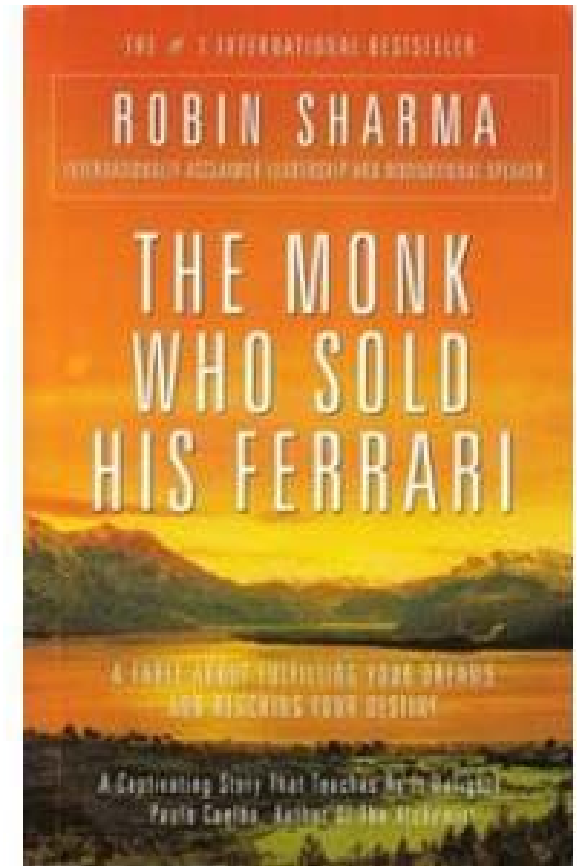
- Secondary prevention:
 - Interventions to reduce the prevalence i.e. all specific treatment related strategies.
- Tertiary prevention
 - To reduce disabilities, include all forms of rehabilitations, prevention of relapse.

Non-pharmacological Interventions

- Counseling within primary care.
- Workplace interventions.
- Cognitive behavioral interventions.
- Family interventions.
- Mass media campaign.
- Participation in physical activity.

Characteristics of Mentally Healthy Person

- a. Free from internal conflicts
- b. Well-adjusted, accepts criticism
- c. Searches for identity
- d. Strong sense of self-esteem.
- e. Knows himself (self-actualization)
- f. Good self-control-balances rationality and emotionality
- g. Coping with stress and anxiety.



THANKS...