

Global Mental Health

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COMM 311

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Objectives

By the end of this lecture students should be able to:

1. Define mental health and its etiology
2. Discuss the global magnitude of mental illness based on the global burden of disease (GBD)
3. List and classify the factors contributing to the occurrence of mental illness
4. Define stigma, and explain its consequences on mentally ill patients, their families and treatment outcome.
5. Discuss the principals of preventing mental illness.

Mental Health is (1)

“...the capacity in an individual to form harmonious relations with others, and to participate in, or contribute constructively to, changes in his social and physical environment.”

The human lifecycle (1)

- ▶ Human psychological needs differ in degree and qualitative importance at different ages.
 - ▶ Prenatal period
 - ▶ First 5 years of life
 - ▶ School child :
<https://www.youtube.com/watch?v=kmSinPMVU2U>
 - ▶ Adolescence
 - ▶ Old age

Examples of Mental illness (2)

- ▶ **Depression**
- ▶ **bipolar affective disorder**
- ▶ **schizophrenia and other psychoses**
- ▶ **dementia**
- ▶ **intellectual disabilities**
- ▶ **developmental disorders including autism.**

Causes and contributing factors

organic

hereditary

Social

environmental

Causes and contributing factors (1)

organic

- Neoplasms
- Neurological diseases
- Endocrine diseases

Hereditary

social

- Emotional stress
- Broken home
- Economic insecurity

Environmental

- Toxic substances: lead compounds
- Psychotropic drugs : barbiturates, alcohol
- Trauma

Drug abuse and Dependence (1)

- ▶ **Drug abuse:** “self administration of a drug for non-medical reasons, in quantities and frequencies which may impair an individual's ability to function effectively,…”
- ▶ **Drug dependence:** "a state, psychic and sometimes also physical, resulting from the interaction between a living organism and a drug, characterized by behavioural and other responses that always include a compulsion to take the drug on a continuous or periodic basis in order to experience its psychic effects, and sometimes to avoid the discomfort of its absence. “

Drug abuse and Dependence (1)

Drug	Psychic dependence	Physical dependence
Amphetamines & Cocaine	★	
Barbiturates	★	★
Cannabis	★	
Heroin	★	★ fast
Lysergic Acid Diethylamide (LSD)	★	
Alcohol	★	★ slowly
Tobacco	★	★

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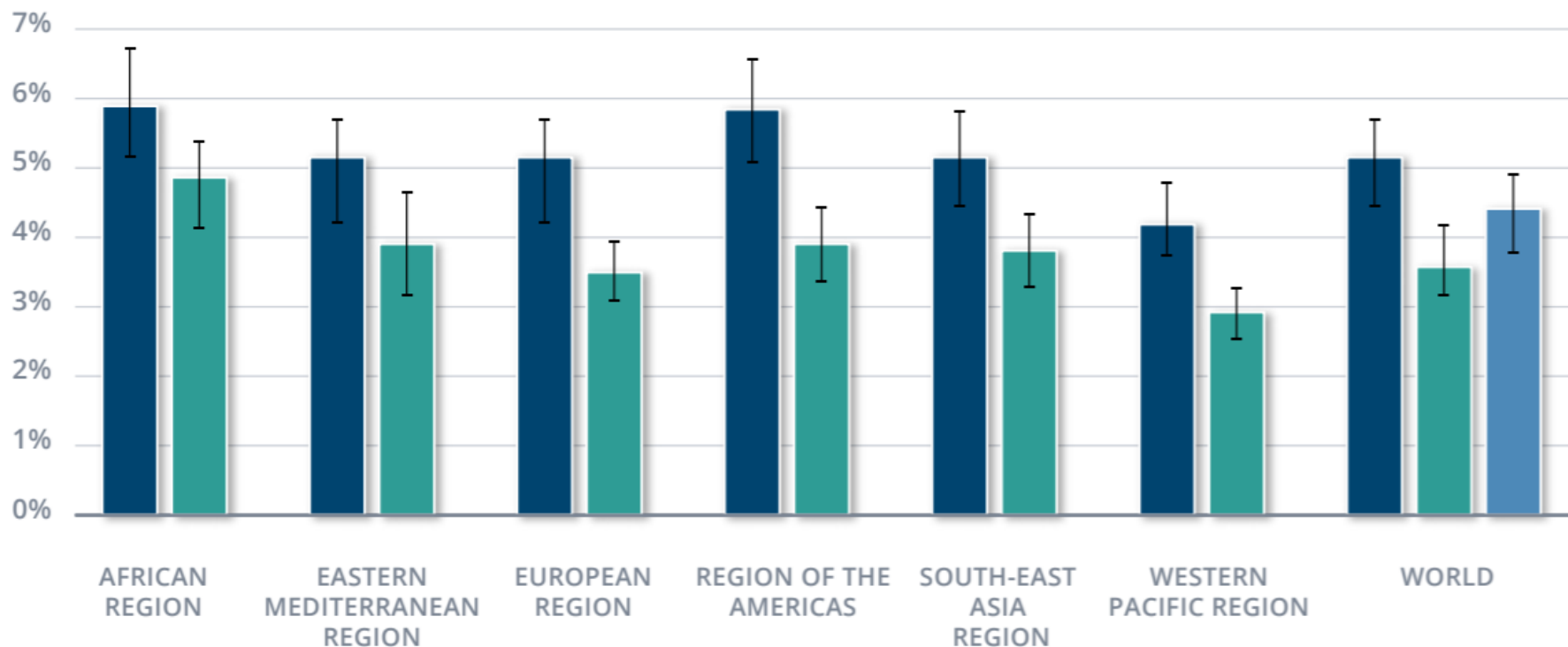
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Mental Health Global burden (morbidity and mortality) ⁽³⁾

- ▶ In 2004, mental disorders accounted for 13% of the global burden of disease
 - ▶ mental disorders accounted for 25.3% and 33.5% of all years lived with a disability in low- and middle-income countries, respectively

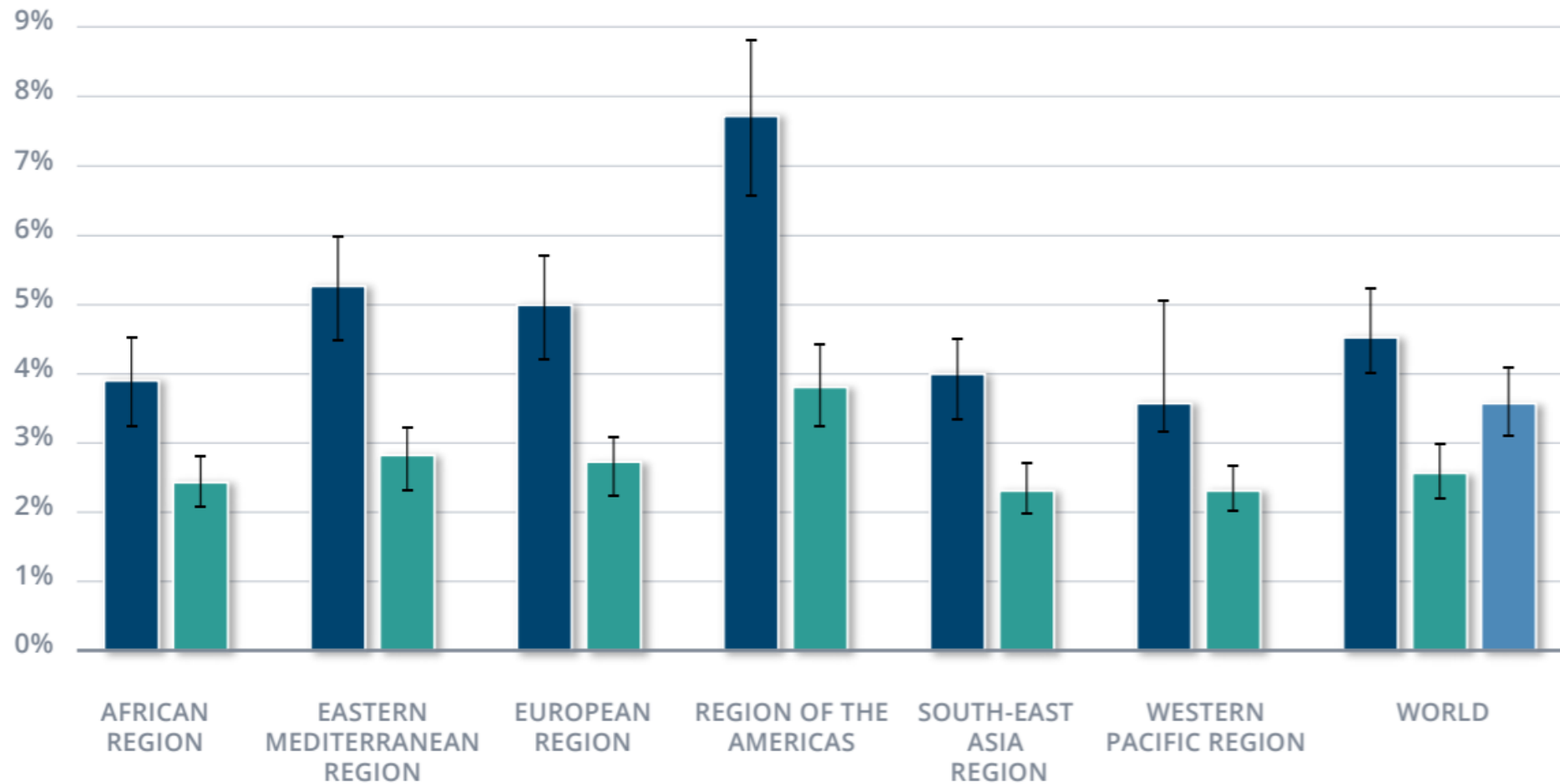
Prevalence of depressive disorders (% of population), by WHO Region

Female Male Both



Prevalence of anxiety disorders (% of population), by WHO Region

Female Male Both



reference (4)

Mental Health Global burden (morbidity and mortality) (3)

- ▶ People with mental disorders experience disproportionately higher rates of disability and mortality
 - ▶ major depression and schizophrenia have a 40% to 60% greater chance of dying prematurely than the general population
 - ▶ Depression alone accounts for 4.3% of the global burden of disease

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Stigma

- ▶ A Social Experiment on Mental Health Stigma | Beyond the Label

https://www.youtube.com/watch?v=VQoiz4wfV_c

Stigma (5)

“..a mark of shame, disgrace or disapproval which results in an individual being shunned or rejected by others.”

Stigma leads to (5)

- ▶ **Rejection** by friends, relatives, neighbors and employers
- ▶ **In-equal participation** in family life, normal social networks, and productive employment;
- ▶ **detrimental effect** on a mentally ill person's **recovery**, ability to find access to services, the type of **treatment** and level of support received and acceptance in the community;
- ▶ family and caretakers **isolation and humiliation**

How to reduce stigma? (5)

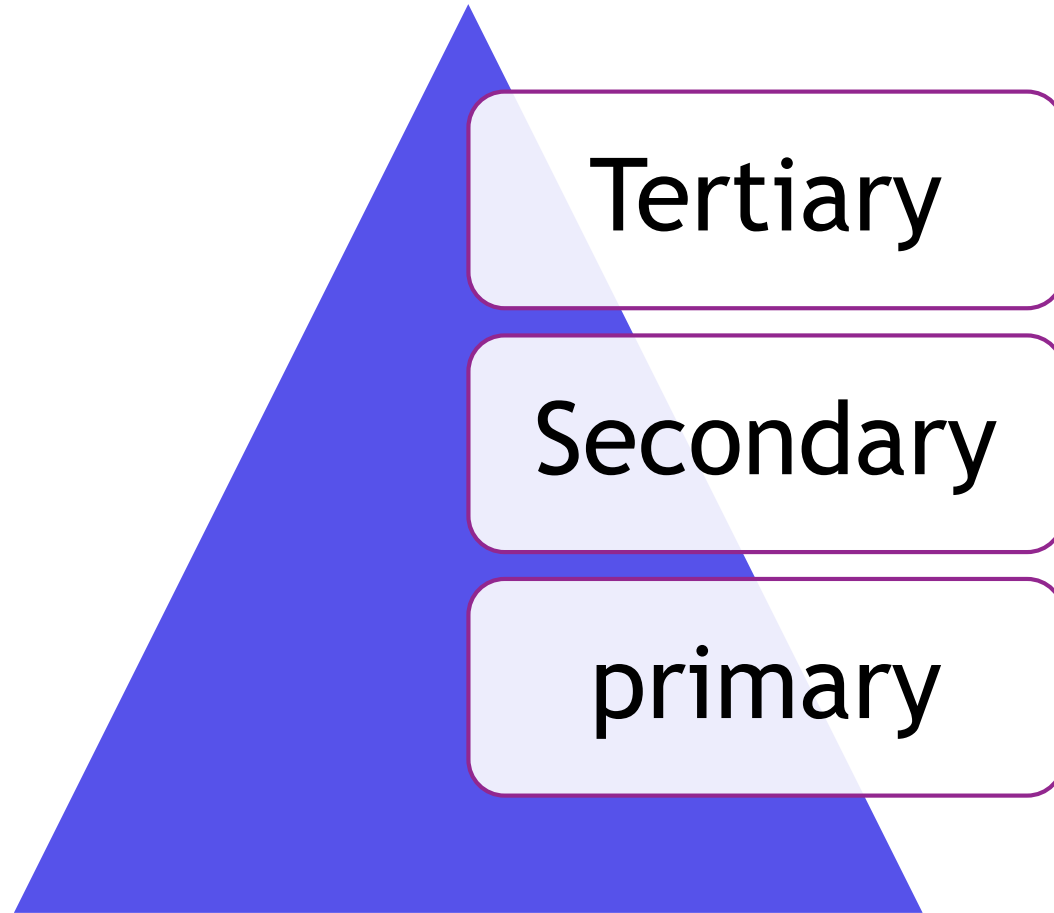
- ▶ openly talking about mental illness in the community;
- ▶ providing accurate information
- ▶ countering the negative stereotypes and misconceptions
- ▶ providing support and treatment services
- ▶ ensuring the existence of legislation to reduce discrimination in the workplace, in access to health and social community services.

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Prevention



Primary prevention of mental illness (1)

- ▶ Community based
- ▶ Improving the:
 - ▶ Social environment
 - ▶ Living conditions
 - ▶ Health and welfare resources

Secondary prevention of mental illness (1)

- ▶ Screening programs in schools, universities, industry, recreation centers

Mental Health Screenings at Schools

<https://www.youtube.com/watch?v=>



Tertiary prevention of mental illness (1)

- ▶ seeks to reduce the duration of mental illness
- ▶ prevent further break-down and disruption
- ▶ Mental health services:
 - ▶ Diagnosis & treatment
 - ▶ Rehabilitation
 - ▶ Group & individual psychotherapy.
 - ▶ Mental health education.
 - ▶ psychoactive drugs
 - ▶ After-care services (ex: social care, employment services)

Global health systems and mental health⁽³⁾

- ▶ 76% - 85% of people with severe mental disorders receive no treatment (in low-income and middle-income countries)

VS.

35% - 50% in high income countries (also high)

- ▶ For those receiving treatment- poor quality of care

Global health systems and mental health⁽³⁾

- ▶ annual spending on mental health is less than US\$ 2 per person and less than US\$ 0.25 per person in low-income countries
- ▶ 67% of these financial resources >>>>stand-alone mental hospitals
- ▶ Half of the World's countries have 1 psychiatrist for each 200,000 persons. Psycho-social intervention professionals are even scarcer.

Global health systems and mental health (3)

WHO recommends redirecting mental health funds to community-based services

- ▶ integration of mental health into general health care settings
- ▶ Improves access and cost-effectiveness

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4. Depression and Other Common Mental Disorders Global Health Estimates.2017. World Health Organization.URL: <https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf?sequence=1> [Accessed March 7th, 2019]
5. **Mental health problems: the undefined and hidden burden** [webpage].(n.d.). World Health Organization.URL: <https://www.who.int/mediacentre/factsheets/fs218/en/> [Accessed March 7th, 2019]



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Thank You