



# Global Mental Health

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## Objectives:

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

## Done by:

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Important | Extra | Notes

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## ● **Mental Health:**

- “ 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“.
- Mental health is influenced by both biological and social factors & it is not a static condition.

## ● **The human lifecycle:**

- The human lifecycle= age milestones that you go through in your life.
  - The mental health is dynamic (not static) it moves w/ you as you go through these different stages.
  - Human psychological needs differ in degree and qualitative importance at different ages.
1. Prenatal period (during your period inside your mom).
    - How the mental health would be relevant in this stage?
      1. Feeling negative towards pregnancy.
      2. The mother being irritated; an example, if she is going through something that makes her stressed. This would reflect on her vital signs, her body dynamics and the baby as well.
      3. The mom is depressed.
  2. First 5 years of life (The roots of mental health are in early childhood).
    - The things that the children go through in their life would determine how you would be later on: stable home – good relationship and closeness with both parents – being loved & secure).
  3. School child
    - The programs and practices of the school may satisfy or frustrate the emotional needs of the child. Effectiveness in learning, proper teacher-pupil relationship and climate of the classroom are very important for the child’s mental & physical health.
  4. Adolescence
    - The basic needs of the adolescents are: the need to be needed by others, (b) the need for increasing independence, (c) the need to achieve adequate adjustment to the opposite sex and (d) the need to rethink the cherished beliefs of one's elders. The failure to recognize and understand these basic needs may lead to poor mental well-being.
  5. Old age
    - The causes of mental illness; isolation, lose of independence, generation gap, communication barrier & organic causes – e.g. how stroke might affect brain function, dementia & Alzheimer), economic insecurity. lack of a home, poor status and insecurity.

- **Example of mental illness :**

- Depression
- Bipolar affective disorder
- Schizophrenia and other psychoses
- Dementia
- Intellectual disabilities
- Developmental disorder including autism & ADHD
- Personality disorders

- **Causes and contributing factors :**

- Mental illnesses like any other illness are multifactorial.

1. **Organic** → neoplasms, neurological diseases (e.g. stroke & epilepsy-on the long term-), endocrine disease (hypothyroidism- one of its symptoms-), SLE (patients get depressed secondary to the multiple symptoms they experience) & postpartum depression, metabolic diseases.
2. **Hereditary** → basically if a mental illness is running in a family, the family members are more likely to develop mental illness.
3. **Social** → emotional stress, **broken home** (divorced/dead parents. abuse, neglect or rejection either from family or community), economic insecurity, stigma, poverty & migration.
4. **Environmental** →
  - Toxic substance: lead compound, carbon disulfide, mercury, manganese, tin
  - Psychotropic drugs: barbiturates, alcohol, griseofulvin.
  - Trauma.
  - Smoking & Illegal use of drugs.
  - Side effects of medications.
  - Radiation: nervous system is most sensitive to radiation during the period of neural development.
  - Nutritional factors deficiency of thiamine, pyridoxine.
  - Minerals deficiency of iodine.
  - Infectious disease (e.g., measles, rubella) during the prenatal, perinatal and postnatal periods may affect the brain development.

## ● Drug abuse and dependence :

- **Drug abuse** > self administration of 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 interaction between a living organism and a drug, characterized by behavioral and other responses that always include a compulsion -as a reaction of continuous need- to take the drug on a continuous or periodic basis in order to experience its psychic effects -like hallucination- and sometimes to avoid the discomfort or physical withdrawal symptoms.
- Psychological (if the addicted is having social or family issues & taking the drug to escape from reality. When the drug effects disappear will regret then go back to take the drug etc....).

Drug	Psychic dependence	Physical dependence
Amphetamines stimulants	×	
Barbiturates sedatives	×	×
cannabis/marijuana حشيش /	×	
Heroin	×	×
Lysergic acid diethylamide	×	
Alcohol	×	×
Tobacco	×	×

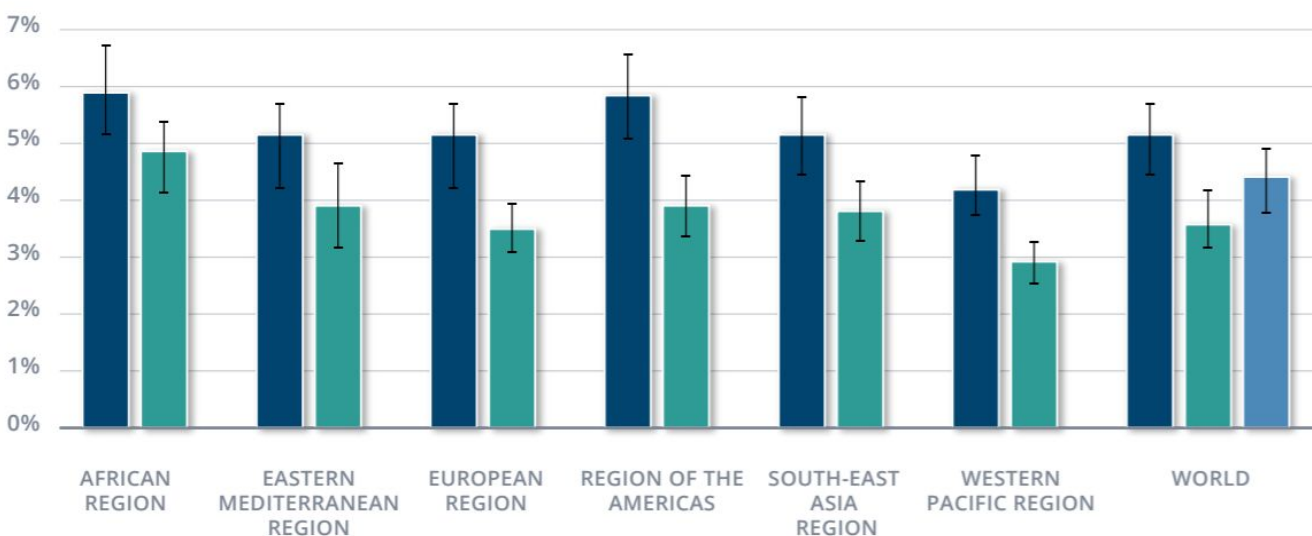
- Medical marijuana (used for glaucoma – epilepsy – for cancer patient with severe pain – calms down people w/ autism) under medical prescription.
- Heroin is narcotic analgesic that causes withdrawal effect.
- LSD (hallucinogenic drug): causes very severe visual & auditory hallucinations.
- Psychological dependence depends on the quantities & person's habits.
- Physical dependence happens slowly over time (you may drink for years until the body develops tolerance).
- Tobacco has same idea as alcohol.

## ● Mental health global burden (morbidity and mortality):

- Defined as premature death combined with years lived with disability.
- In 2004 , mental disorder accounted for 13% of the global burden of disease.
- Mental disorders accounted for 25.3% and 33.5% of all years lived with disability In low- middle- income countries, respectively.
- 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.
- When global burden of disease is expressed in percentage it means the number of years lived with disability.
- Ex: Someone's age is 60 years has lived 10 years w/ a disability, so this period of disability he would not be able to work, more services should be provided for him etc..).
- Why would they die prematurely?
  - They neglect themselves. Thus if they have developed a serious disease ex; cancer / diabetes, they have poor compliance to medications of their diseases).

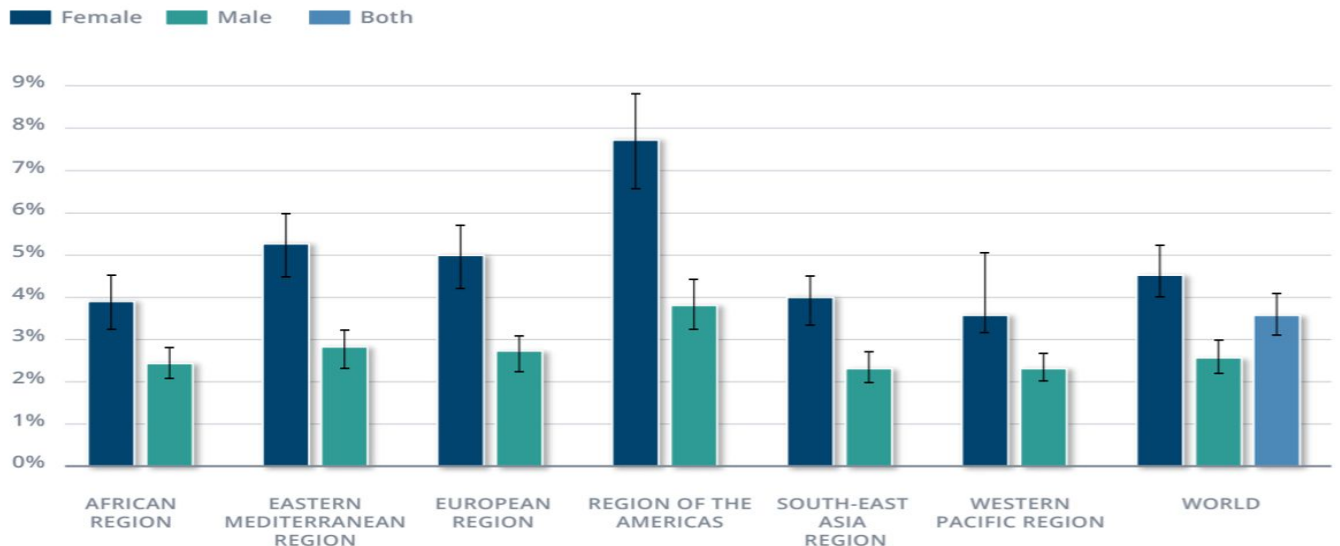
### Prevalence of depressive disorders (% of population), by WHO Region

■ Female ■ Male ■ Both



- Depression and anxiety are the runner ups of mental illnesses.
- People with mental disorders usually experience more misfortunes.
- They are at higher risk of discrimination & human right violation.

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



- **Stigma:**

- A mark of shame, disgrace or disapproval which results in an individual being shunned or rejected by others.
- A major cause of stigma associated with mental illness are the myths, misconceptions and negative stereotypes about mental illness held by many people in the community.

- **Stigma leads to:**

- **Rejection** by friends, relatives, neighbors, and employers.
- **In-equal** participation in family life, normal social networks and productive employment.
- Detriment effect on a mentally ill persons 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:**

- Openly talking about mental illness in community.
- Provide accurate information on the causes, prevalence, course and effects of mental illness.
- Countering the negative stereotypes and misconceptions.
- Providing support and treatment services.
- Ensuring the existence of legislation to reduce discrimination in workplace, in access to health and social community services .

- **Resiliency: Acquire coping skills.**

## ● “Prevention of mental illness “

### ● Primary prevention:

- Primary = preventing disease onset, Ex: vaccination (at community level).
- 1. **Community based.**
- 2. Improving the infrastructure: social environment (security) , living condition, **public mental health education**, health and welfare resources (providing health services).
- 3. **Increase self-estimate and coping skills.**
- 4. **Drug abuse is greatly preventable at the primary prevention.**

### ● Secondary prevention:

- Secondary= early diagnosis and prompt treatment (by screening not necessarily in hospitals ) E.g.: Breast CA screening, BP for HTN.
- The main aim is **preventing the onset of the disease.**
- Screening program in schools, universities, industry, recreation centers.
- For example; In ob-gyn clinic they provide 10 items checklist for postpartum depression, if a patient gets a certain score. She gets referred to the psychiatry clinic.

### ● Tertiary prevention :

- Tertiary prevention= rehabilitation after severe illness, preventing the disease from getting worse, preventing spreading in cases of infectious diseases.
1. Seek to reduce the duration of mental illness.
  2. Prevent further break down and disruption.
  3. Mental health services:
    - Diagnosis and treatment.
    - Rehabilitation.
    - Group and individual psychotherapy.
    - Mental health education & Campaign.
    - Psychoactive drugs.
    - After care services (ex : social care, employment services).
    - Around the world, a lot of people with mental illnesses have become homeless. Thus, providing services such as shelters & financial support are essential.

- **Global health systems and mental health:**

- 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.
- 50% of patients with severe mental illness are not receiving treatment (not 50% of the whole community).
- For those receiving treatment- poor quality of care.
- 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.

- **WHO recommends redirecting mental health funds to community-based services:**

1. Integration of mental health into general health-care settings to deliver a professional care.
2. Improves access and cost-effectiveness.



## Summary

### Mental Health:

“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“

### Causes and contributing factor:

**1- organic** → neoplasms, neurological diseases, endocrine disease.

**2- hereditary**

**3- social** → emotional stress, broken home, economic insecurity

**4-environmental** → - Toxic substance: lead compound, Trauma  
Psychotropic drugs: barbiturates, alcohol

### Drug abuse and dependence:

- **Drug abuse** → self administration of 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 interaction between a living organism and a drug, characterized by behavioral 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.

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Barbiturates	×	×
cannabis	×	
Heroin	×	×
Lysergic acid diethylamide	×	
Alcohol	×	×
Tobacco	×	×

## Stigma:

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

### Stigma leads to:

- **Rejection** by friends, relatives, neighbors, and employers.
- **In-equal** participation in family life, normal social networks and productive employment.
- Detriment effect on a mentally ill persons recovery, ability to find access to service, the type of treatment and level of support received and acceptance in the community.
- Family and caretakers isolation and humiliation.

### How to reduce stigma:

- Openly talking about mental illness in community
- Provide accurate information
- Countering the negative stereotypes and misconceptions
- Providing support and treatment services
- Ensuring the existence of legislation to reduce discrimination in workplace, in access to health and social community services.

### Resiliency: Acquire coping skills

- **WHO recommends redirecting mental health funds to community-based services:**

**1-** Integration of mental health into general health care settings to deliver a professional care

**2-** Improves access and cost-effectiveness

# “Prevention of mental illness”

## Primary prevention:

1- Community based

2- Improving the: social environment, living condition, public mental health education health and welfare resources

increase self-estimate and coping skills

Drug abuse is greatly preventable at the primary prevention

## Secondary prevention:

screening program in schools, universities, industry, recreation centers

## Tertiary prevention:

1- Seek to reduce the duration of mental illness

2- Prevent further break down and disruption

3- Mental health services:

- diagnosis and treatment
- rehabilitation, group and individual psychotherapy
- mental health education
- psychoactive drugs
- after care services (ex : social care, employment services )

Good luck!

