

THIS STORY IS FROM DECEMBER 6, 2021

# How India's perception of mental health has changed

Ketaki Desai / TNN / Dec 6, 2021, 12:01 IST



SHARE



AA

FOLLOW US

## You're Reading

How India's perception of mental health has changed



93% said that medication, therapy and counselling would be effective to manage mental illnesses.

Charging Ahead: Dubai aims to have over 42,000 electric cars on...

I killed your son in 1971 war: The confession that shook a brigadier

Why we need to stop second guessing ourselves and trust ou...

In the last few years, the conversation around mental health has become more mainstream, with people talking more openly about their struggles. But how has this shift impacted the way in which Indians perceive and understand mental health-related issues? A nationwide survey conducted by LiveLoveLaugh sought to understand status changes regarding the knowledge, attitudes, and practices (KAPs) towards mental health. This is a follow-up to a 2018 survey, which enables an understanding of the changes in the last couple of years, particularly in the context of the Covid-19 pandemic wherein mental health challenges have only grown.

92% of those surveyed said they would seek treatment and support a person seeking treatment for a mental illness. This is a significant jump from the 54% who echoed the sentiment in 2018. 93% said that medication, therapy and counselling would be effective to manage cure/ mental illnesses.

Another change is the way the competence of those suffering from a mental illness is perceived – 65% of respondents, more than double the 32% back in 2018, believe that individuals with mental illness could hold jobs

and lead stable, healthy lives. 68% said that people with mental illnesses can have meaningful relationships with friends, family and significant others.

This research was conducted by [Sattva Consulting](#), and 3,497 respondents from Bengaluru, Delhi, Guwahati, Hyderabad, Kanpur, Kolkata, Mumbai, [Patna](#), and Pune participated between 5<sup>th</sup> August and 9<sup>th</sup> September 2021. Participants were between the ages of 18 and 45, and belonged to lower and middle-income groups. A limitation of the survey is that the batch of respondents in 2018 and 2021 were different.

Mental health awareness has also grown, but only when it comes to specific illnesses. 96% said they were aware of at least one mental illness, up from 87% in 2018. Specifically, 77% were aware of depression, followed by generalised anxiety disorder (27%). Psychosis, substance abuse and PTSD followed. Lesser-known illnesses include eating disorders, obsessive-compulsive disorder, personality disorders and Autism spectrum disorders. This increased awareness was attributed to social media by 65%. Fifty six percent said they learnt from friends, and 48% attributed it to newspapers.

What prevents people from accessing mental healthcare, according to the respondents, is lack of access due to socio-economic conditions, the prohibitive cost of mental healthcare and stigma. Commenting on the need for better access, Dr Shyam Bhat, Chairperson of LiveLoveLaugh, said, "A reduction in the stigma surrounding mental health is very encouraging. People are becoming more knowledgeable about common mental illnesses like depression and anxiety. However, as the study shows, there continue to be major gaps in the understanding of conditions like schizophrenia, [OCD](#), and childhood disorders such as attention deficit hyperactivity disorder ([ADHD](#)) and autism spectrum disorders (ASD), all of which are substantial public health issues. Then, there is the problem of access. Improving access to mental healthcare is a critical need and should be the focus of any planning discussions about the subject at every level of governance."

When asked about the causes of mental illnesses, 65% identified stress, followed by mood swings (48%), family neglect (40%), and traumatic events (39%). However, 24% and 19% of respondents continue to believe supernaturalism and karma as key causes respectively. Only 17% of respondents acknowledged that genetic factors can also play a role.

How would respondents feel if a friend was suffering from a mental illness? 64% said it would make them sad and almost half (48%) would feel anxious. This is followed by shock (33%), fear (30%) and anger (9%). Three percent would feel shame and embarrassment respectively. These

ADVERTISEMENT

### Trending Stories

In Section

Entire Website

- Cauvery water row: Cops term Karnataka bandh illegal, impose ban...
- Live: Cauvery panel asks K'taka to release 3,000 cusecs of water to Tamil...
- MS Swaminathan, father of India's green revolution, passes away in...
- Cauvery Water Dispute News Live Updates: Farmers hold protest in...
- Ganesh Visarjan 2023 Live Updates: 93 roads in Mumbai to be closed for...

ADVERTISEMENT

ADVERTISEMENT

emotions were further amplified if it were a family member suffering from a mental illness.

ADVERTISEMENT

#### READ NEXT:

**Special train departs from Bihar's Buxar with 1,006 passengers aft...**



**Bring home Samsung's washing machines: Here's why**

**Tribal girl from Chandrapur raises the bar, gets Maharashtra...**



**Deals to Upgrade Your Kitchen! Up to 75% OFF on Kitchen...**

**TOI Archives: If Jews had paid heed to Gandhi's advice**



**Know how Dubai is simplifying business**

TOI+

#### FOLLOW US ON SOCIAL MEDIA

**ELECTIONS** Elections 2023 Madhya Pradesh Elections

**TOP TRENDS** Karnataka bandh Bangalore Bandh News



About us  
Create Your Own Ad  
Terms of Use and Grievance Redressal Policy  
Privacy policy  
Advertise with us

RSS  
Newsletter  
Feedback  
ePaper  
Sitemap  
Archives

#### FOLLOW US ON



#### OTHER TIMES GROUP NEWS SITES

The Economic Times	I am Gujarat
Hindi Economic Times	Times Now
Navbharat Times	Times Now Navbharat
Maharashtra Times	TimesPoints
Vijaya Karnataka	Indiatimes
Telugu Samayam	Brand Capital
Tamil Samayam	Education Times
Malayalam Samayam	Times Food
Ei Samay	Miss Kyra

#### POPULAR CATEGORIES

Headlines	Bollywood News
Sports News	Health & Fitness Tips
Business News	Indian TV Shows
India News	Celebrity Photos
World News	

#### TOP TRENDS

Karnataka bandh	Rajasthan BSTC Result 2023
Bangalore Bandh News	Ujjain Rape Case
Virat Kohli	Chandrayaan 3
Rohit Sharma	ICC World Cup 2023 Points Table
Bandh in Bangalore Today	Bangalore Flights Cancelled
Asian Games Medal Tally 2023	Delhi Jewellery Robbery
Maneka Gandhi	Abhishek Banerjee
Delhi Air Pollution	ICC ODI World Cup 2023
Afghan Embassy in India	ICC World Cup Schedule 2023

#### LIVING AND ENTERTAINMENT

Viral News	Travel Destinations
Viral Videos	Bombay Times
Femina	Cricbuzz.com
ETimes	Filmfare
Grazia	TV
Zoom	Lifestyle

#### HOT ON THE WEB

Banana Recipe	Suhana Khan
Mosambi Juice Benefits	Mini Switzerlands
Baby Names	Sadhguru Quotes
Travel Destinations	BK Shivani
Parenting Tips	Kiara Advani

#### TRENDING TOPICS

Mahira Khan	Skanda Movie Review
Gandhi Jayanti 2023	Chandramukhi 2
Weekly Horoscope	Optical Illusion
Akshay Kumar	Weight Loss
Chandramukhi 2 Collection	Hair Care
Vicky Kaushal	Kids Food Tips
Animal Teaser	World Heart Day
The Vaccine War Collection	Vivo Y55s
The Vaccine War	Laptops under 30000
	WiFi Routers
	Tablets under 15000

#### SERVICES

CouponDunia	Times Mobile
Magicbricks	Gadgets Now
TechGig	Careers
TimesJobs	Colombia
Bollywood News	