



Understanding the Global Mental Health Crisis

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Smartphones, Social media And A Spike In Mental Health Crises Among Youth

Two new studies show that Americans are more worried about their mental health than their physical health.

DW IN FOCUS Iran Israel-Hamas war Ukraine

SCIENCE | GLOBAL ISSUES

Global mental health

Fred Schwaller
10/10/2022

Across the world, people need mental health Local and global initiatives are starting to On World Mental Health Day, DW takes a look at



≡ TIME

In Health Health news

Europe's mental health crisis: Which country uses the most antidepressants?



HEALTH • MENTAL HEALTH

America Has Reached Peak Therapy. Why Is Our Mental Health So Bad?

Health Feature 12 July 2019



The Guardian

mental health
ing and self-care is



Mental health - the lasting scars of crisis



A global mental health crisis?

Really?

We analyzed the same dataset as used in the video
and had different findings.

About the data:

Over 11.000
Individuals



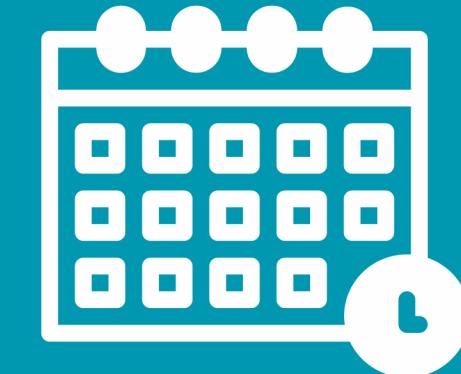
160
Countries



459
Health & Risk Factors



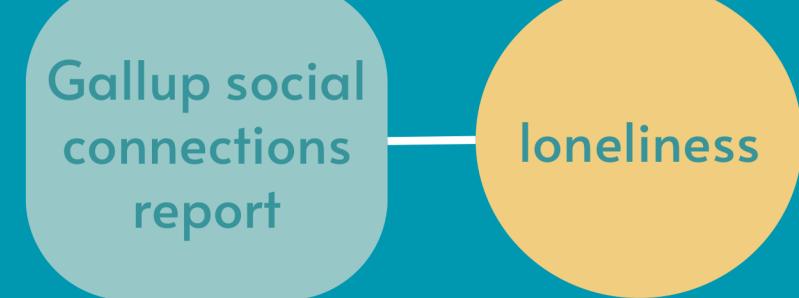
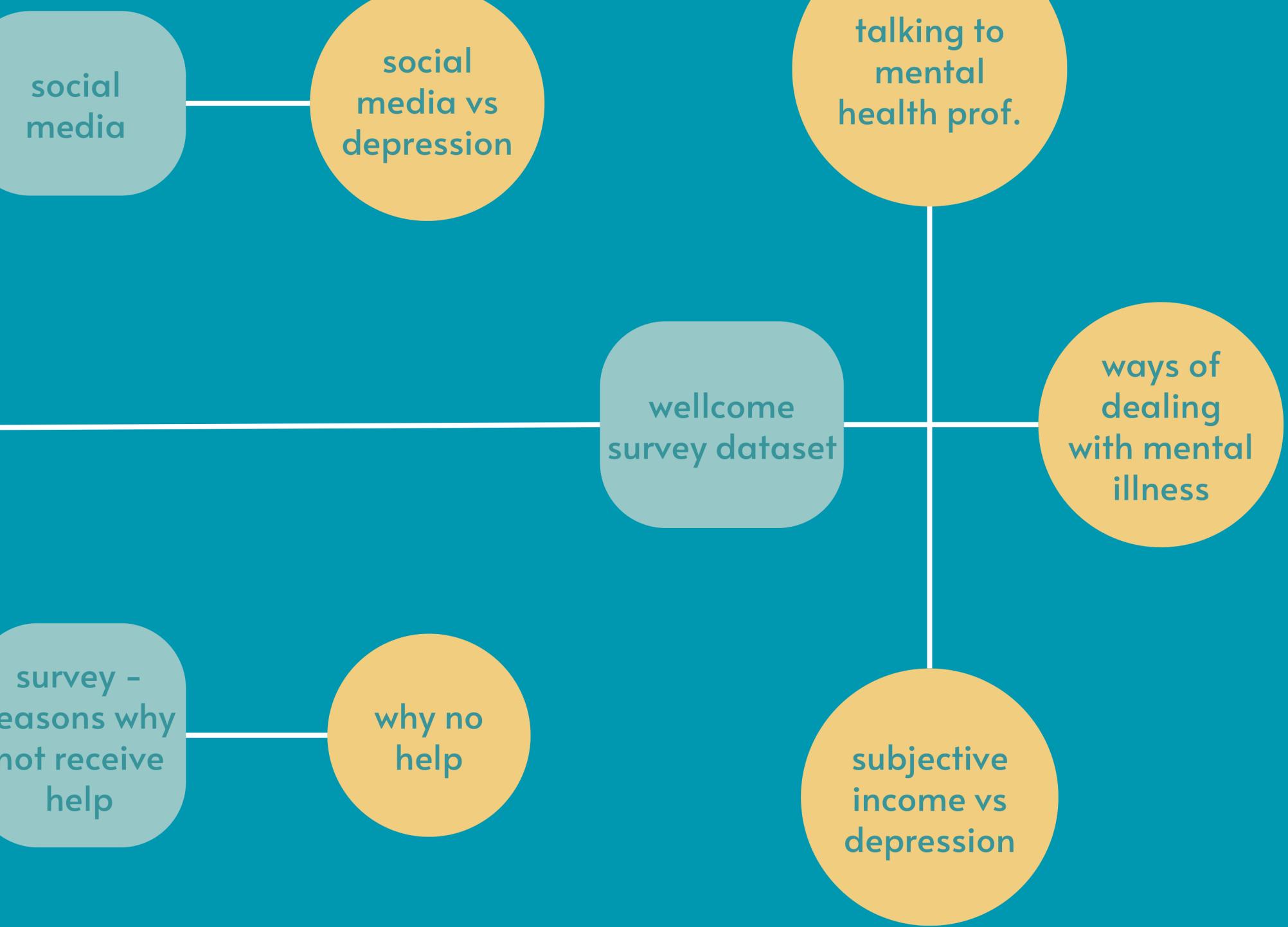
1990-2019
Time Period



Country Level Data



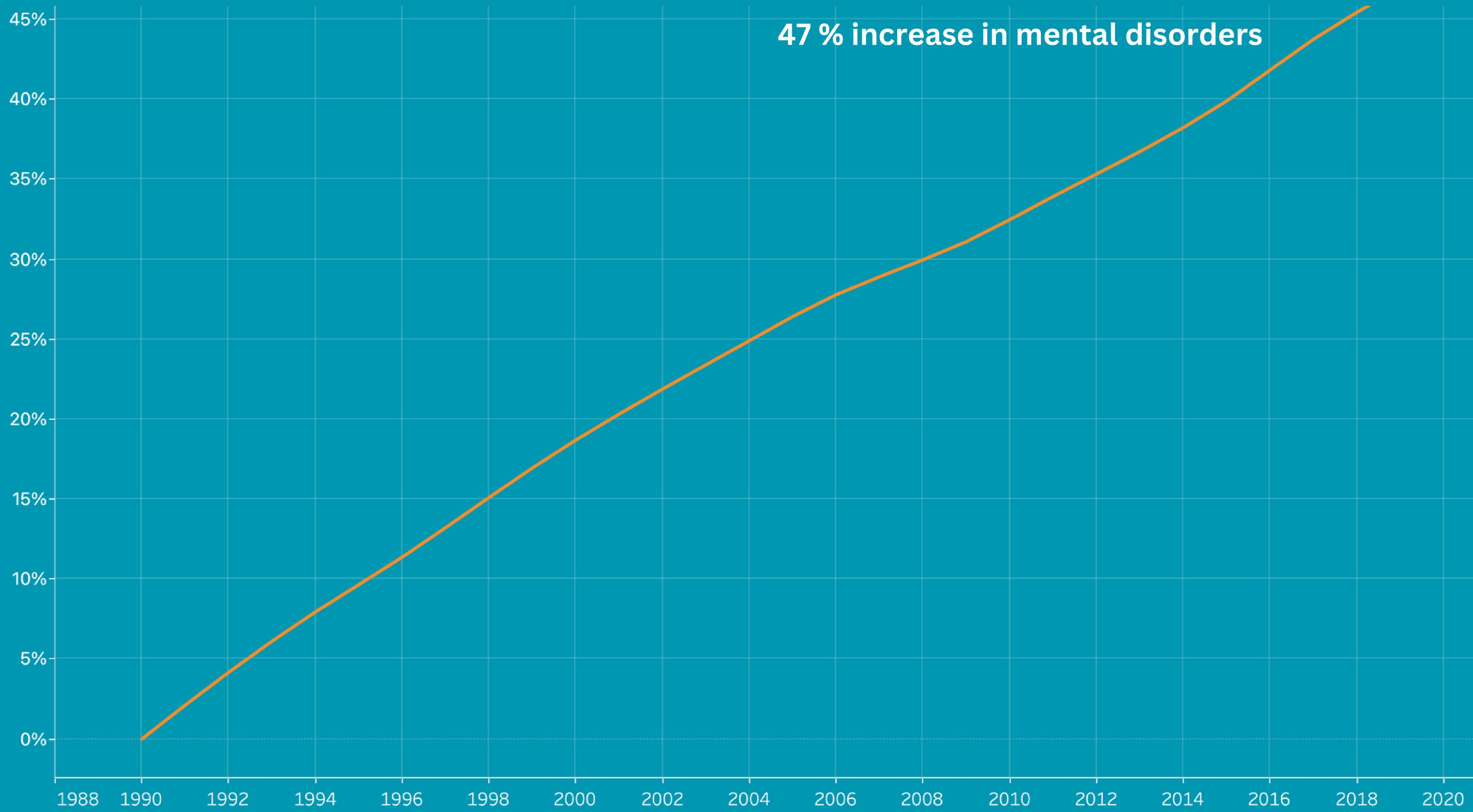
Individual Level Data



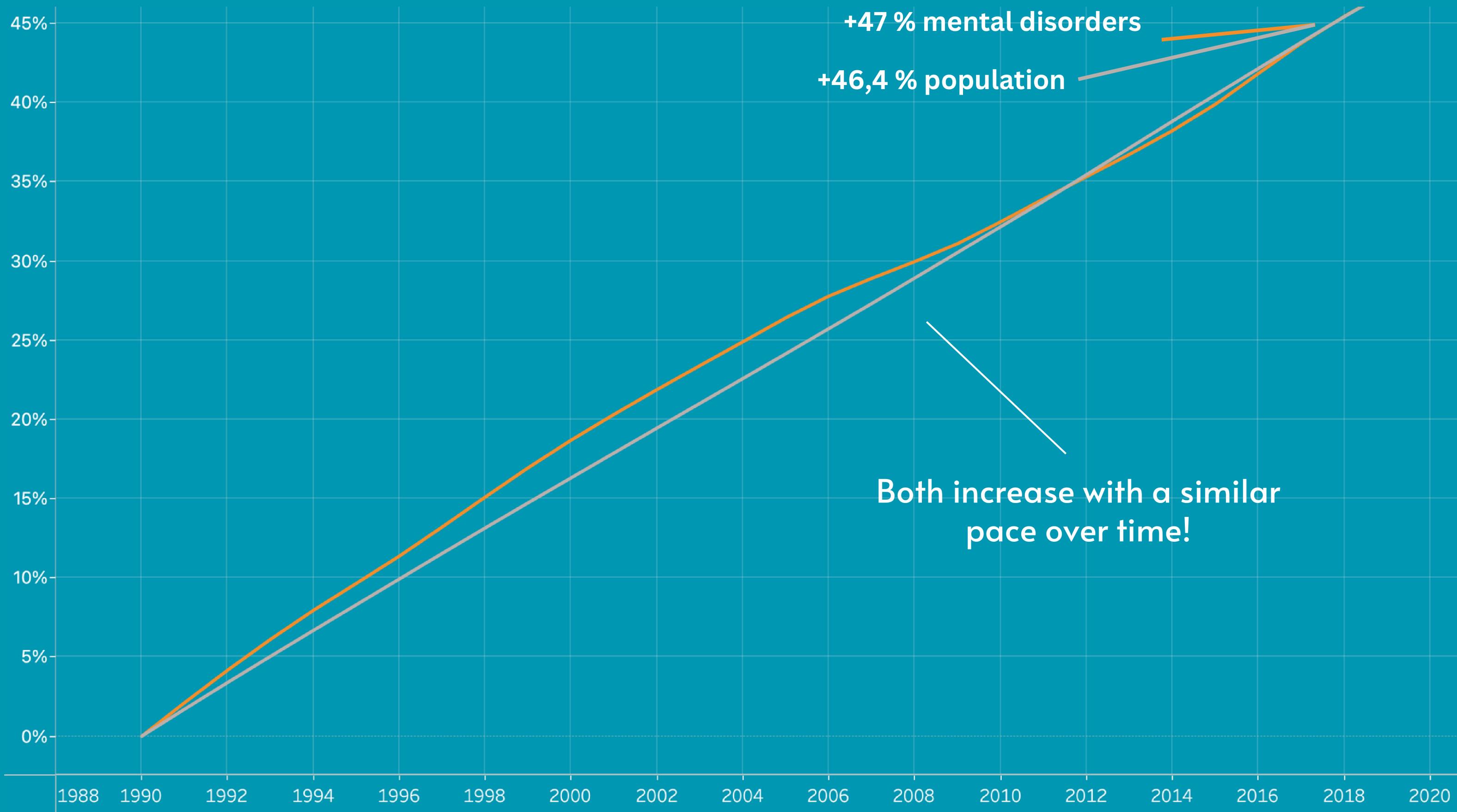
Data Set

Data Points

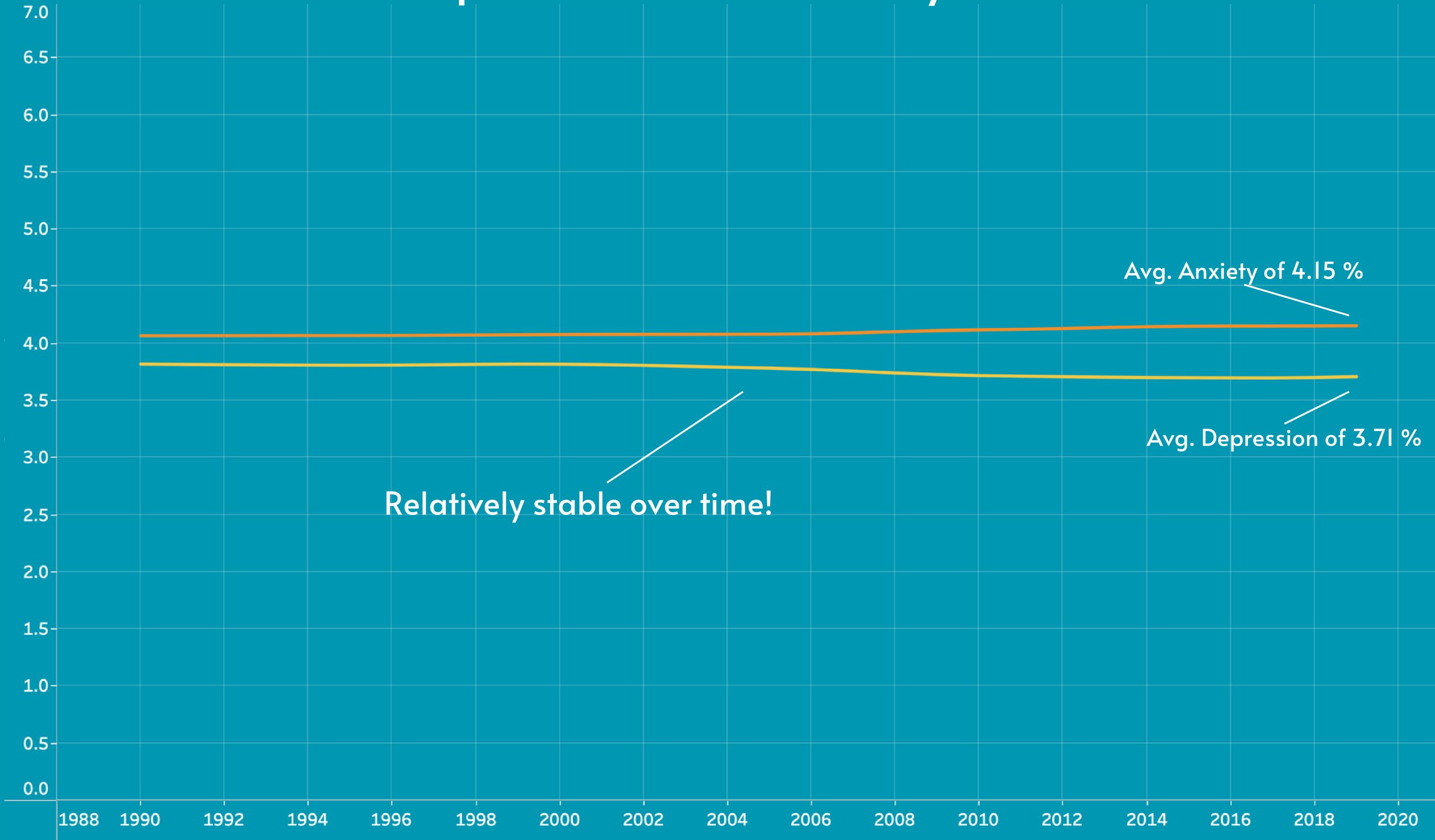
Increase in mental disorders



Increase in mental disorders vs increase in population



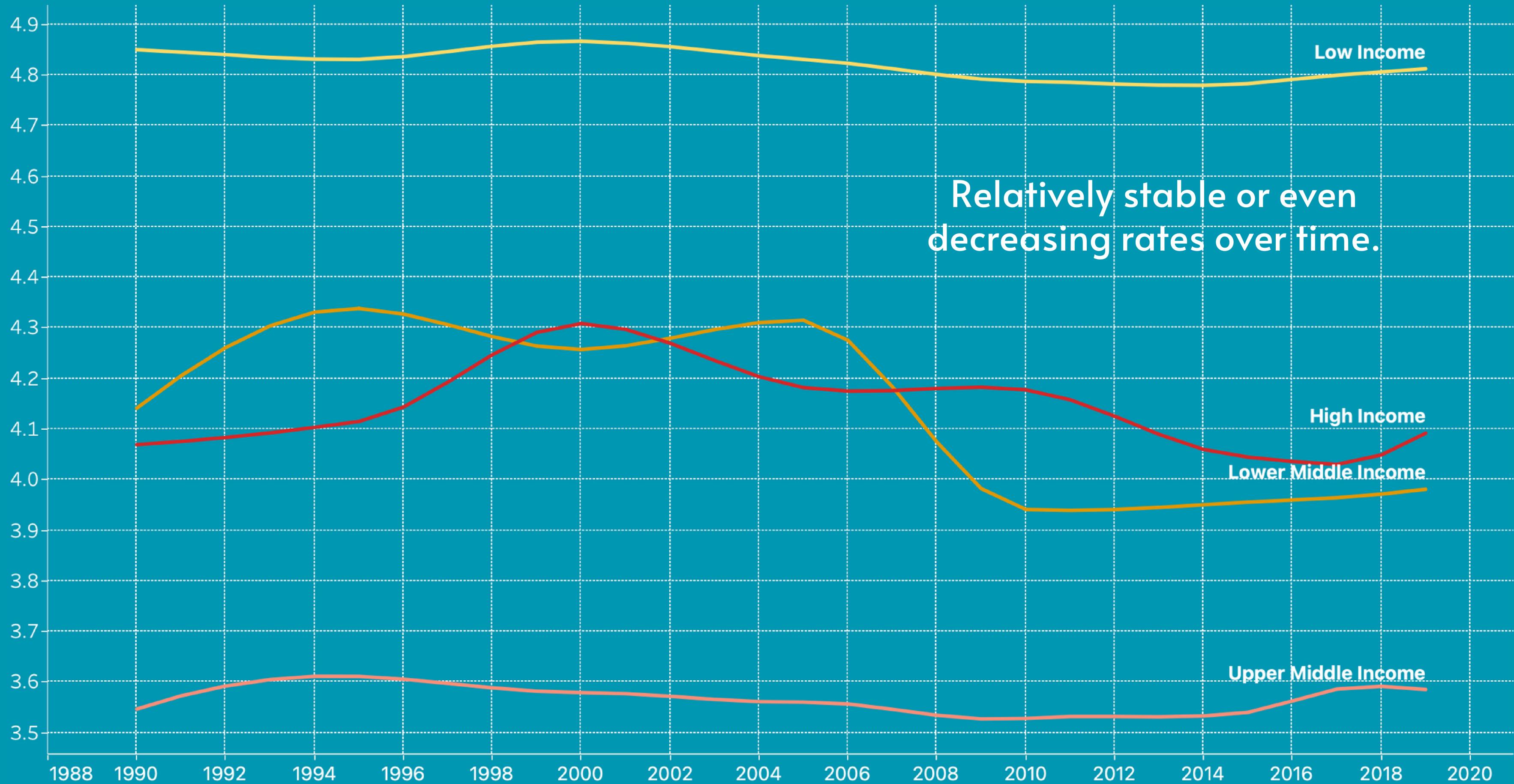
Rate for depression and anxiety since 1990



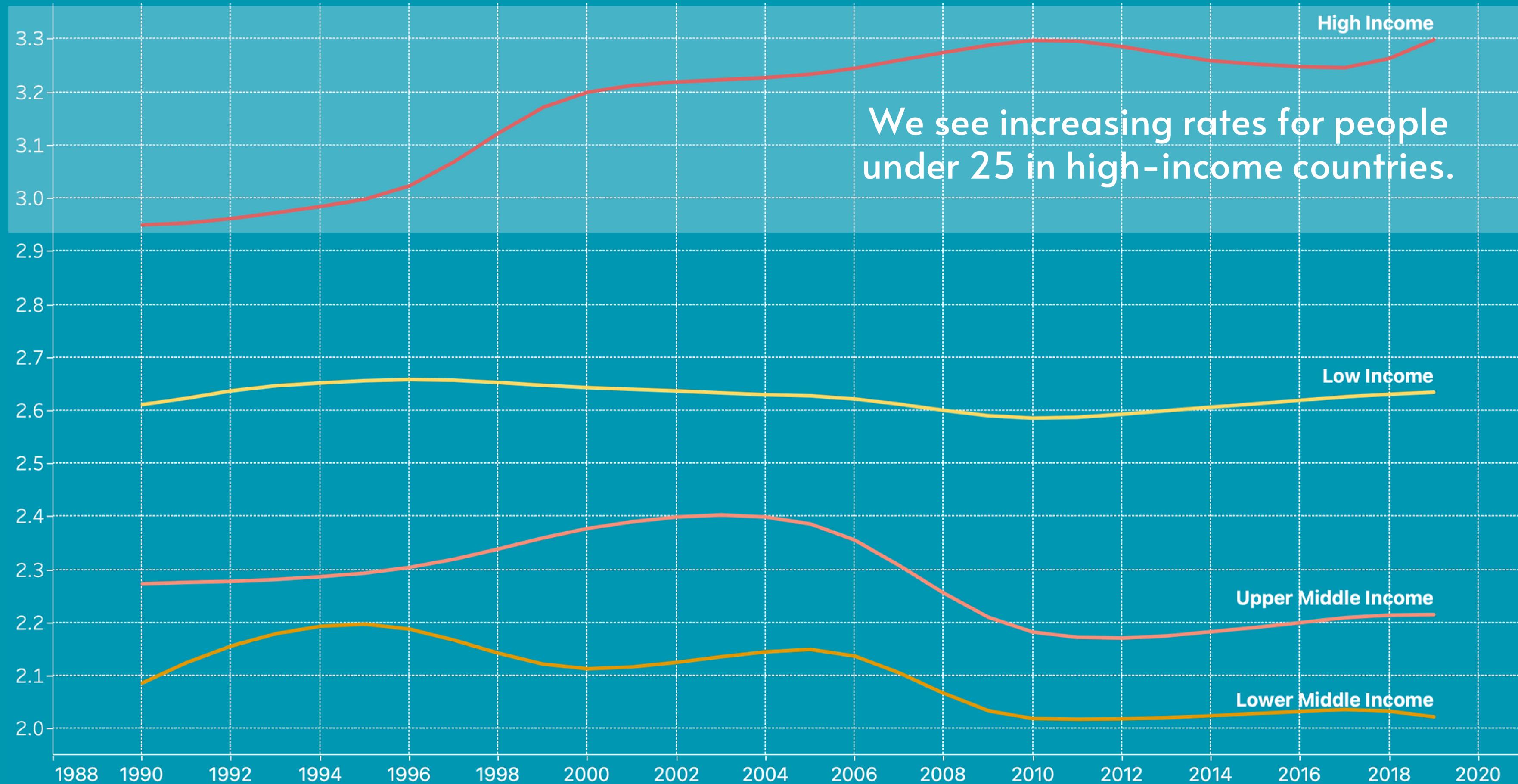
But does that mean there is no problem?

Maybe we can see increasing rates for specific groups?

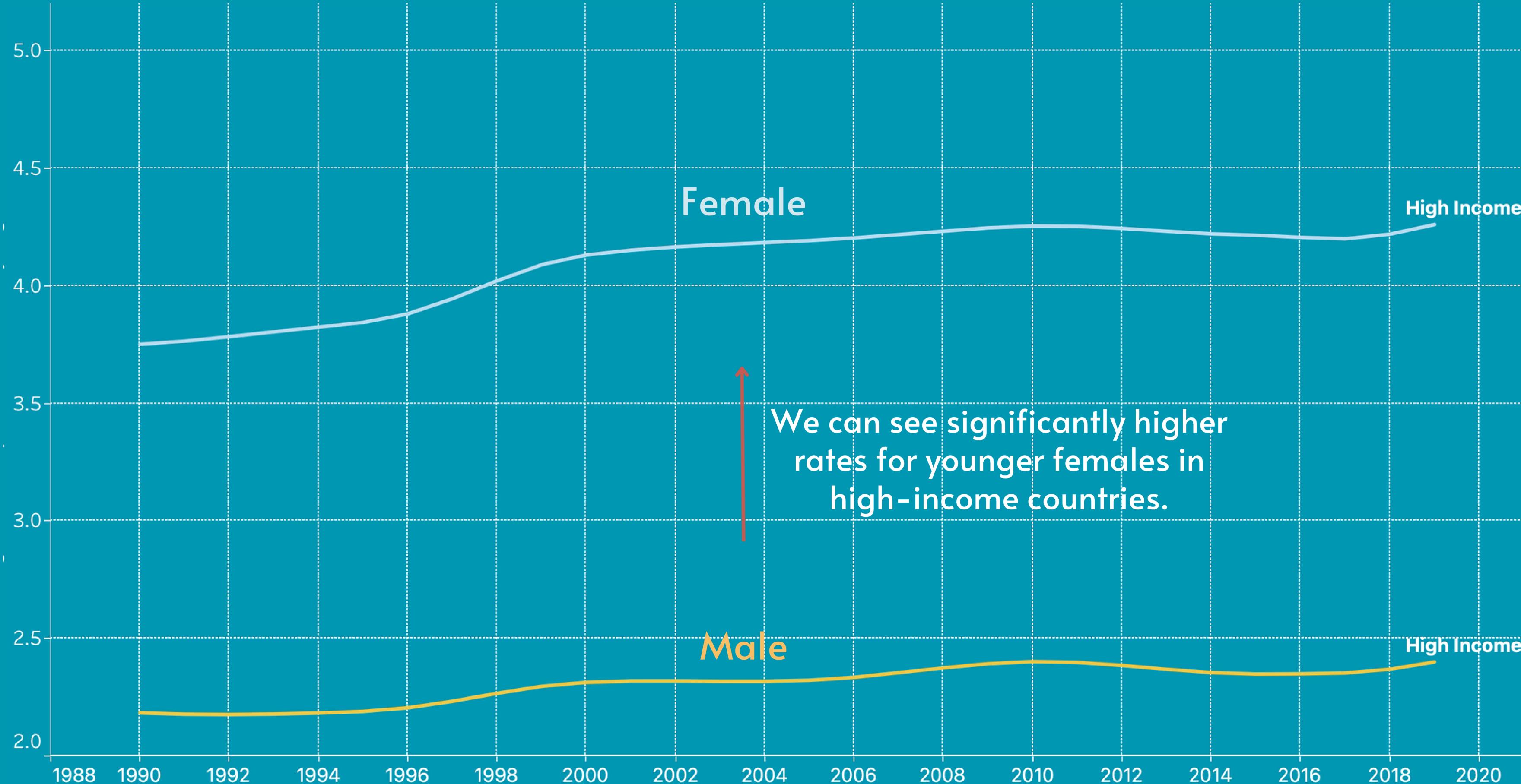
Rates for people over 25 by country income group



Rates for people under 25 by country income group



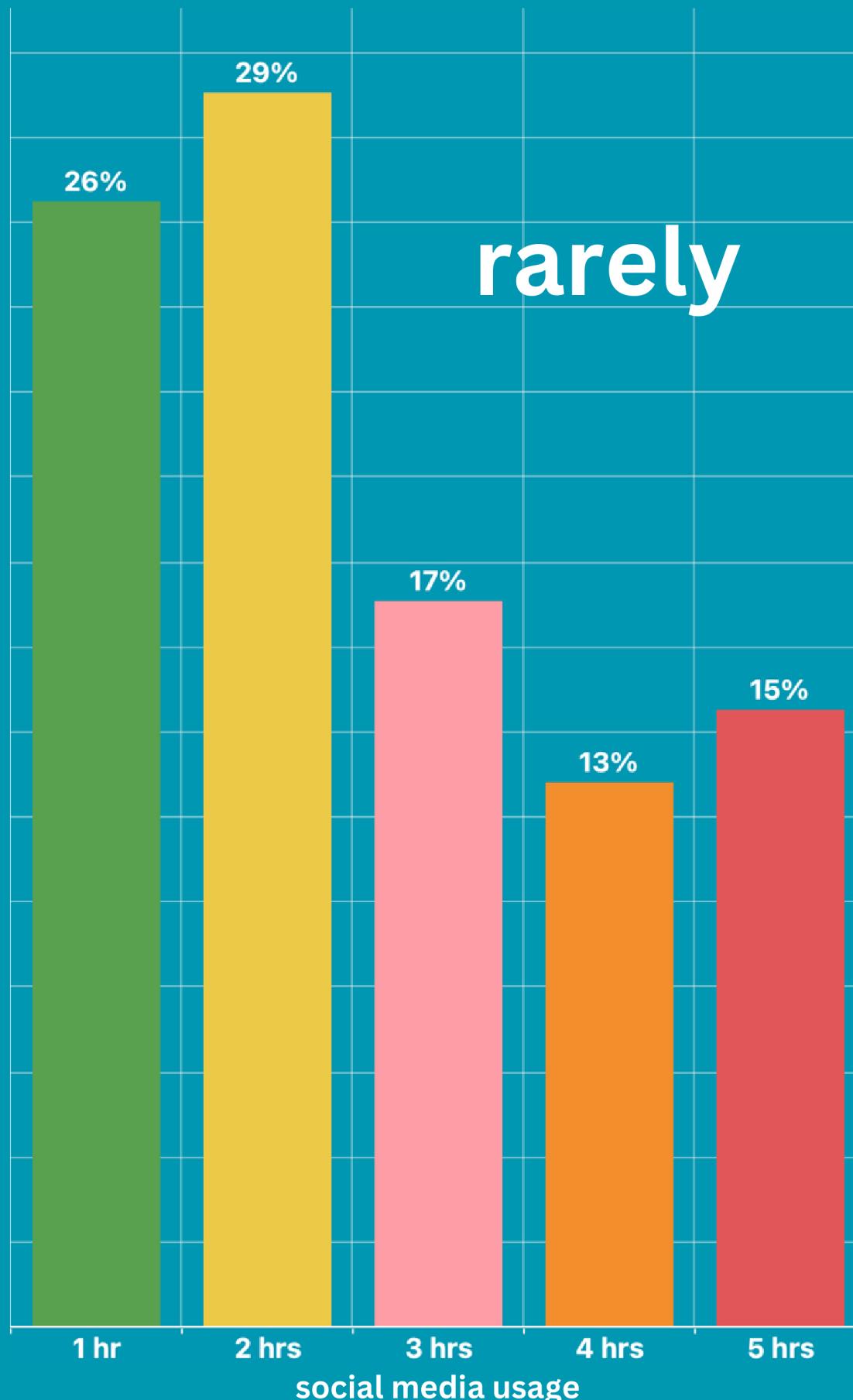
Rates for people <25 in high-income countries by gender



Does social media have an impact?

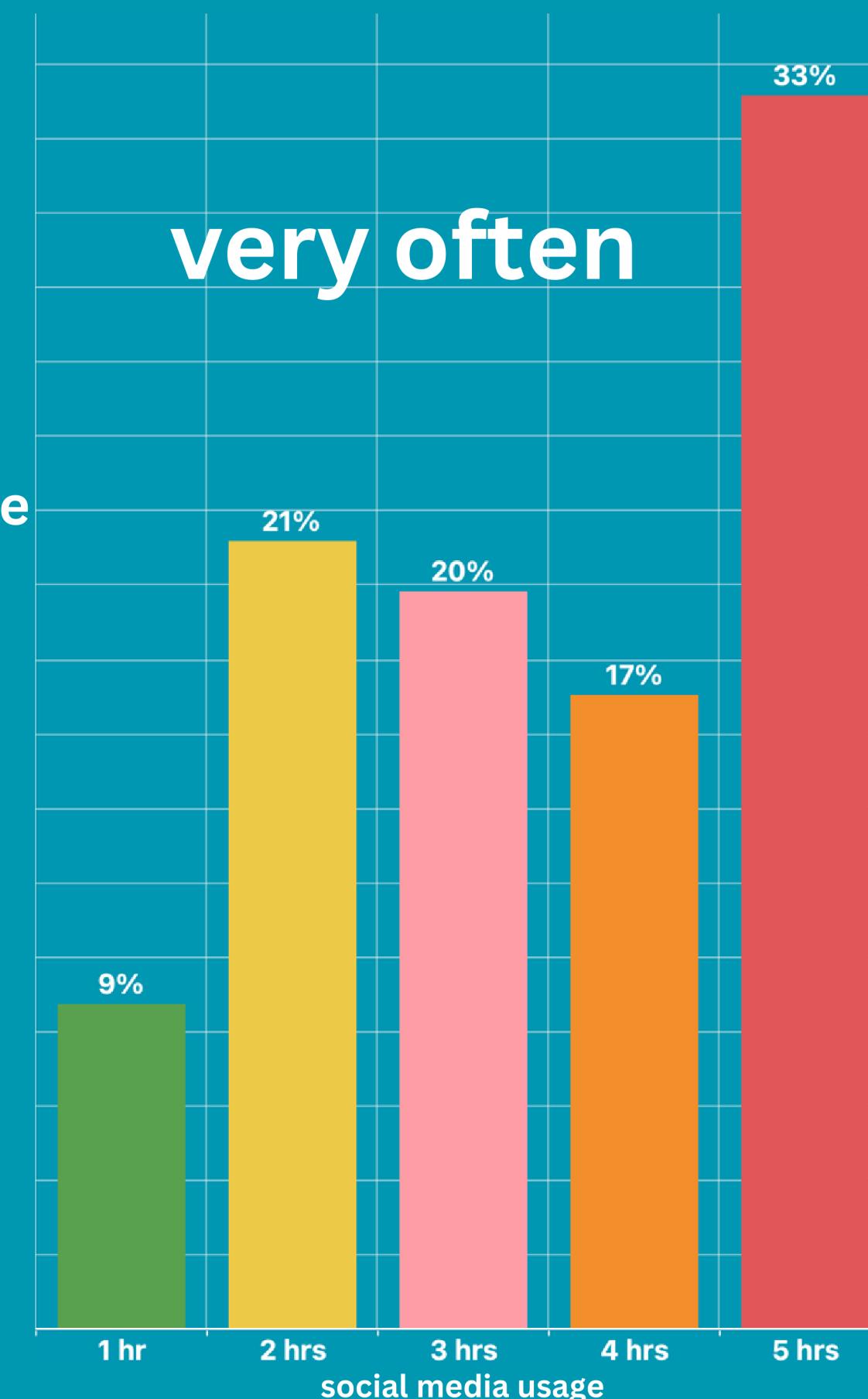


How frequently do you feel depressed?



rarely

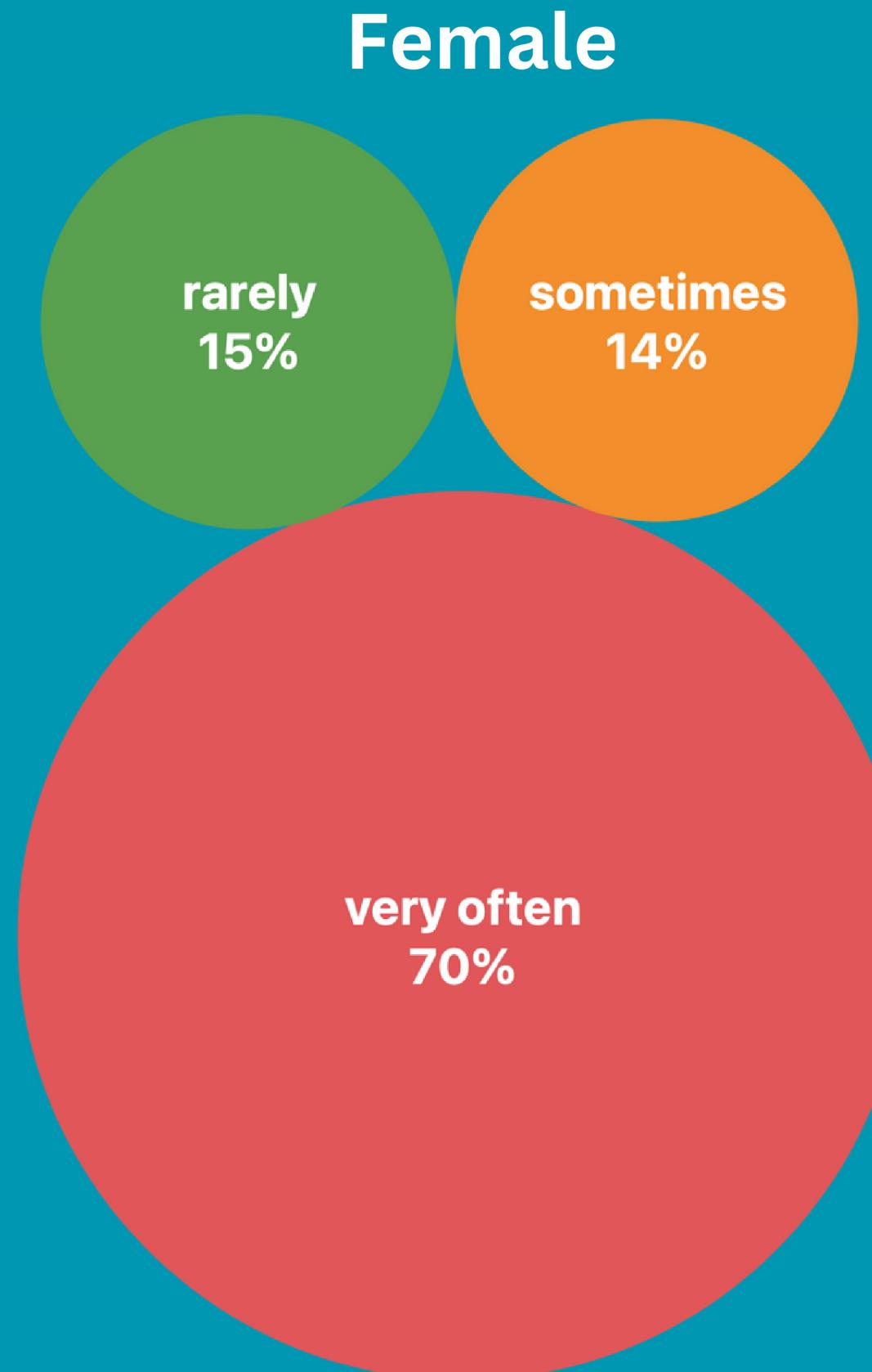
Higher social media usage
is associated with
more depression



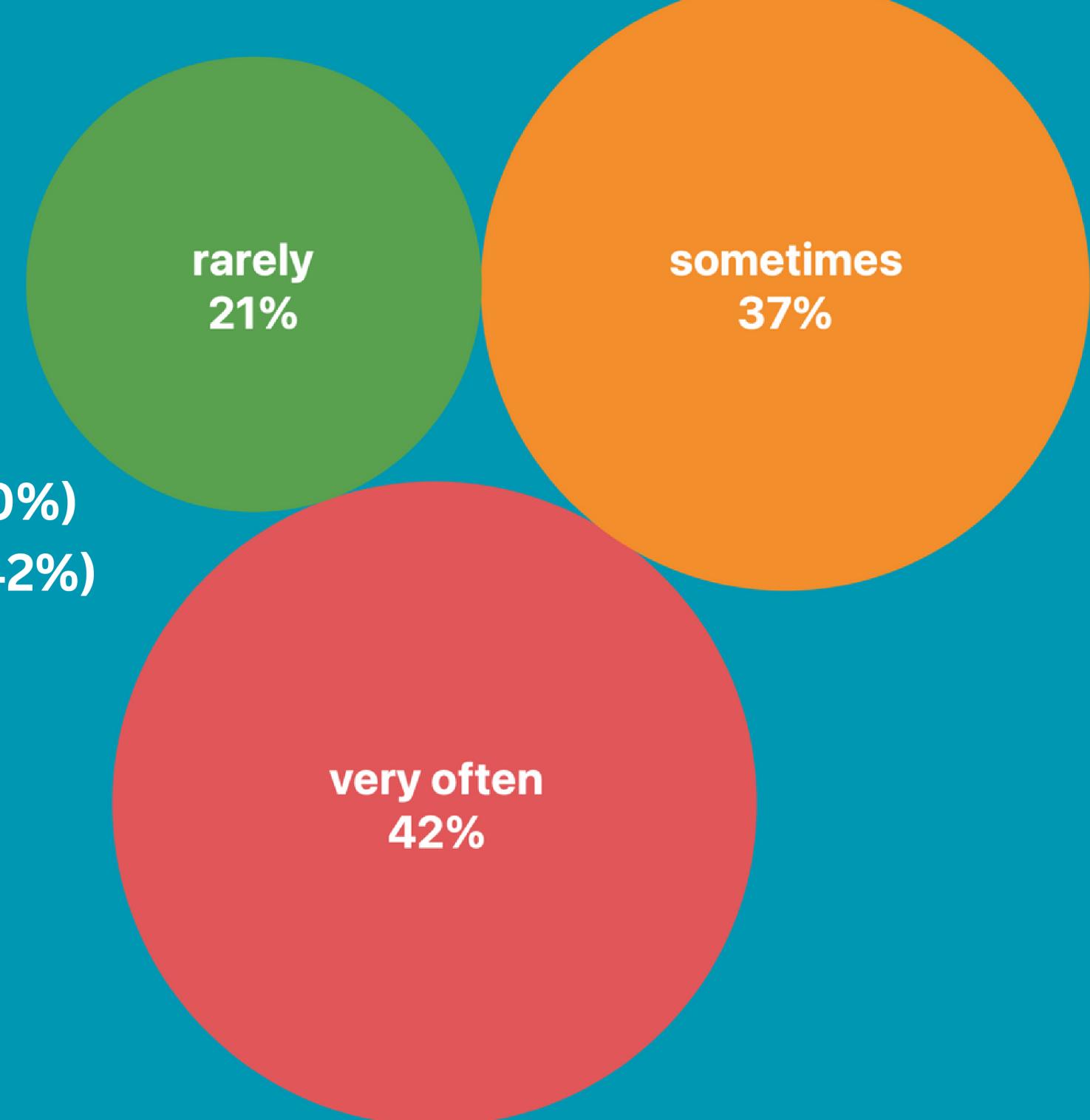
very often

How frequently do you feel depressed?

(for high social media usage)

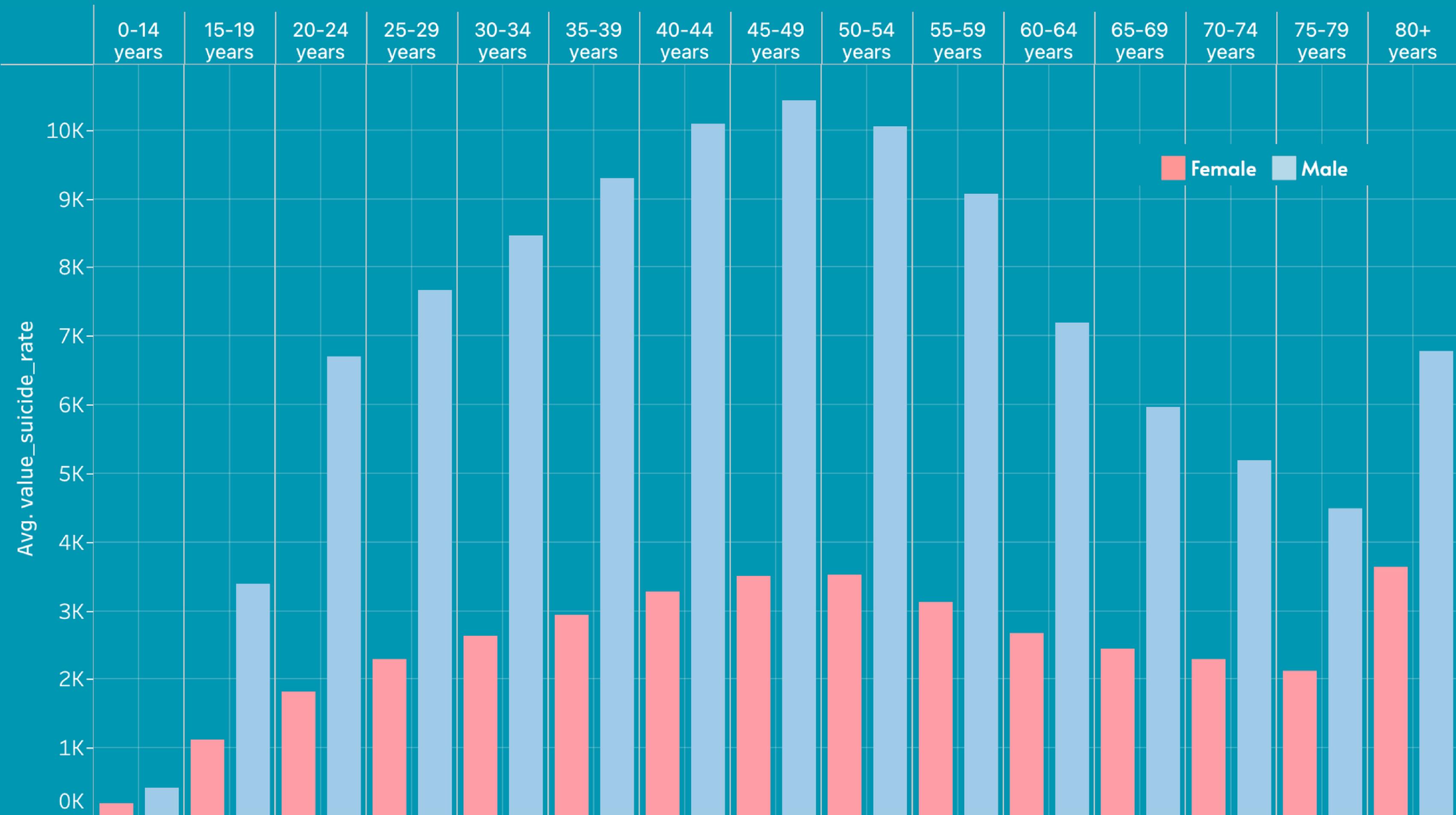


Females feeling
very often depressed (70%)
much more than males (42%)



Does that mean that males are less affected
by mental health problems?

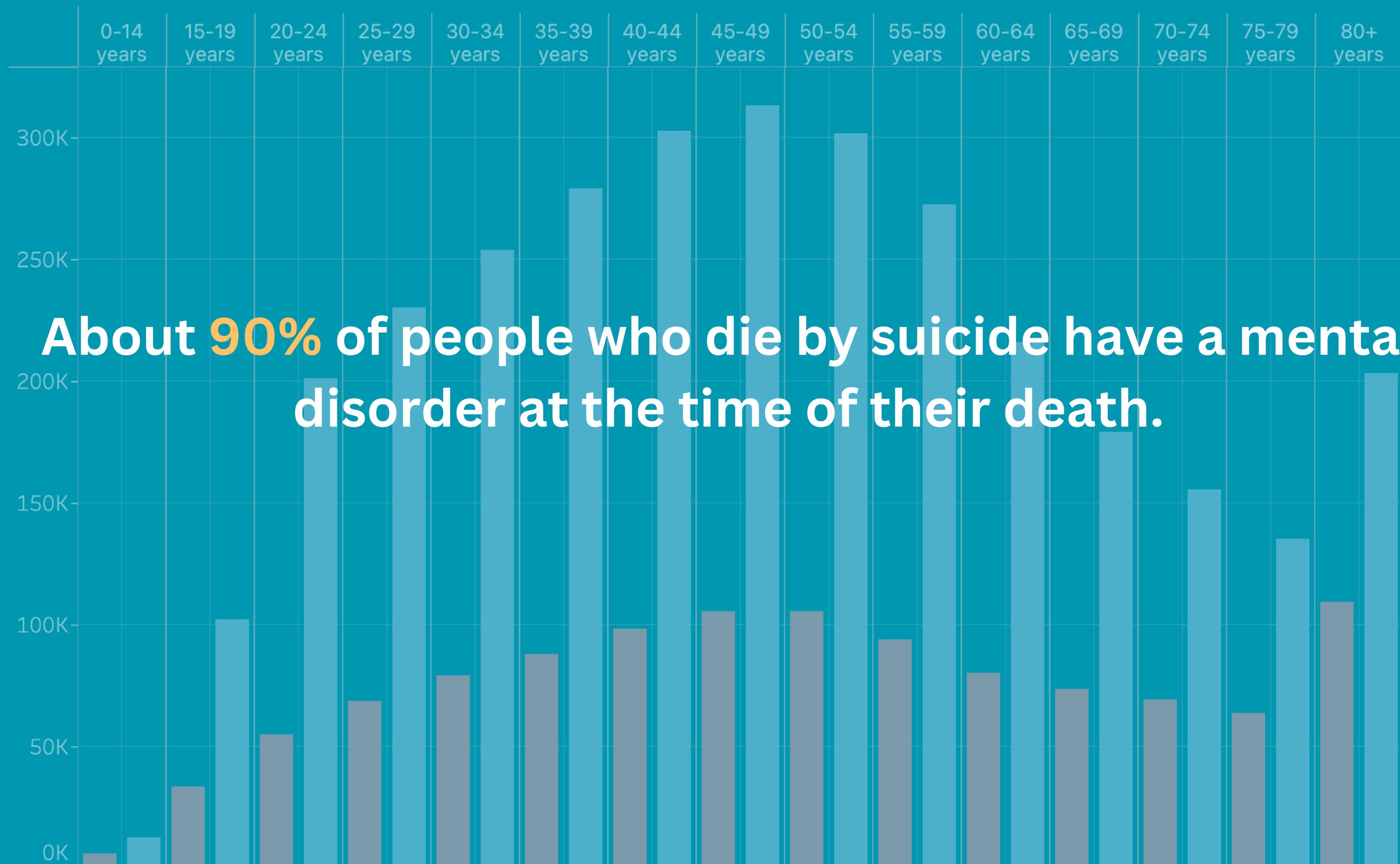
Suicide cases by gender and age



Suicide cases by gender and age



Suicide numbers by gender and age



About 90% of people who die by suicide have a mental disorder at the time of their death.

No matter the sex, individuals with mental health problems should always seek help.



We would like to take a brief moment and encourage you to seek help if you feel any kind of distress from the topics that we have mentioned so far.

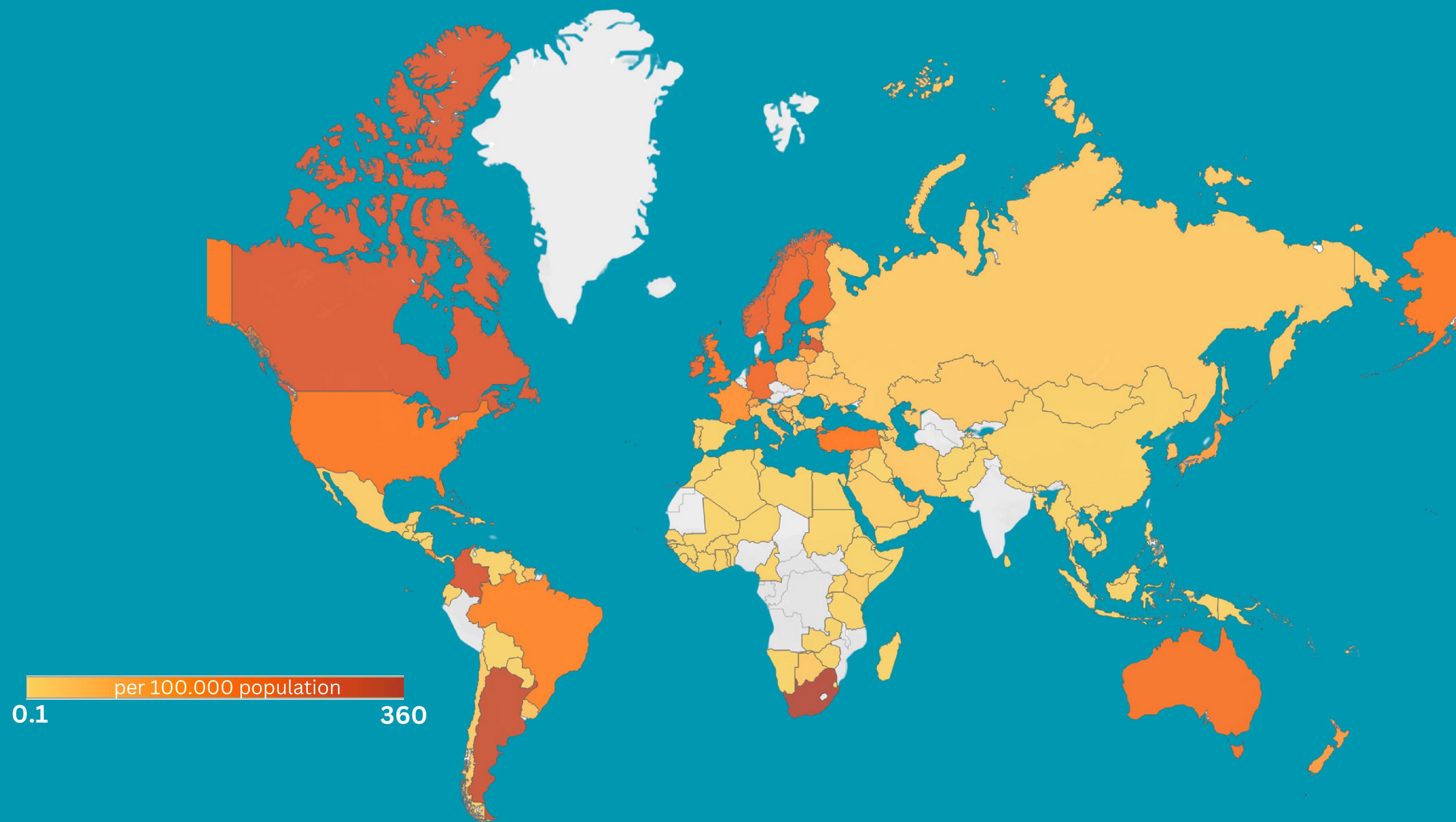
Access to timely and effective mental health care is crucial for preventing suicides



How do people deal with mental diseases?

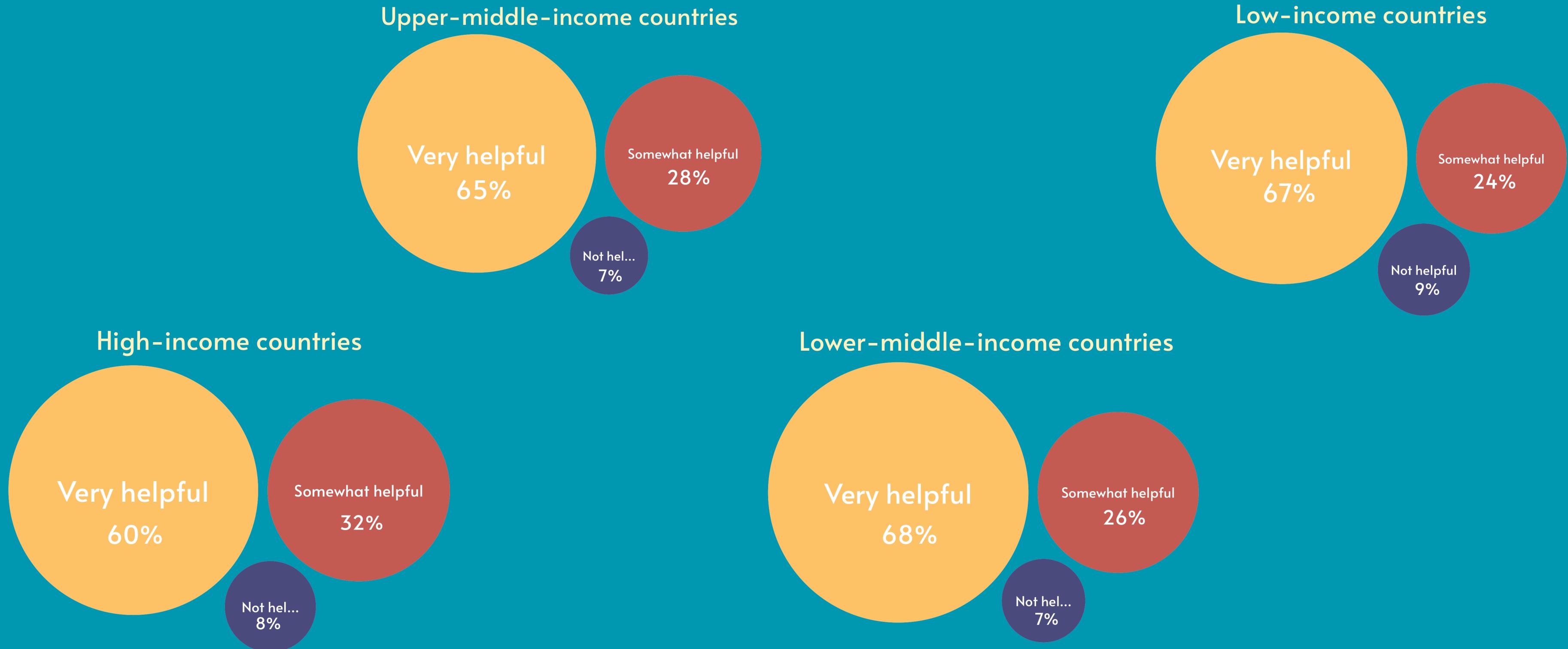


Availability of mental health professionals



Data sources: WHO, Mental Health Atlas (2020)

Was talking to a mental health professional helpful ?



Nearly **two-thirds** of people with a known mental disorder never seek help from a health professional.

Reasons why people didn't seek professional help:

Could not afford cost
41%

Thought could
handle the problem
without treatment
28%

Did not know where
to go for services
24%

Did not have time
22%

Health insurance does not
pay enough for mental
health services
15%

Not anybody can afford mental health
professional support and financial problems
can play a role to mental health issues



Subjective income

History of depression/anxiety?

YES

NO

Finding it very difficult on present income

34%

Finding it difficult on present income

26%

Getting by on present income

17%

Living comfortably on present income

15%

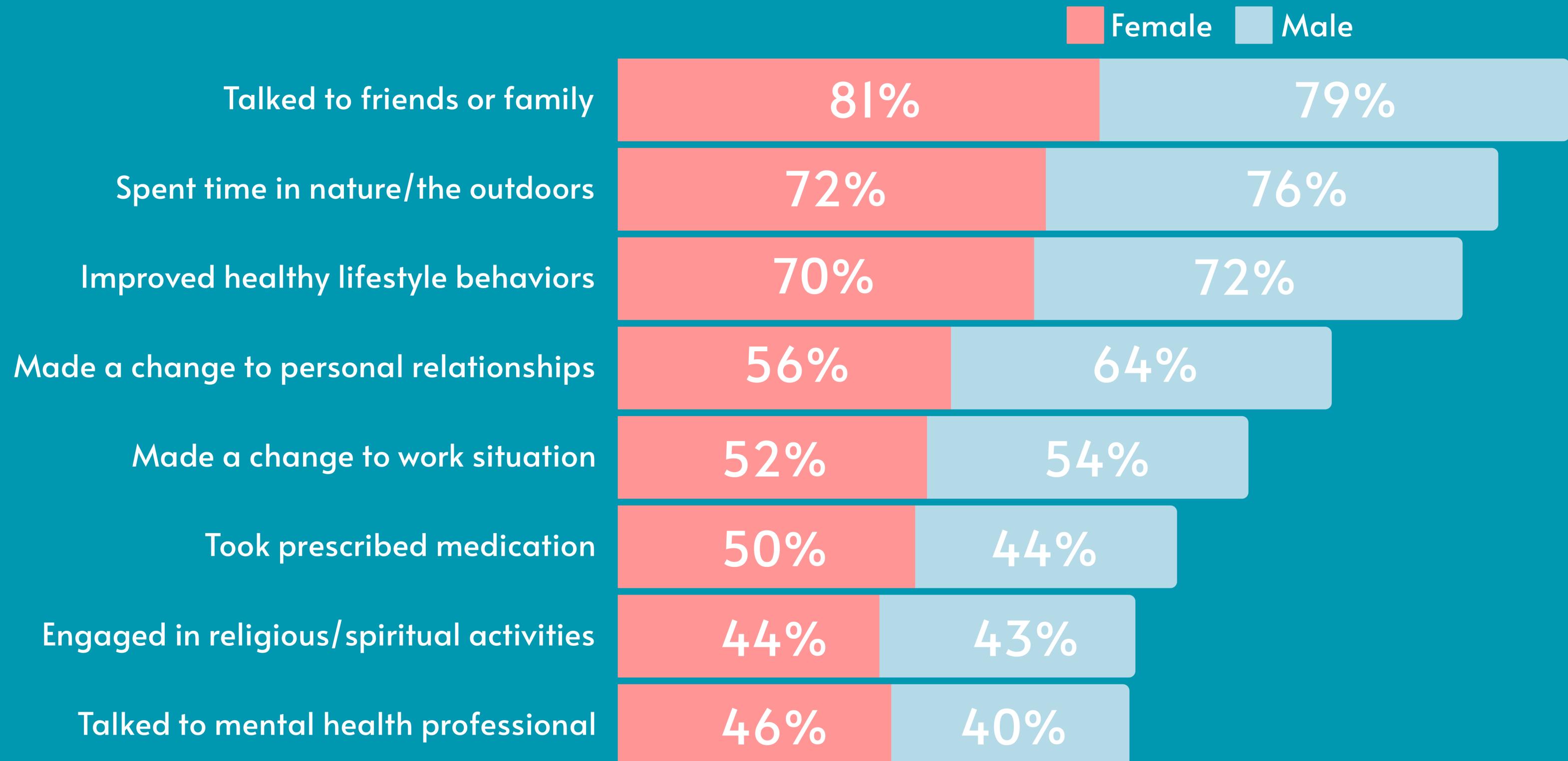
financial struggling can be associated with higher likelihood of mental health history!

What are other ways of dealing with mental health problems besides seeking help from mental health professionals?



When you were feeling anxious or depressed, did you ever do any of the following to make yourself feel better ?

Percentage of people who answered 'yes'.



TOP 5

very / fairly
lonely

rate of
depression

rate of
anxiety

Lesotho

Philippines

Uganda

Botswana

Afghanistan

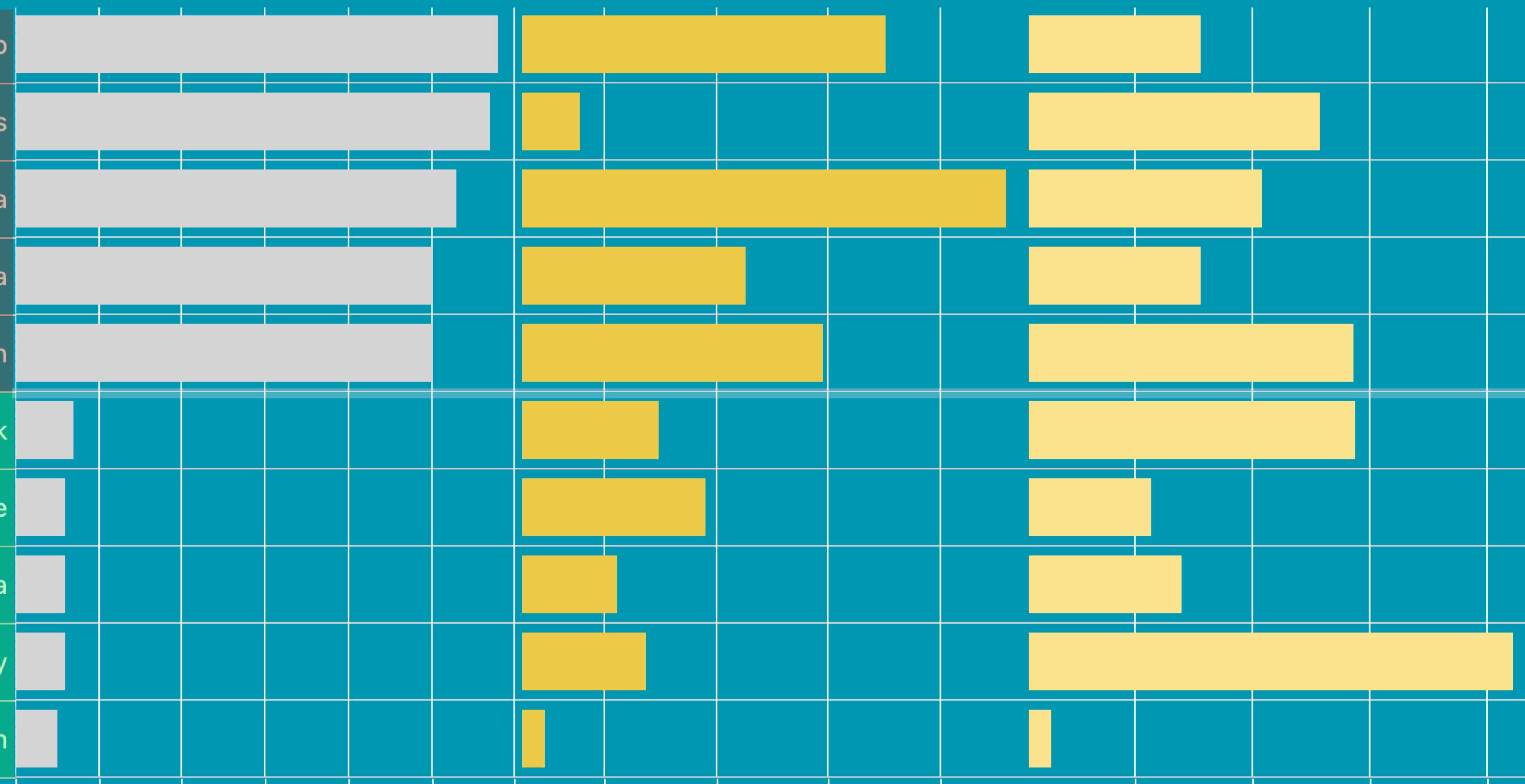
Denmark

Ukraine

Slovenia

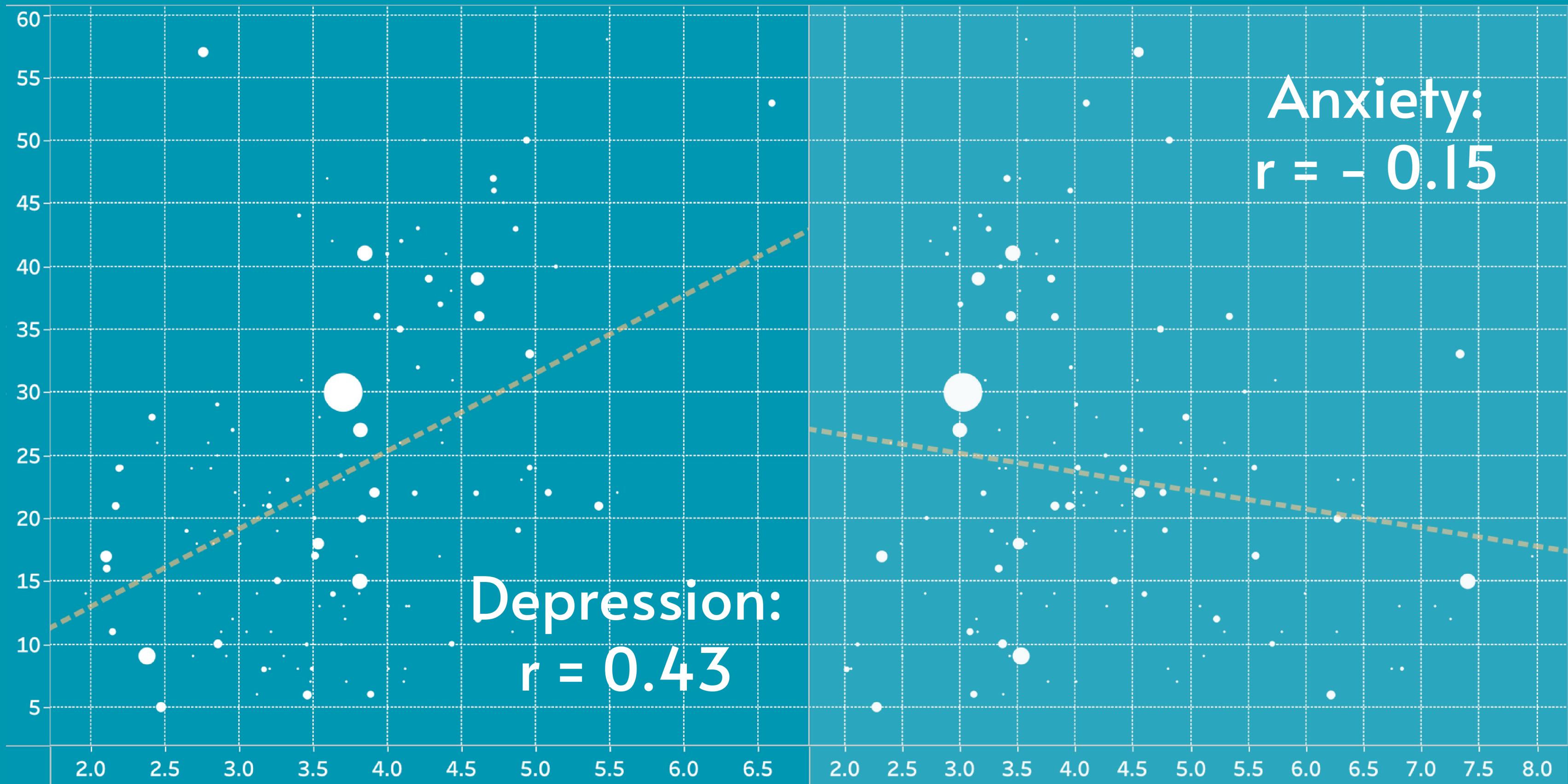
Germany

Vietnam



Gallup's annual World Poll from 2022/23, with approximately 1,000 participants over the age of 15 interviewed in 142 countries

Correlation between people who feel very or failry lonely and rates of depression and anxiety





Now that we have seen how different groups can be affected and how people are currently dealing with mental health problems, let's come back to our initial question.

So... do we have a mental health crisis?

**YES, BUT NOT
REALLY....**

YES



Increasing depression/anxiety rates for young (<25) individuals in high-income countries



Significantly higher rates for females than males



However males are more prone to suicide than females



Higher social media usage is associated with higher depression, especially for females



Financial struggling seems associated with a higher likelihood for depression

BUT NOT REALLY



Rates for all mental disorders have been stable over the years

FURTHER FINDINGS



Talking to mental health professional is helpful in all income groups



Many people who don't seek help often cite financial barriers as the main reason



Loneliness is mildly associated with higher depression



Most common way to deal with mental health issues is talking to family or friends

There might be no increase in rates, but still, more than
264 million people globally suffer from depression right
now.

Furthermore, the **growing awareness** of this topic is great;
it deserves ongoing respect and attention.

Mental health is just as crucial as physical health. It's like the operating system of our lives, we need to make sure it's running smoothly. Whether it's through self-care, seeking support, or just being there for each other, let's commit to giving mental health the attention and care it truly deserves.



A hand is shown interacting with a glowing brain model against a dark background. The brain is illuminated with a network of glowing blue and red points connected by lines, representing neural activity or a digital brain model. A hand is pointing at the brain, with fingers touching the glowing points on the right side.

MindScape