

# **Perceptions of Pakistani Community Towards Their Mental Health Problems: A Systematic Review**

## **Summary**

The research paper titled "Perceptions of Pakistani Community Towards Their Mental Health Problems: A Systematic Review" aimed to explore how the Pakistani community understands and approaches mental health issues. The study systematically reviewed literature from databases like PubMed, Cochrane, and Google Scholar, analyzing 19 relevant studies.

The findings revealed that the Pakistani community has limited understanding of mental health, often lacking the vocabulary to describe emotional or psychological experiences. Mental health problems are frequently attributed to supernatural or religious causes, such as evil spirits, curses, or divine will. Traditional healers, faith healers, and religious leaders are often the first point of contact for treatment, although there is growing acceptance of consulting doctors and mental health professionals.

The research also highlighted the significant role of social stigma, which discourages people from seeking professional help. Protective factors identified include religious faith, cultural traditions, and community bonding, which help individuals cope with mental health challenges.

In conclusion, the study emphasized the need for increased mental health awareness and culturally sensitive approaches to reduce stigma and encourage effective treatment within the Pakistani community.