

# Come stiamo davvero?

DI

YULIANA MIHALUSH - 941825

DANIELE PIAZZA - 941871



# La salute mentale

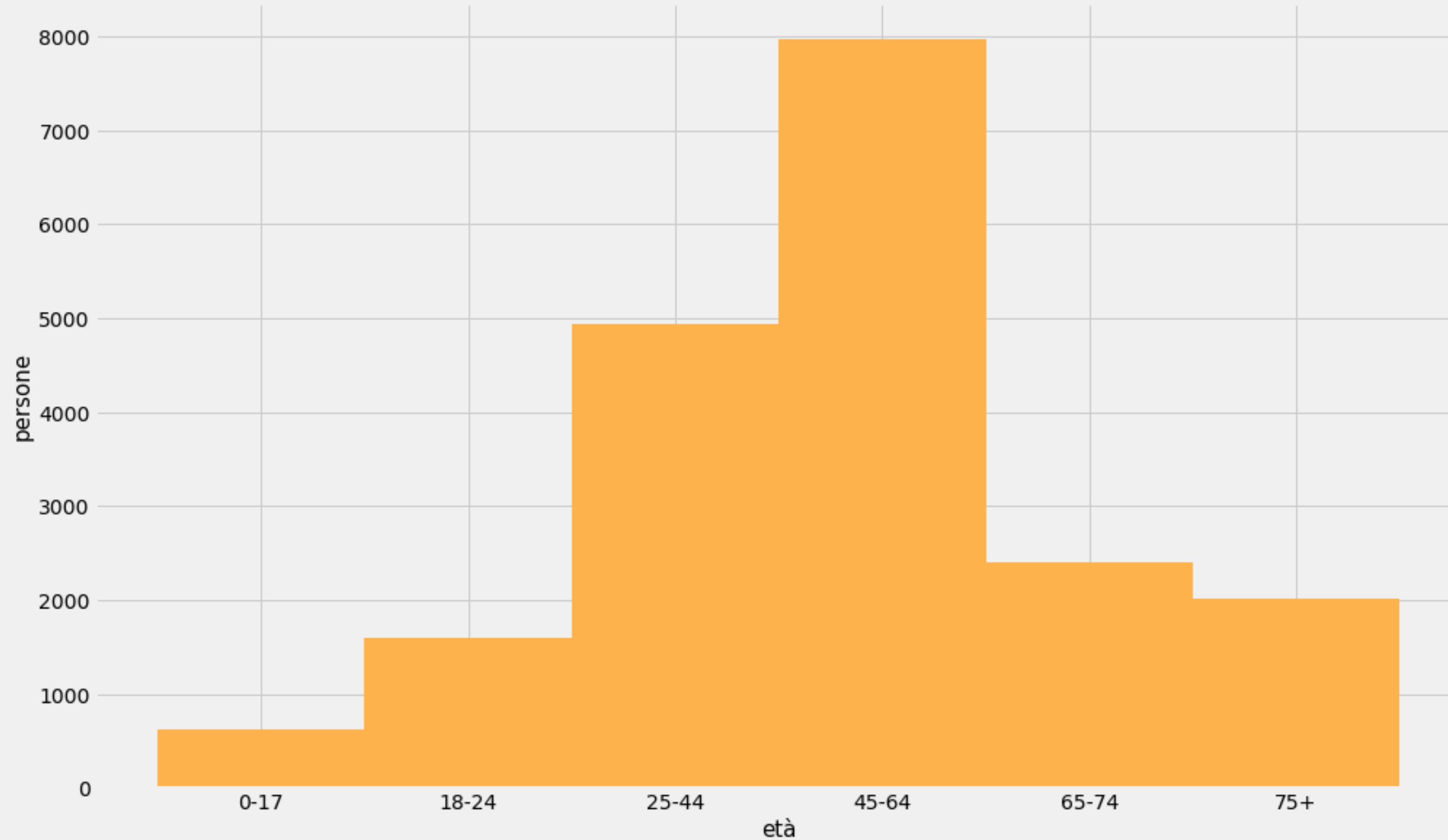
## QUANTO SE NE PARLA?

La salute mentale è da sempre stata un tabù per via dei pregiudizi.  
Quante informazioni, e quanti dati, abbiamo a disposizione su questo tema?

## PERCHÉ È IMPORTANTE?

La consapevolezza e l'informazione adeguata sul nostro benessere psicologico può aiutarci a stare bene e vivere la vita più serenamente.

# Depressione: Ricoveri al pronto soccorso in Italia - anno 2020

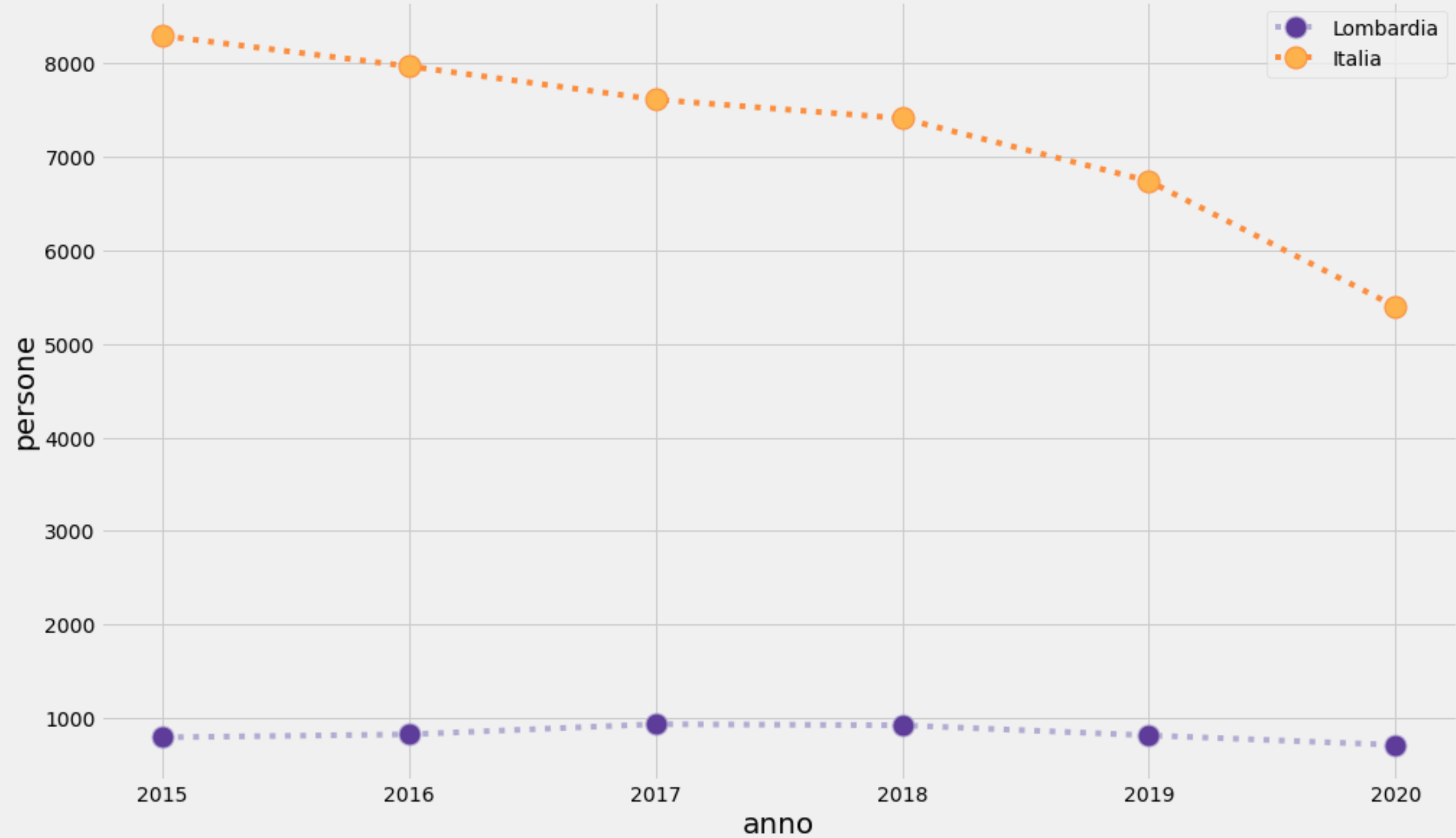




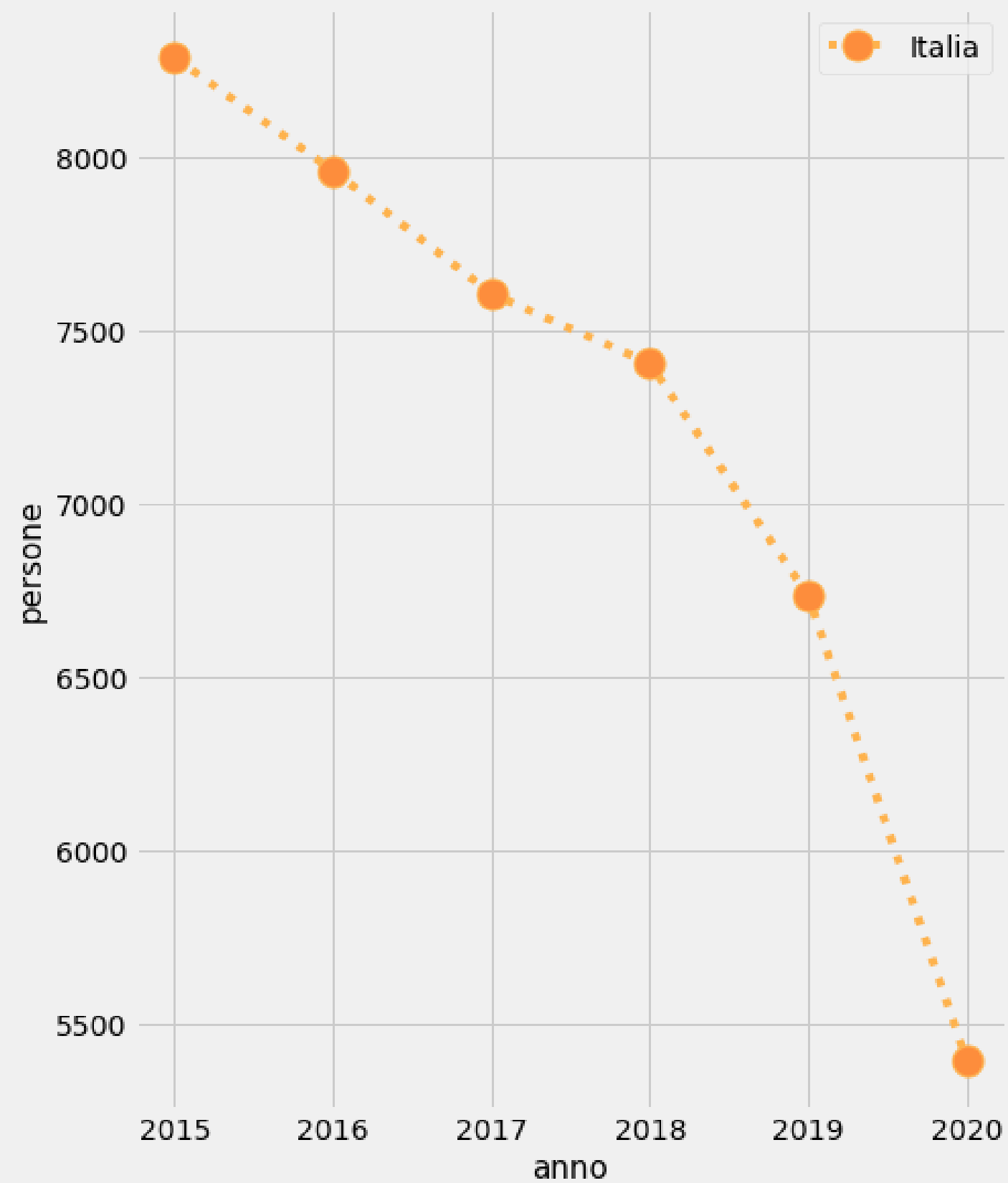
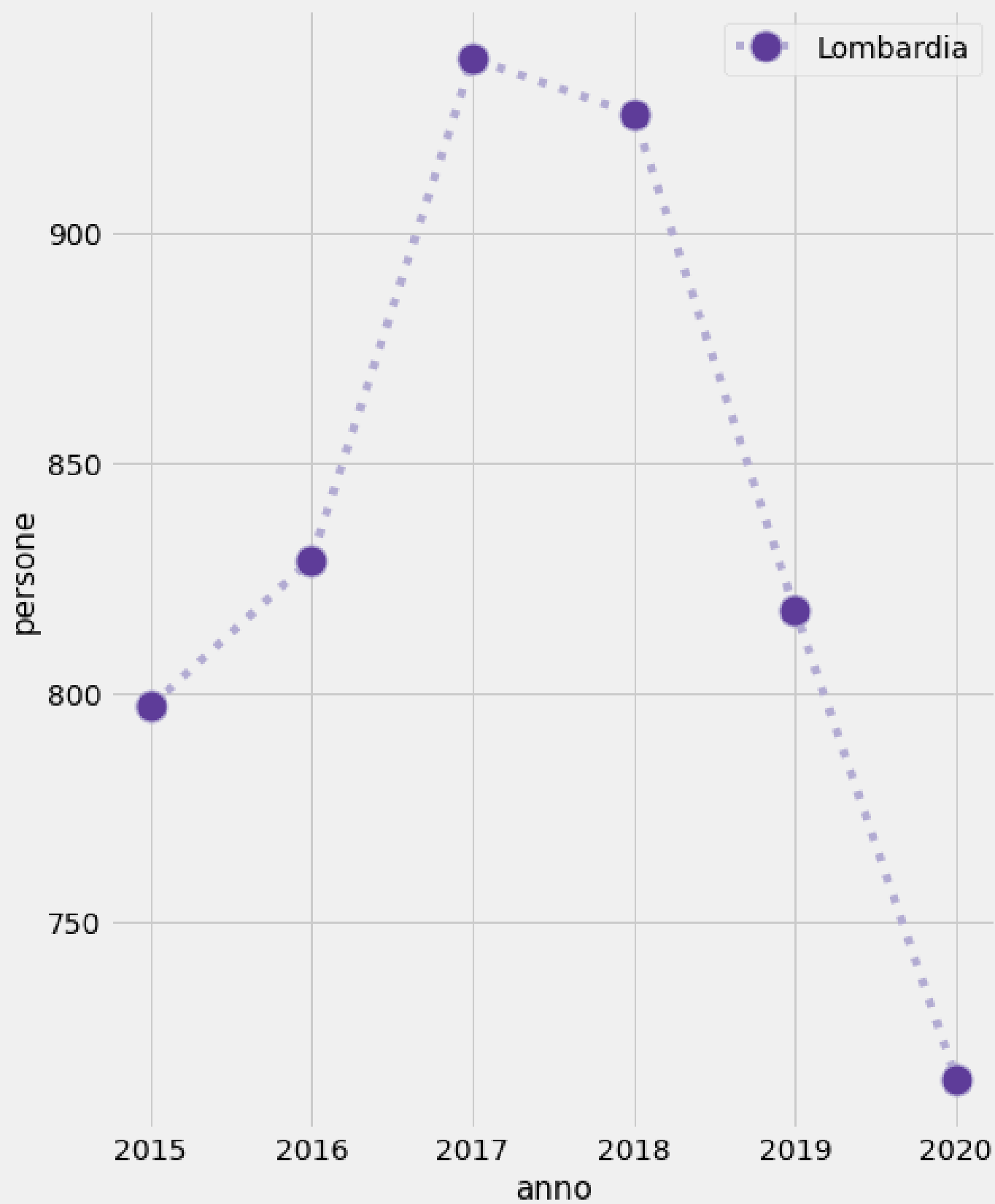
TSO

TRATTAMENTO SANITARIO  
OBBLIGATORIO

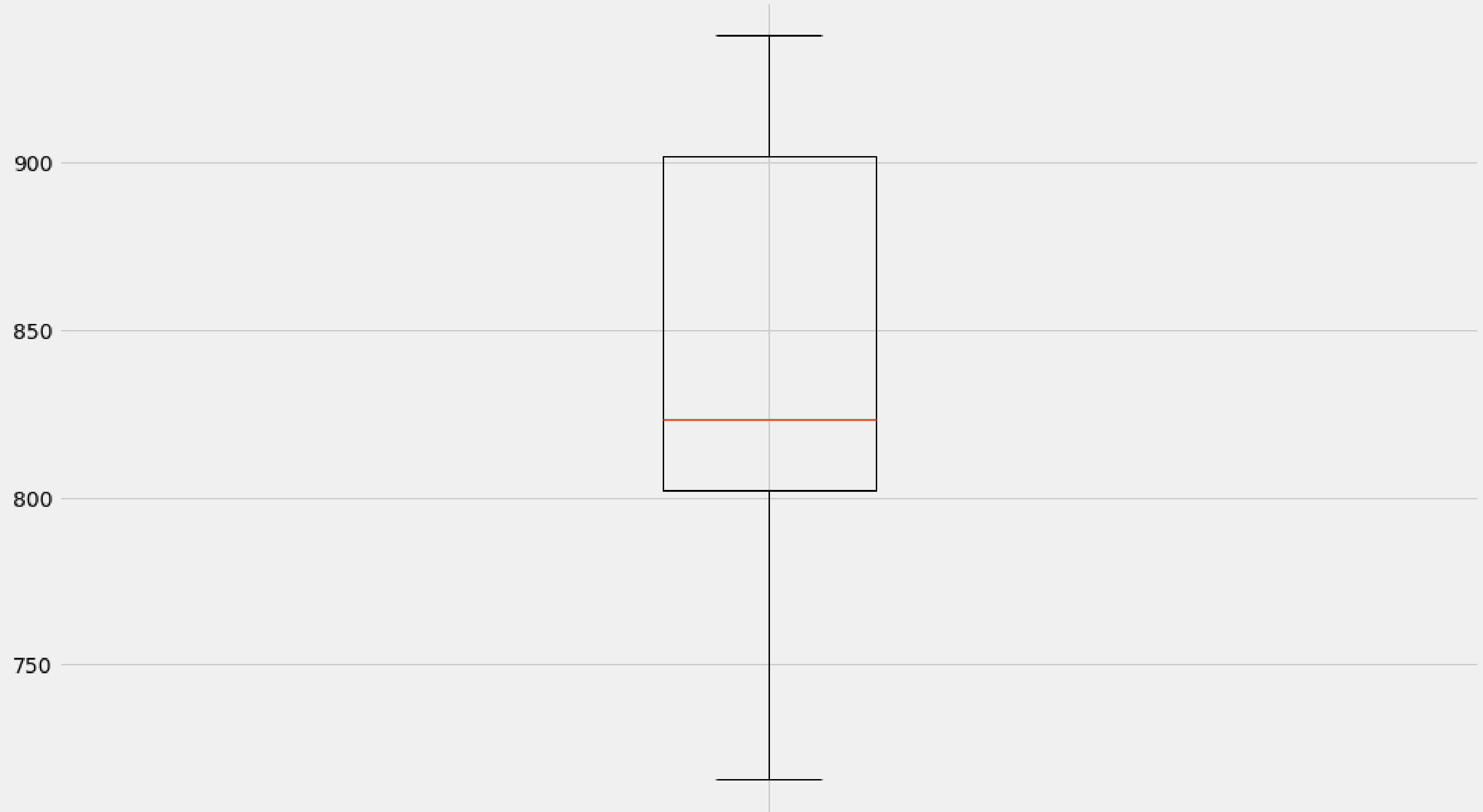
# TSO: 2015 - 2020



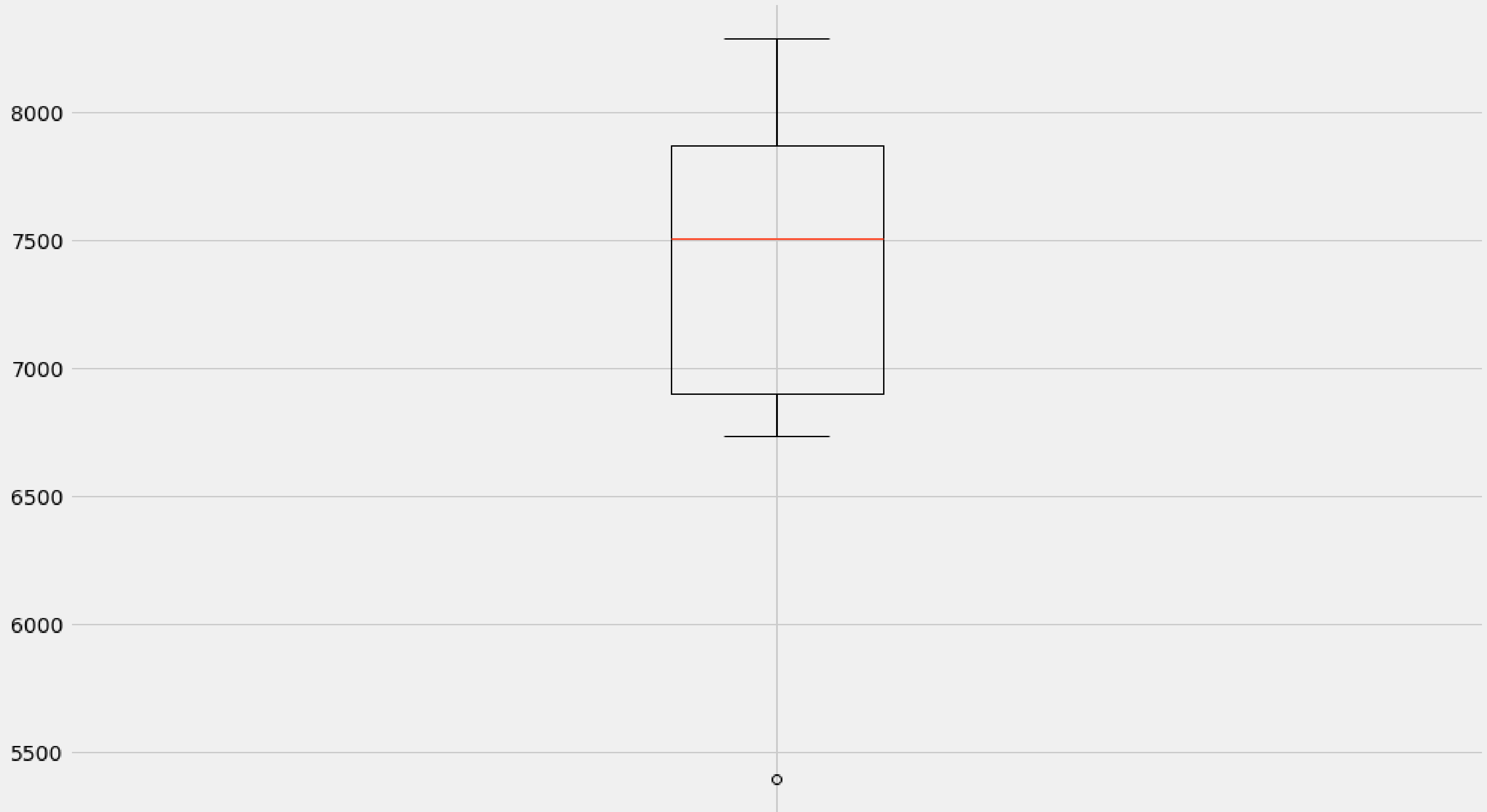
# Vediamolo meglio...



# TSO Lombardia 2015 - 2020



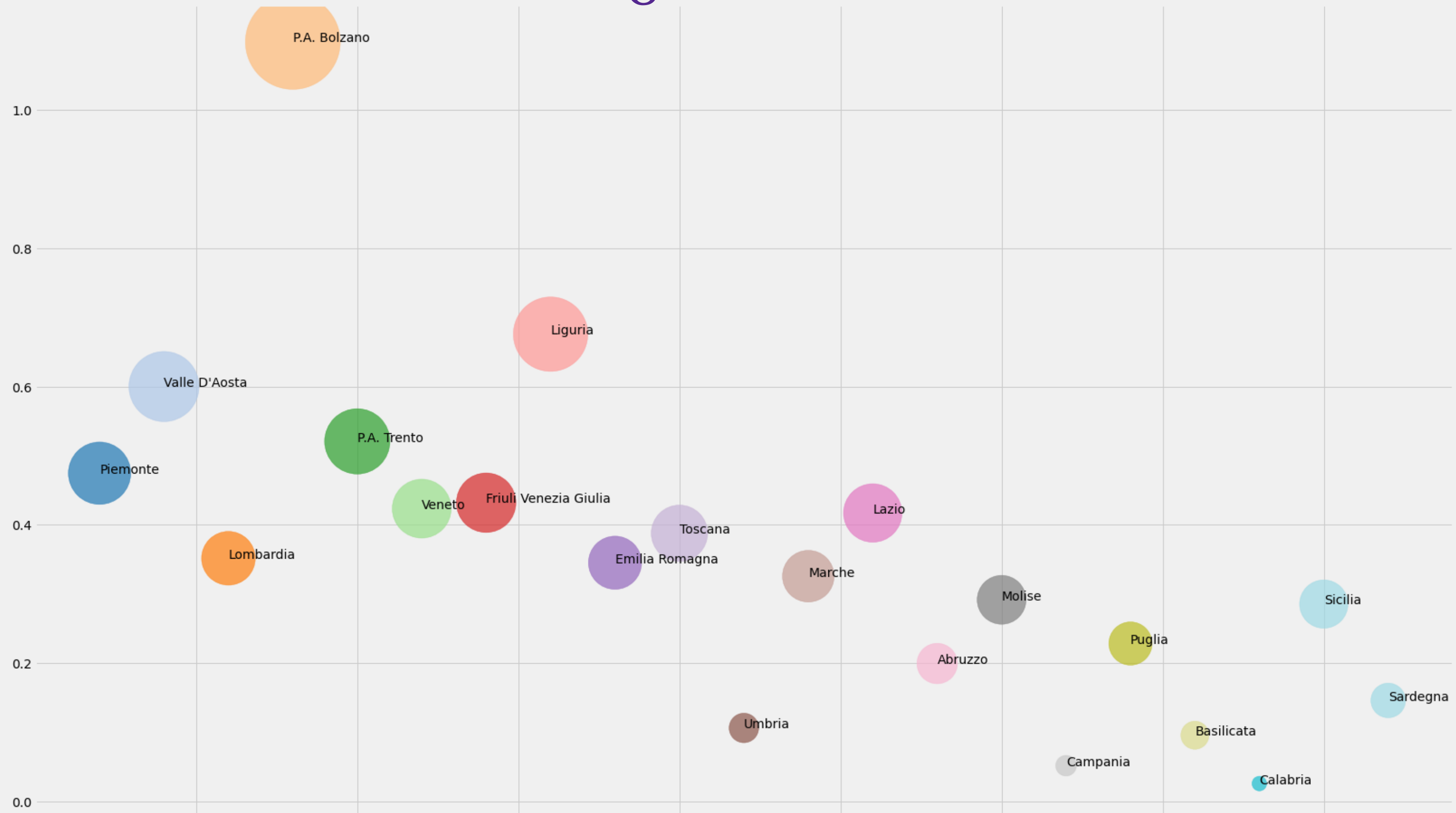
# TSO Italia 2015 - 2020





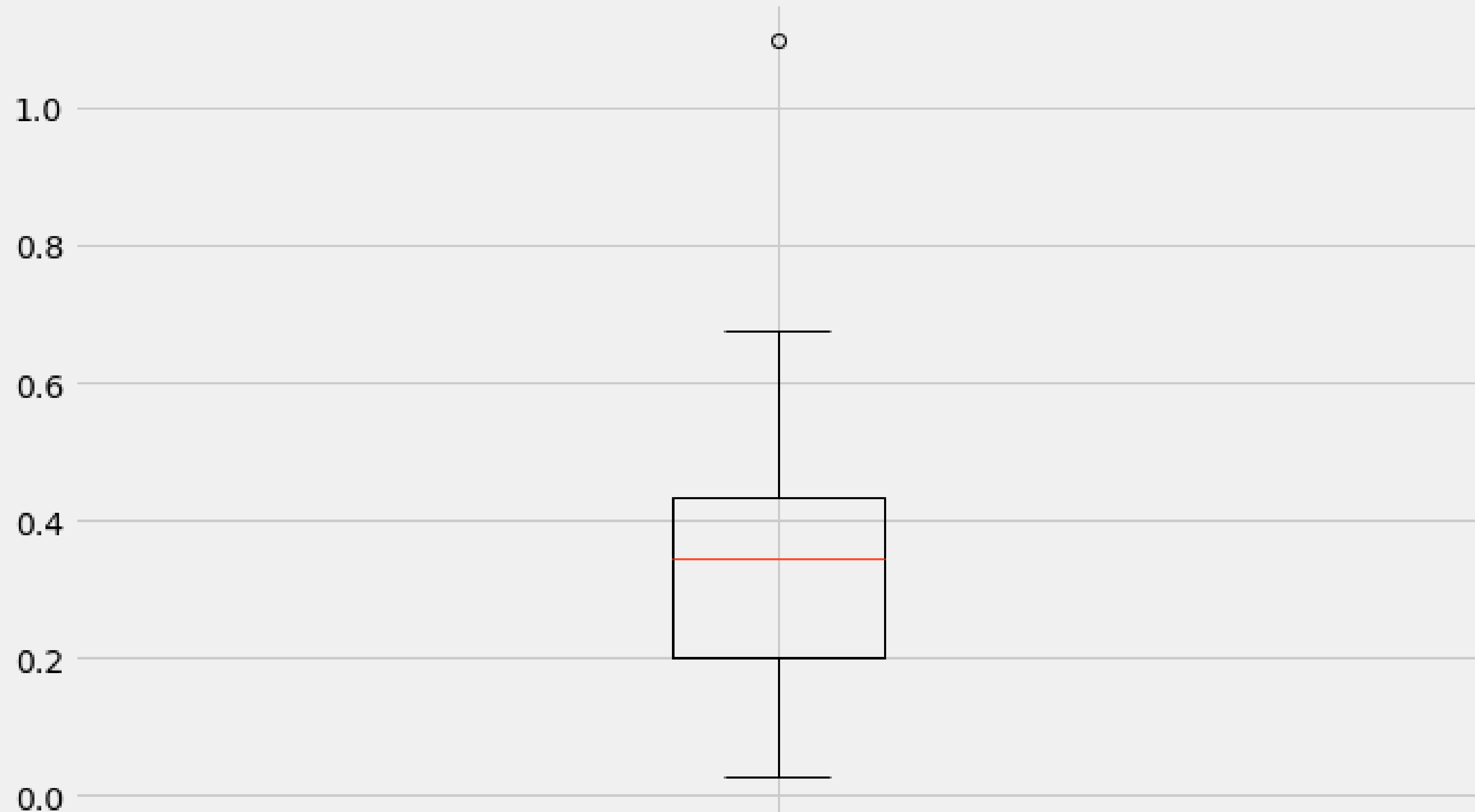
# Accessi in pronto soccorso per depressione

## Regioni - 2020



# Accessi in pronto soccorso per depressione

## Regioni - 2020



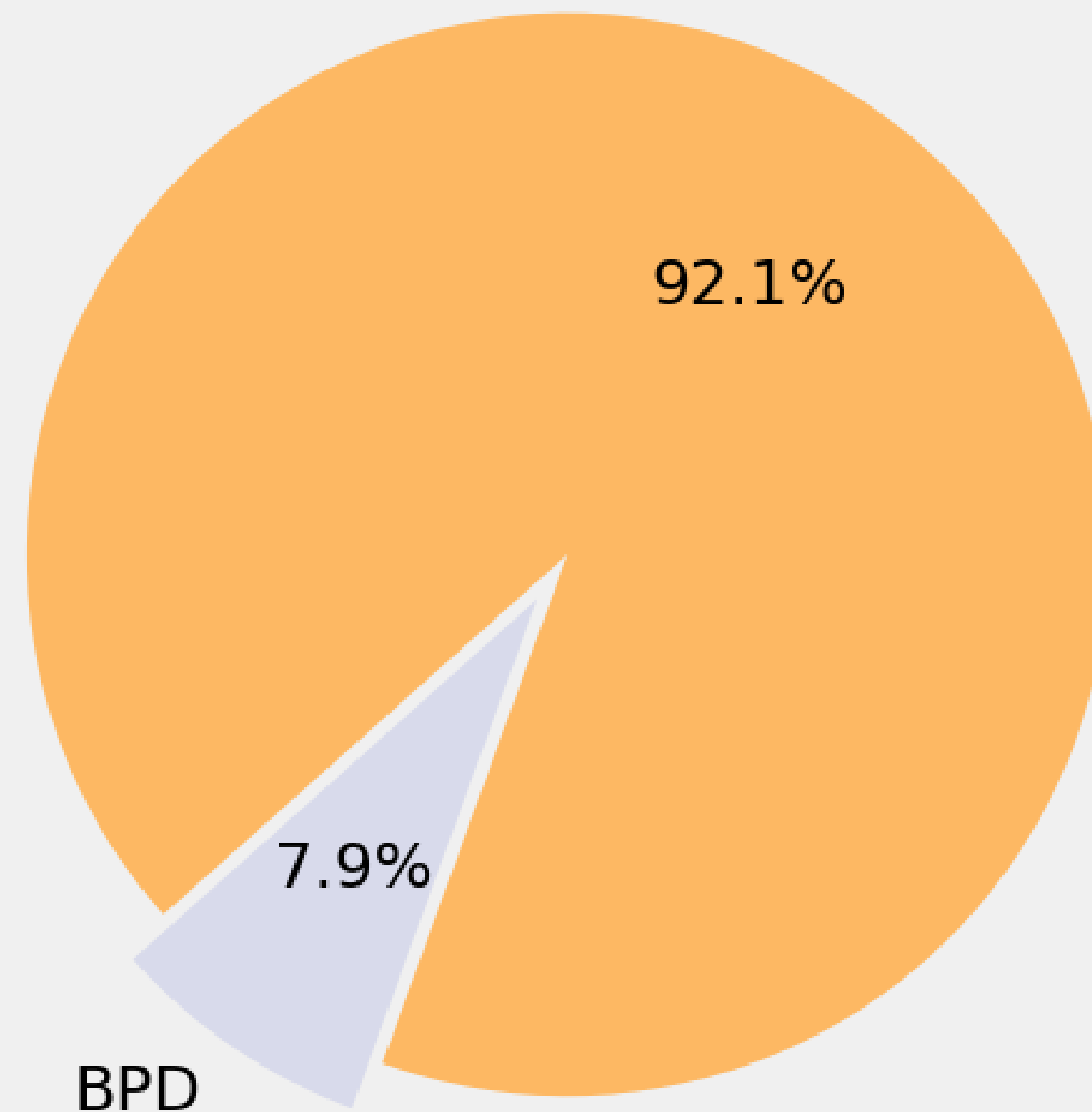


“

«Visto da vicino,  
nessuno è normale»

Franco Basaglia (1924-1980)

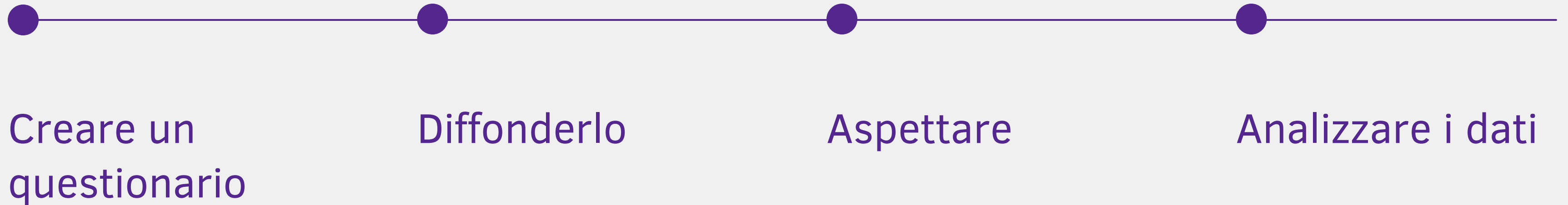
1157 studenti:  
quanti soffrono di disturbo Borderline?



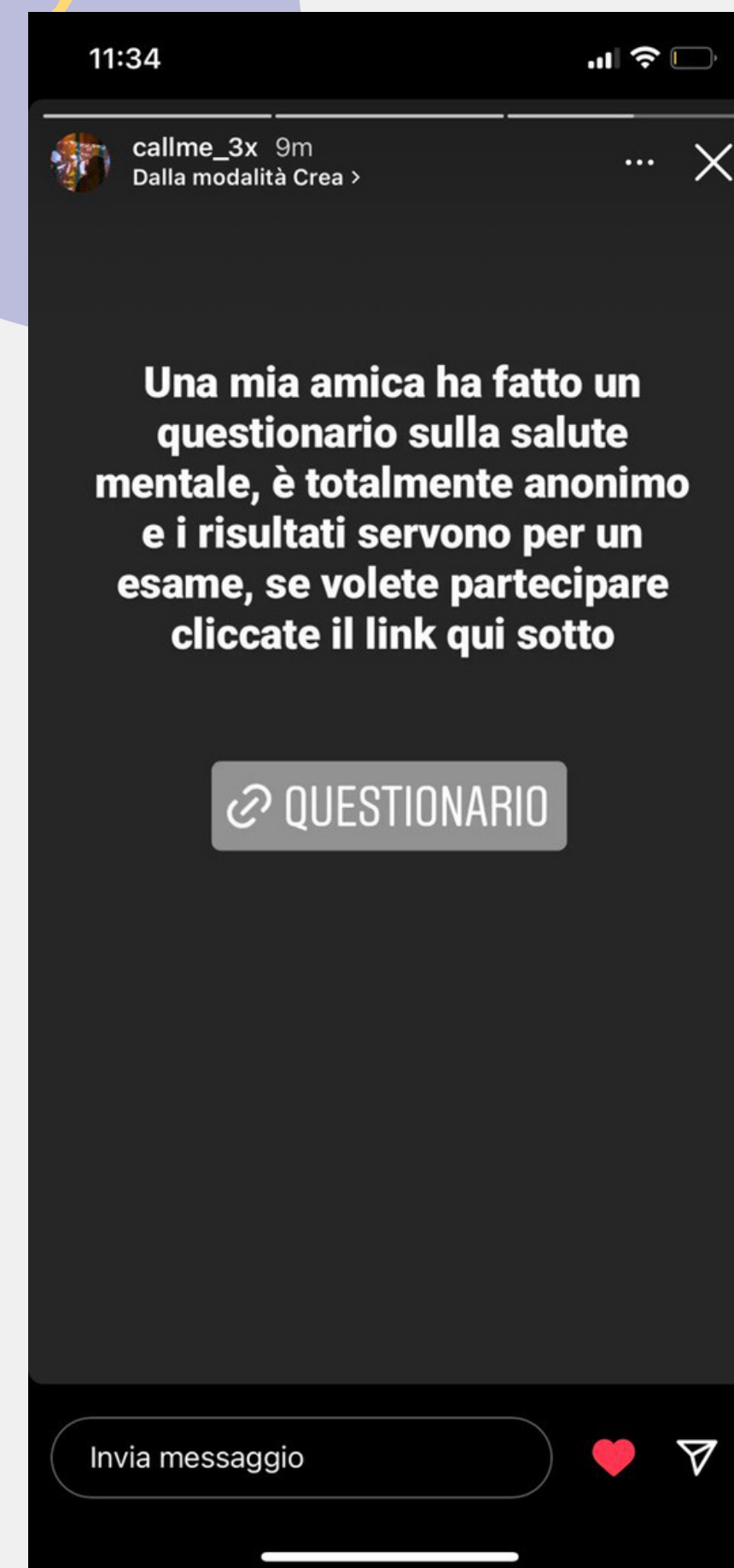
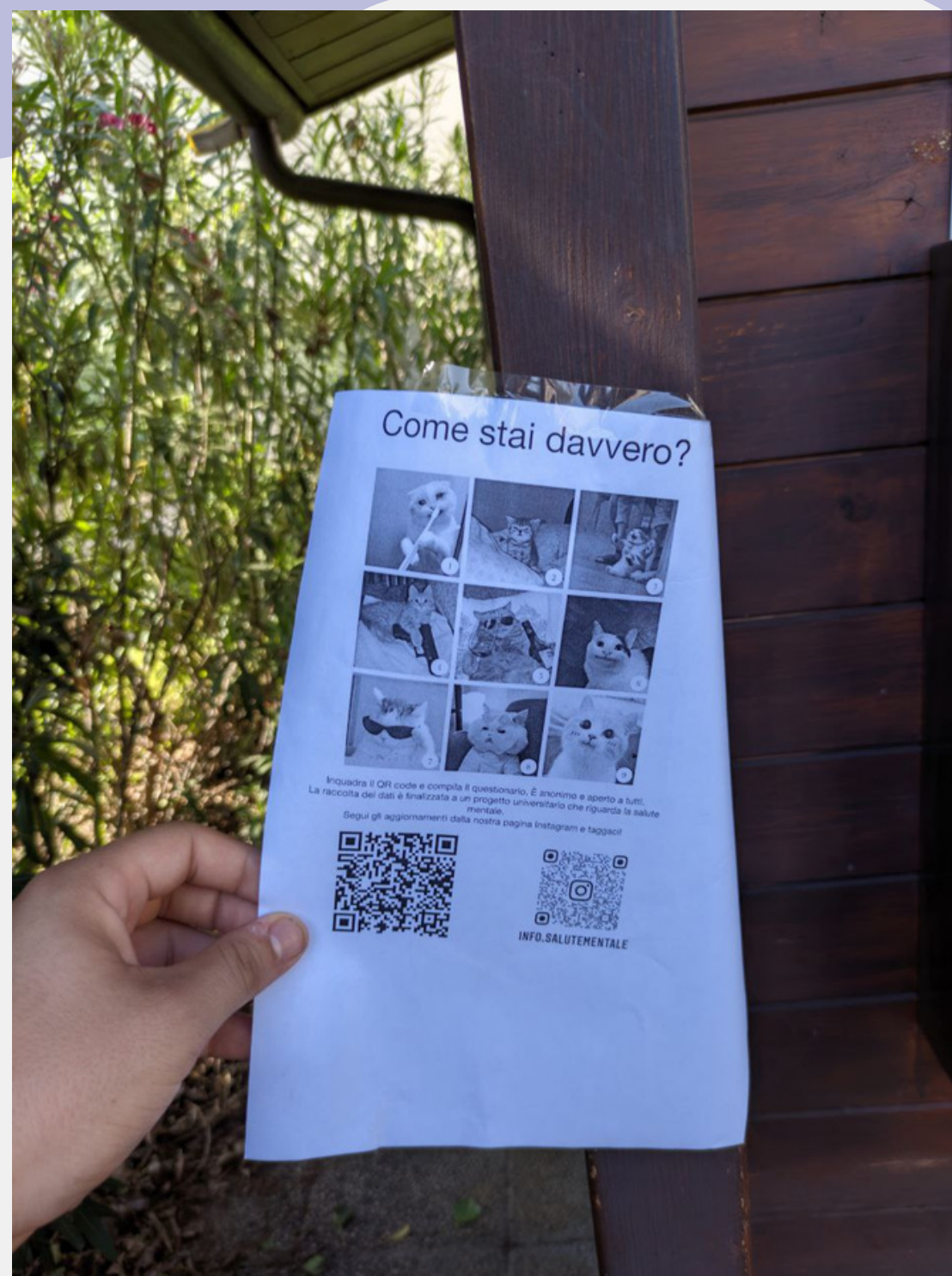
# Inizio del progetto



# E ora che facciamo?







# Utente o U-tonto?

```
In [131]: conosco = sondaggio["Conosco personalmente qualcuno che"].str.get_dummies(sep=', ')
count_sb = 0
for i in range(len(conosco)):
    if (conosco["Tutte le persone che conosco stanno bene"][i]) & (sum(conosco.iloc[i]) > 1):
        count_sb += 1
        print(i) #identificare
sondaggio[conosco["Tutte le persone che conosco stanno bene"] == 1]["Conosco personalmente qualcuno che"][376]
```

4  
79  
97  
376

Out[131]: "Soffre d'ansia, Soffre di depressione, Ha un disturbo alimentare, Ha pensato al suicidio, Ha tentato il suicidio,  
Tutte le persone che conosco stanno bene"

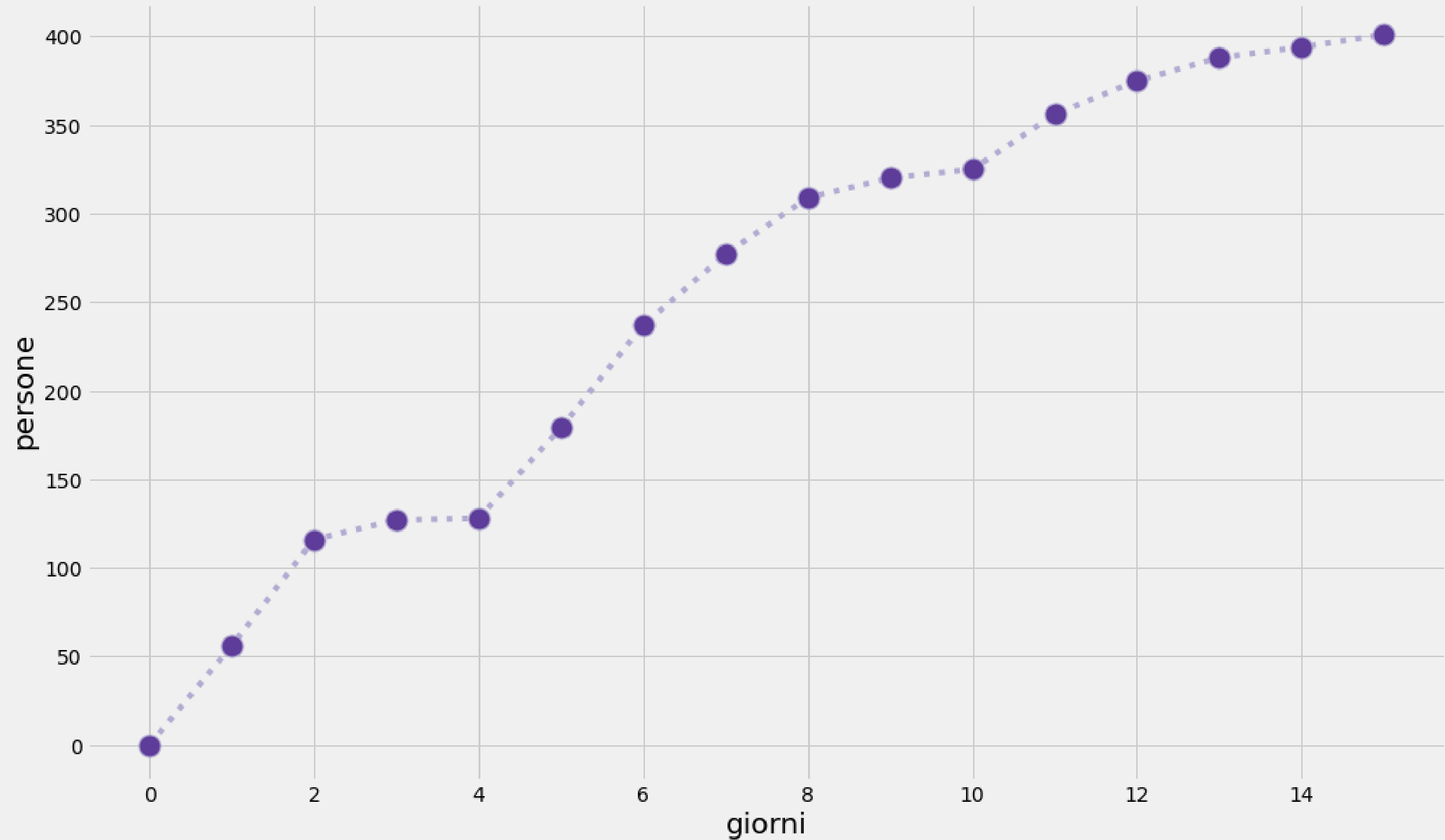
```
In [132]: c = sondaggio["Credo di"].str.get_dummies(sep=', ')
count_sb = 0
for i in range(len(c)): #risposta multipla "credo di non aver niente" + avere qualcosa
    if (c["Credo di non avere niente"][i]) & (sum(c.iloc[i]) > 1):
        count_sb += 1
        print(i)
sondaggio[c["Credo di non avere niente"] == 1]["Credo di"][83]
```

83  
256  
284  
383

Out[132]: "Avere un disturbo legato all'ansia, Avere un disturbo alimentare, Credo di non avere niente"



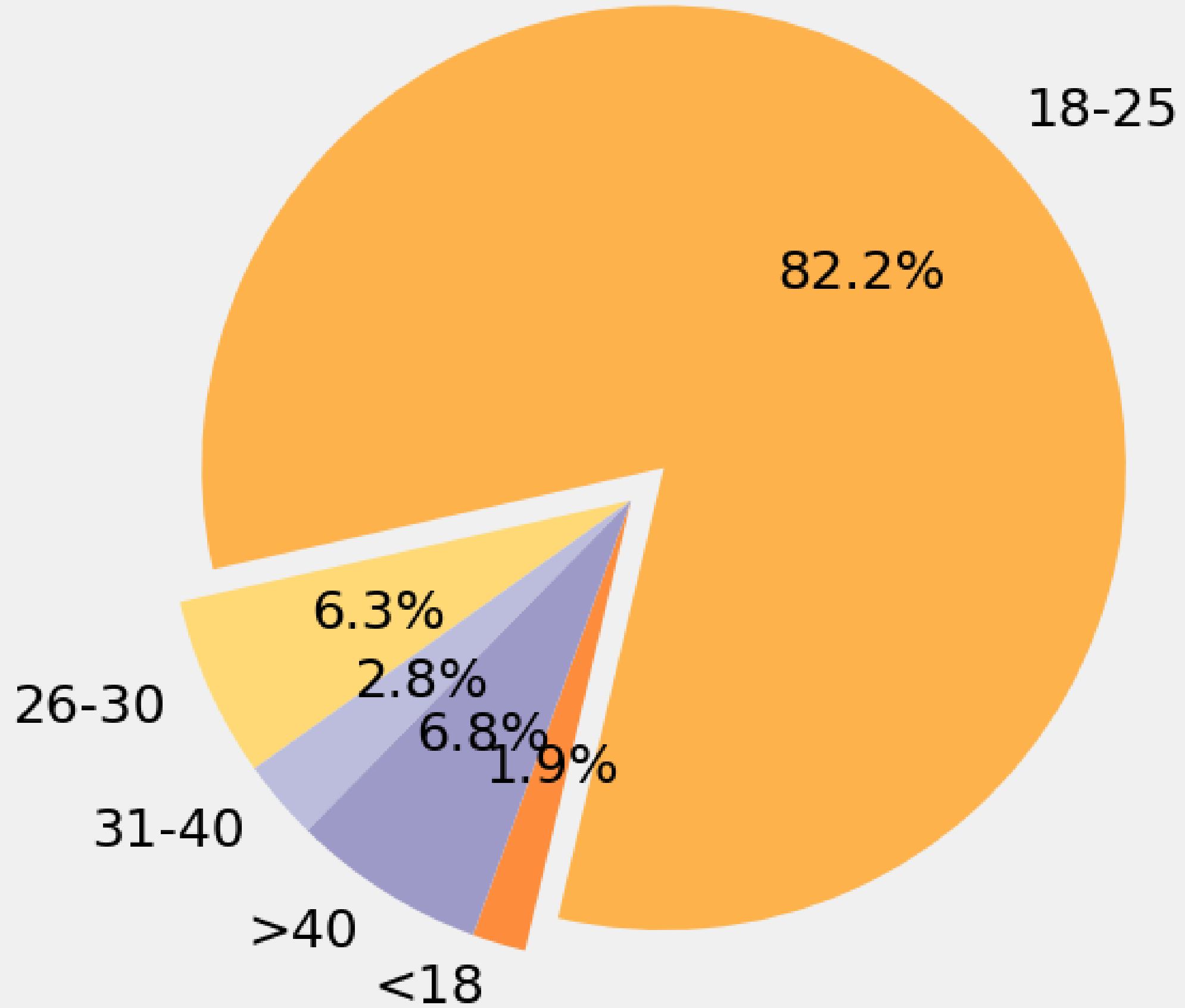
# Quante persone hanno risposto?



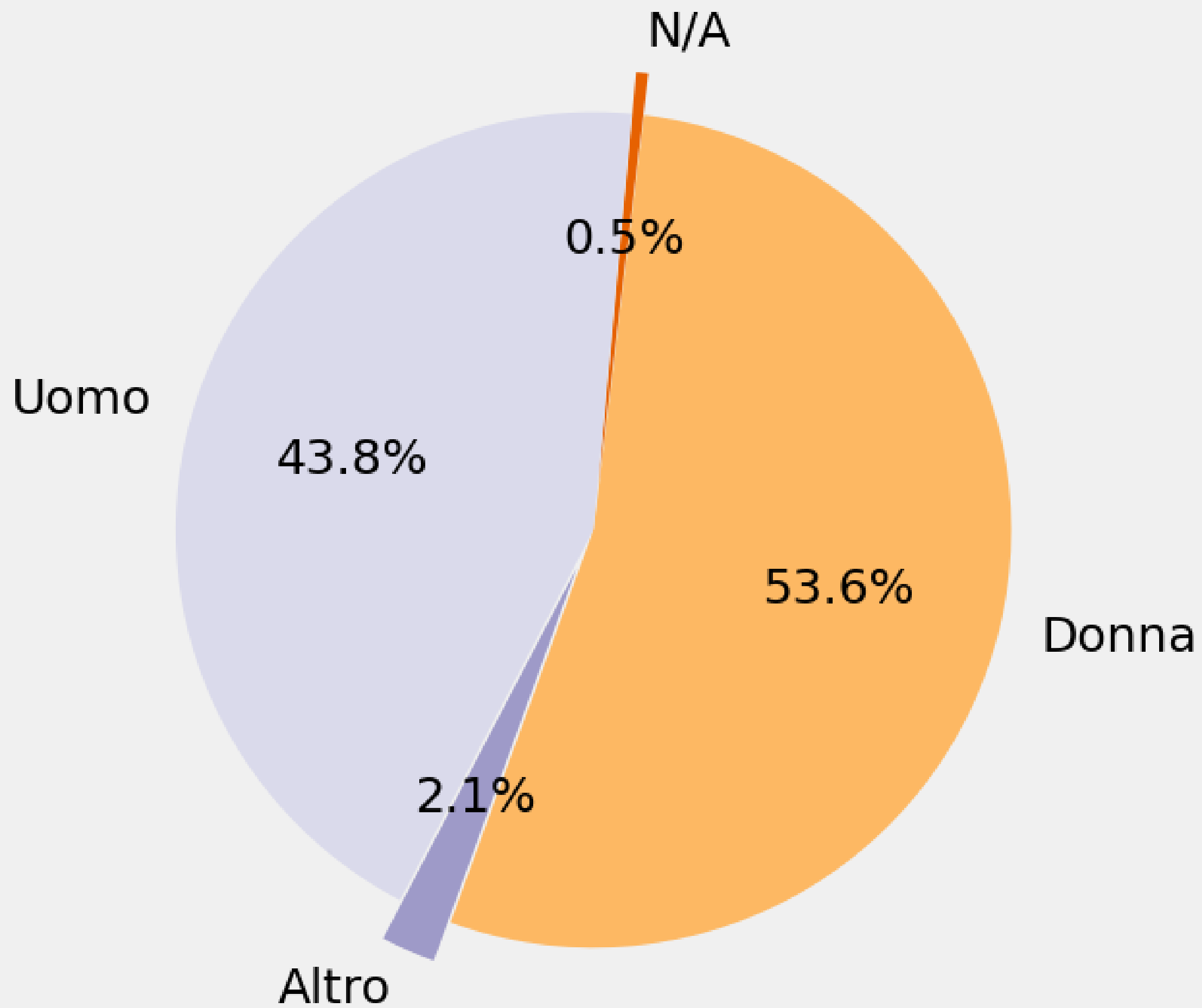
An abstract background featuring a light purple, irregular shape that resembles a cloud or a splash, positioned in the upper half of the frame. A thin, wavy yellow line runs horizontally across the middle of the image, partially overlapping the purple shape and extending towards the right edge.

Il campione

# Età



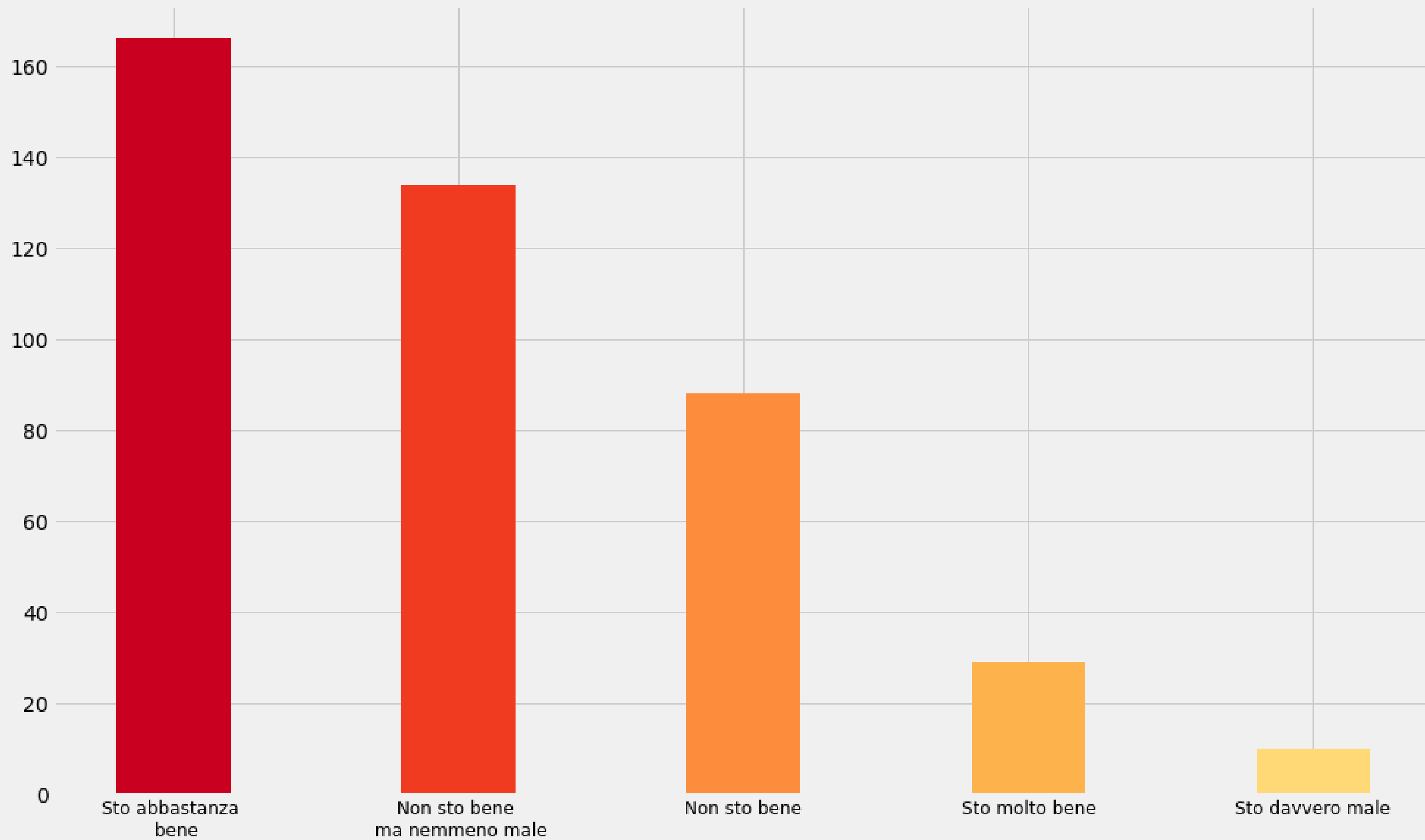
Sono...



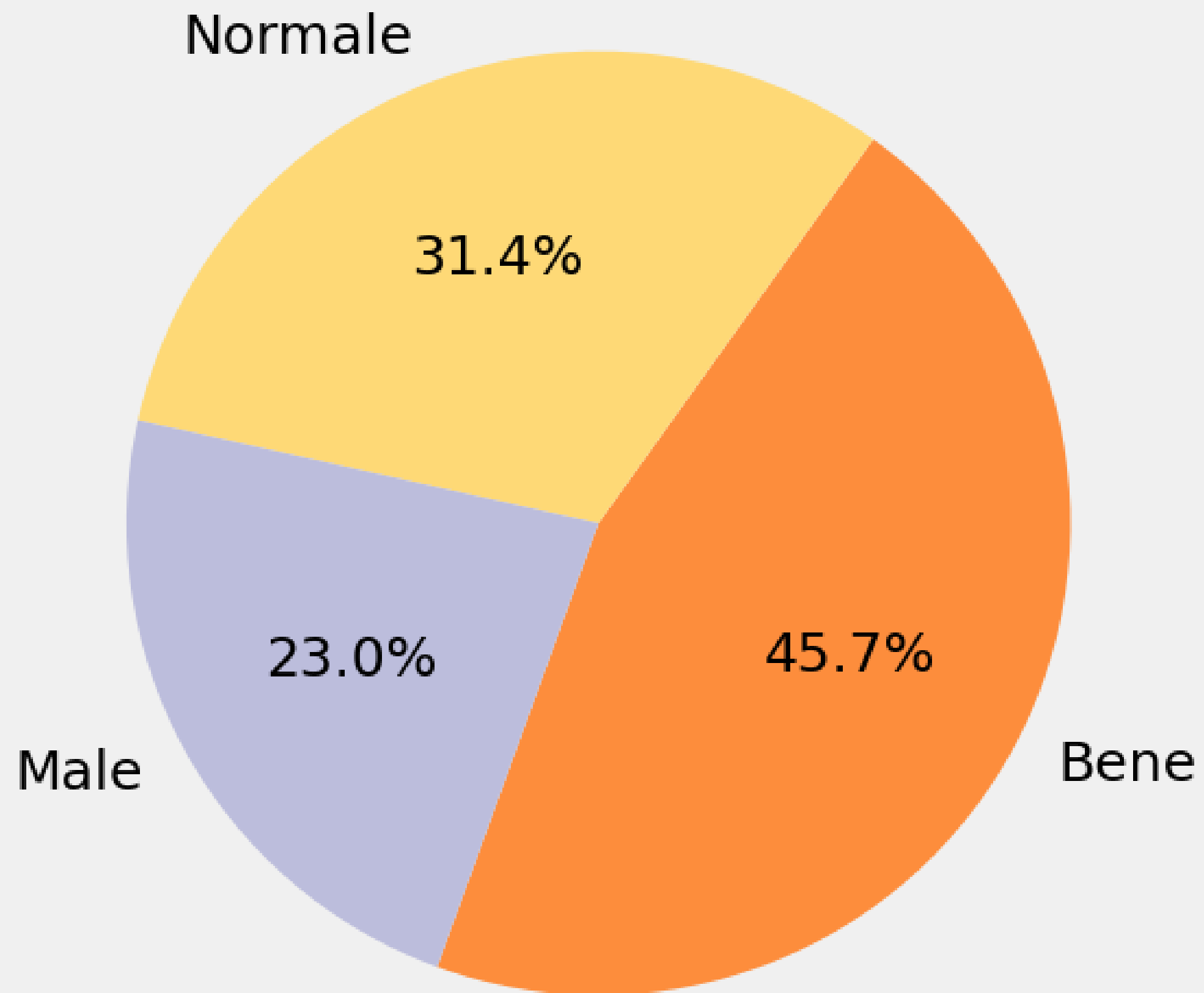
An abstract graphic at the top of the page features a light purple, irregular shape that resembles a cloud or a splash. A bright yellow line starts from the left edge, dips into the purple shape, and then continues as a wavy line across the top right.

Benessere attuale

# Al momento...



# Vediamolo in percentuale...

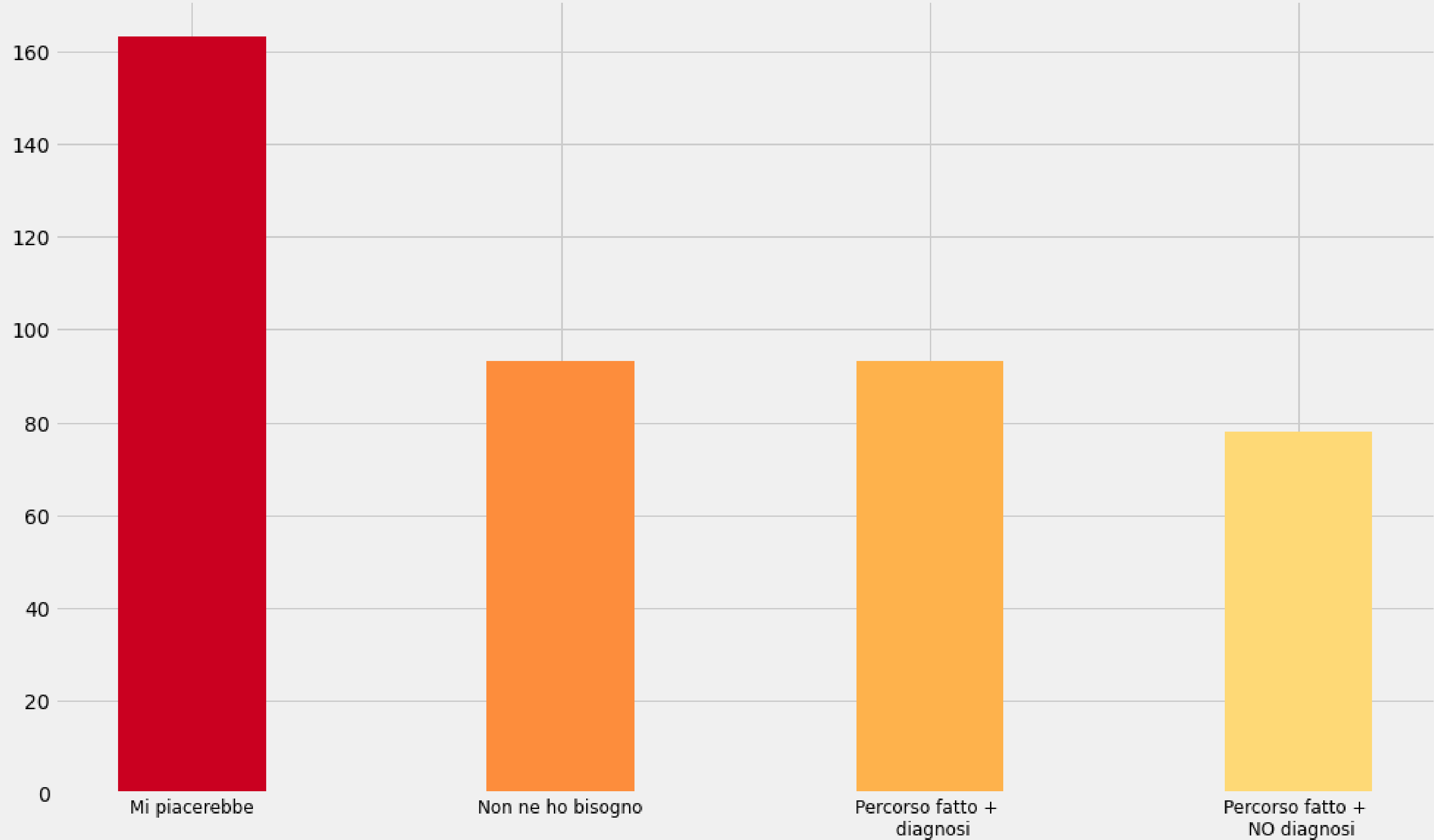


An abstract background featuring a light purple, irregular shape that resembles a cloud or a splash, positioned in the upper half of the frame. A thin, wavy yellow line runs horizontally across the middle of the image, partially overlapping the purple shape and the text below.

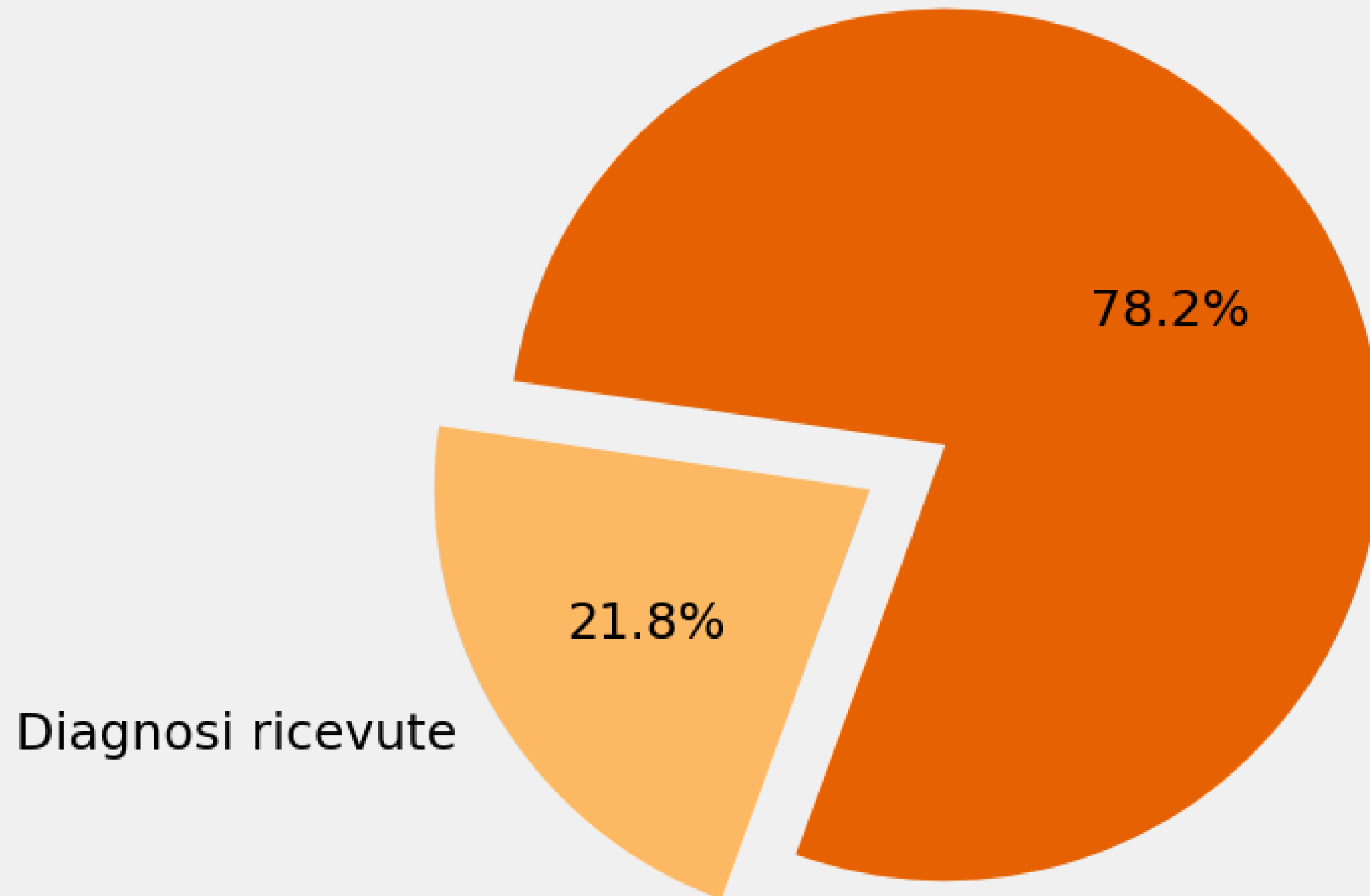
Percorso con specialisti e  
diagnosi



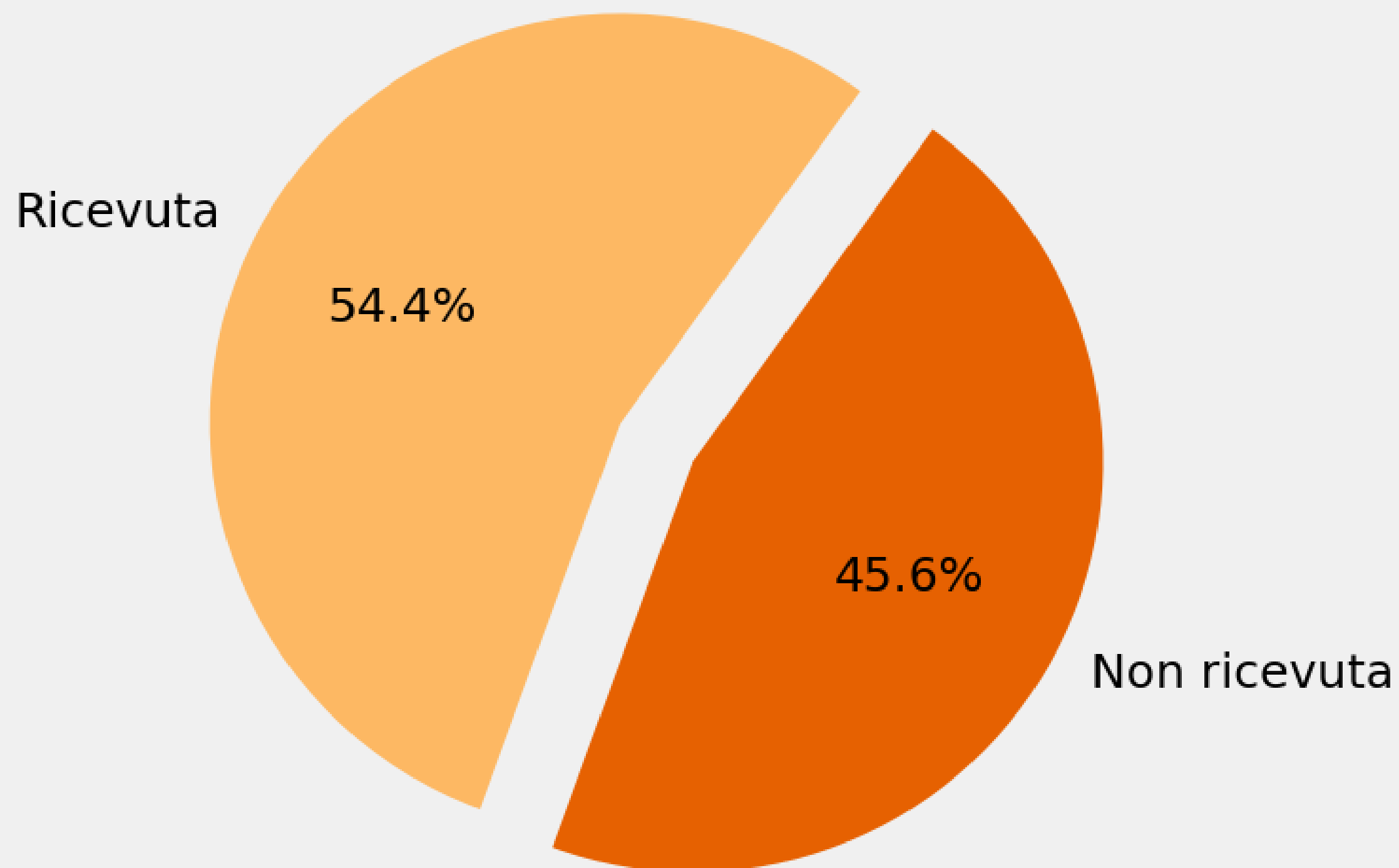
# Percorso e diagnosi



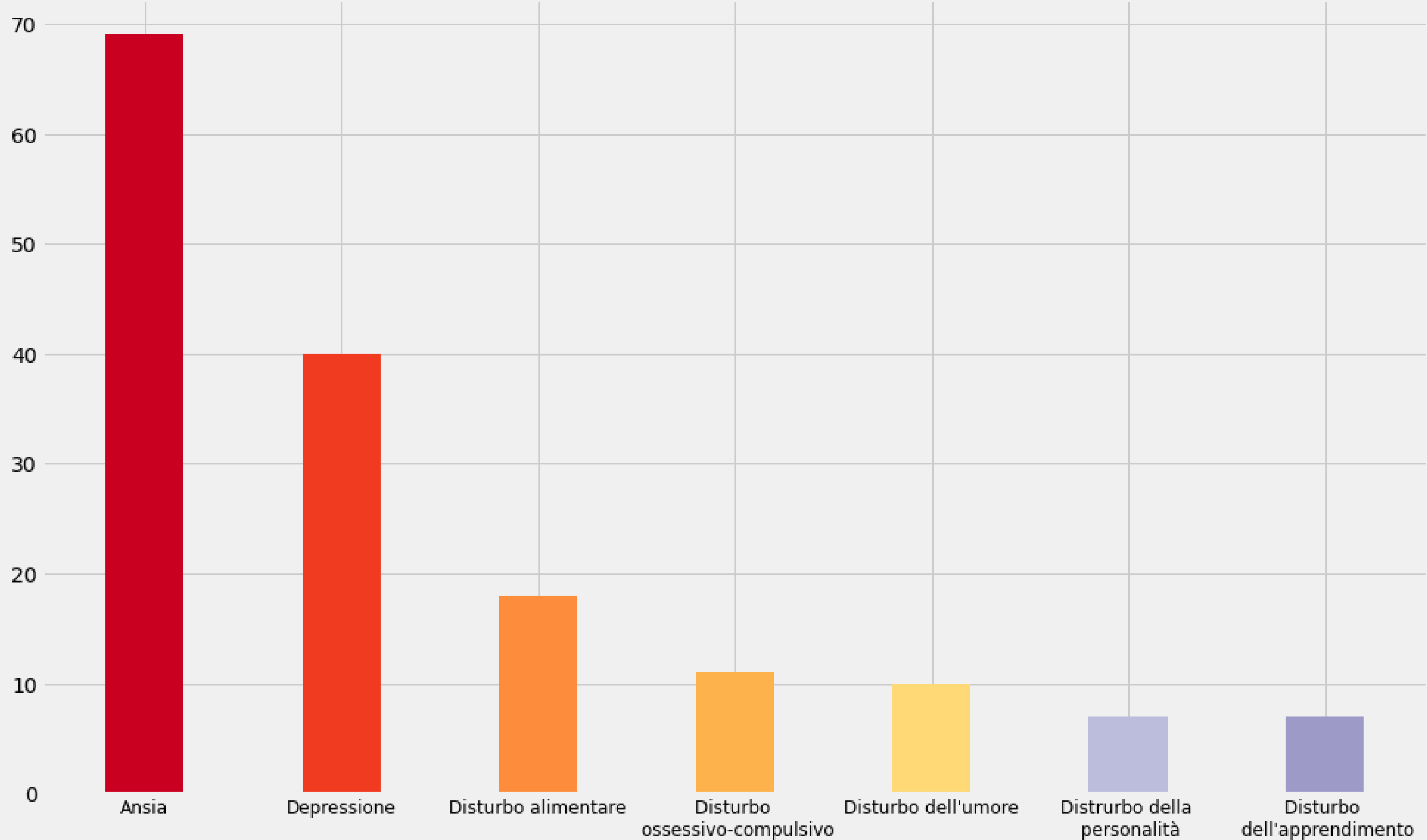
Sul totale, quante diagnosi?



# Vado in terapia... e la diagnosi?



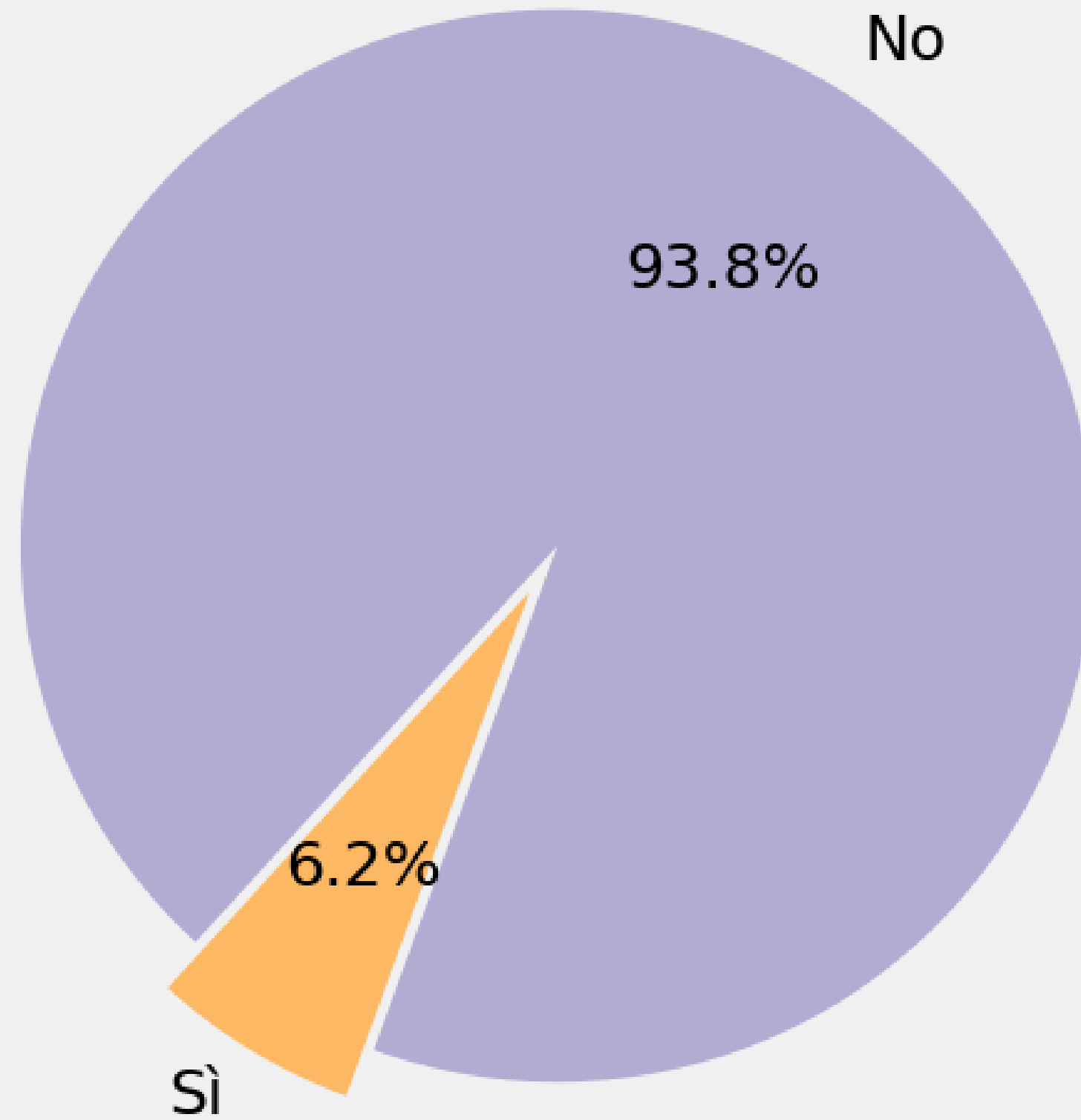
# Diagnosi più frequenti





# Psicofarmaci

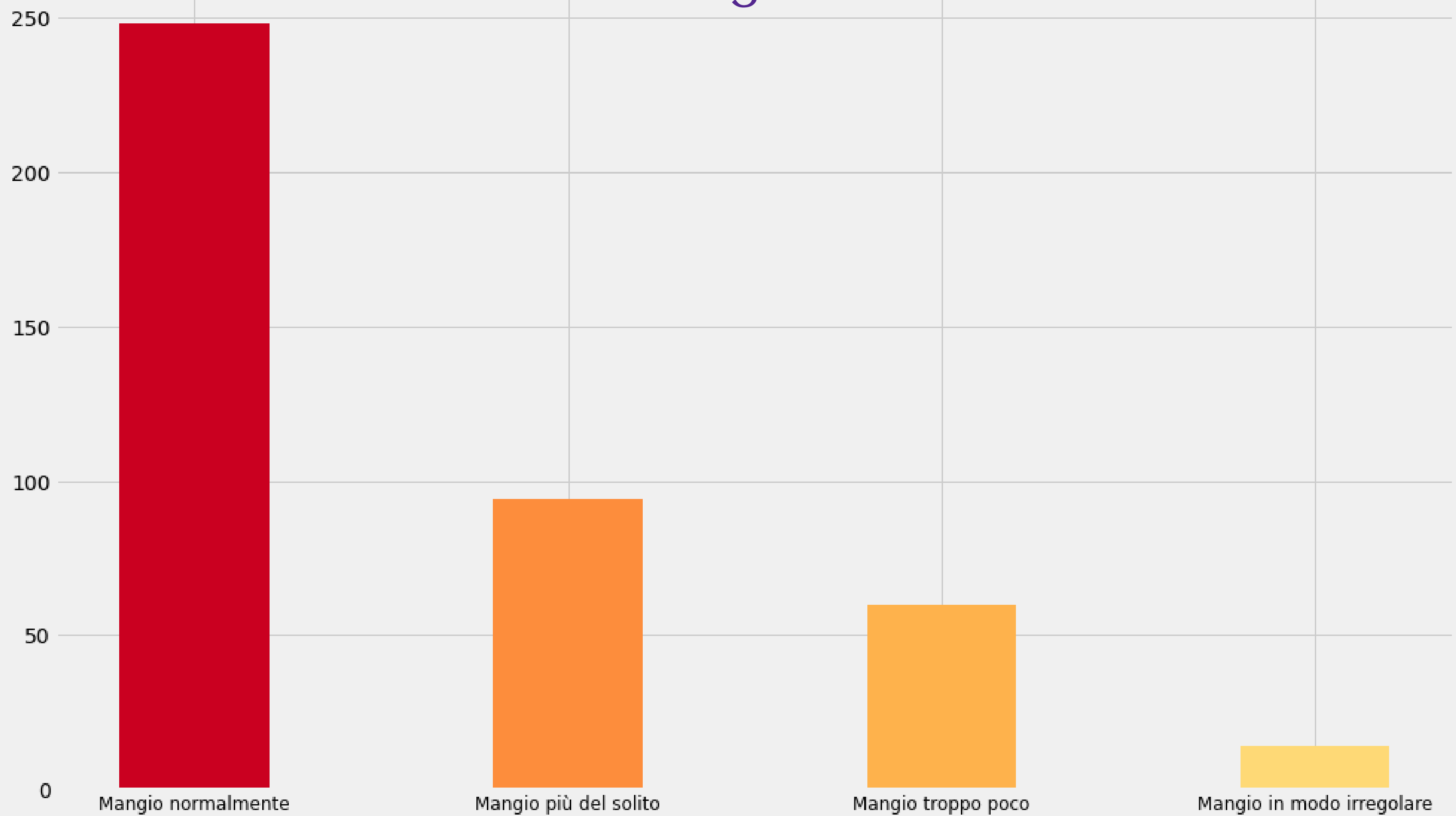
# Prendi degli psicofarmaci?





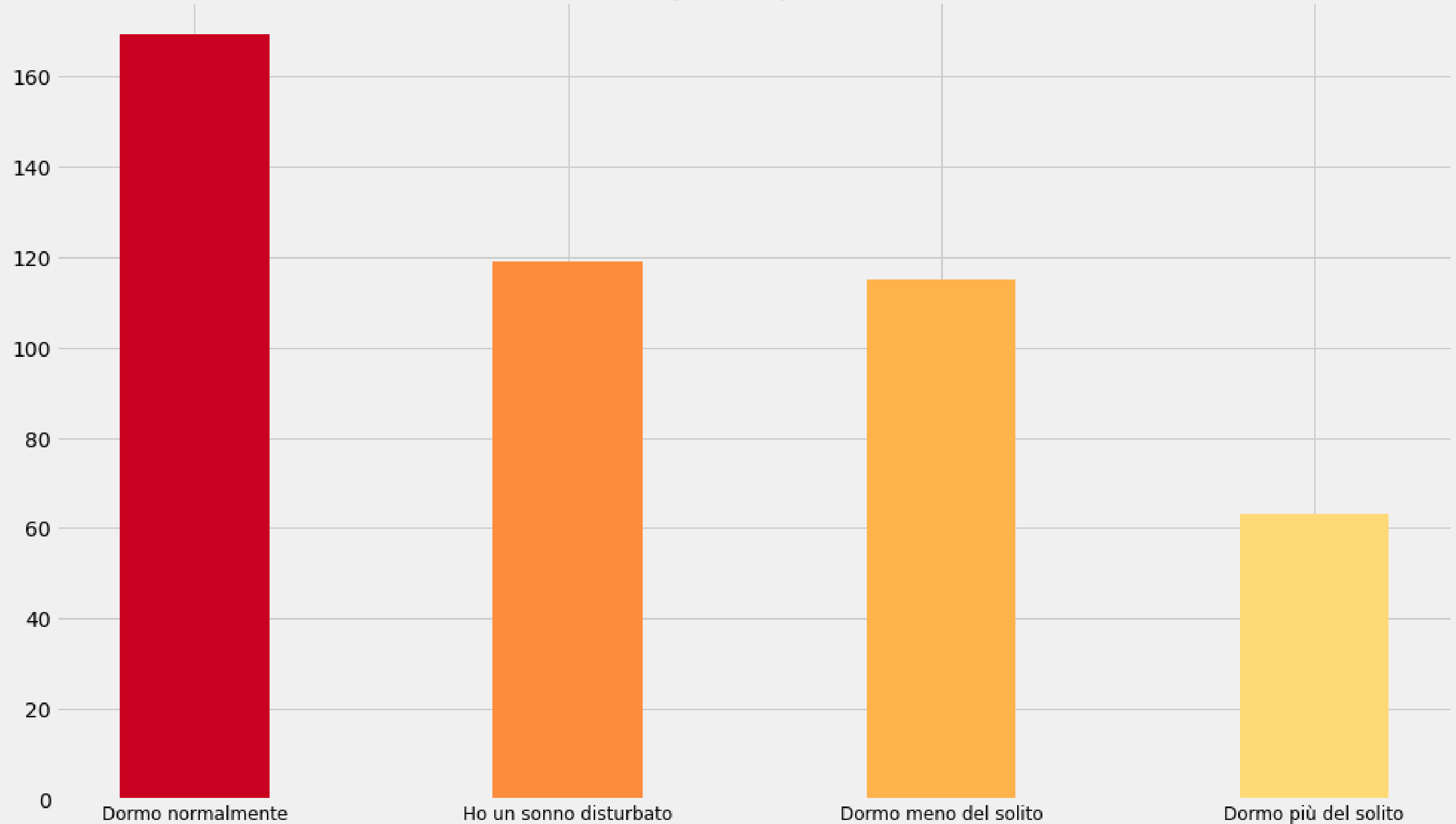
# La vita quotidiana

# Mangio...

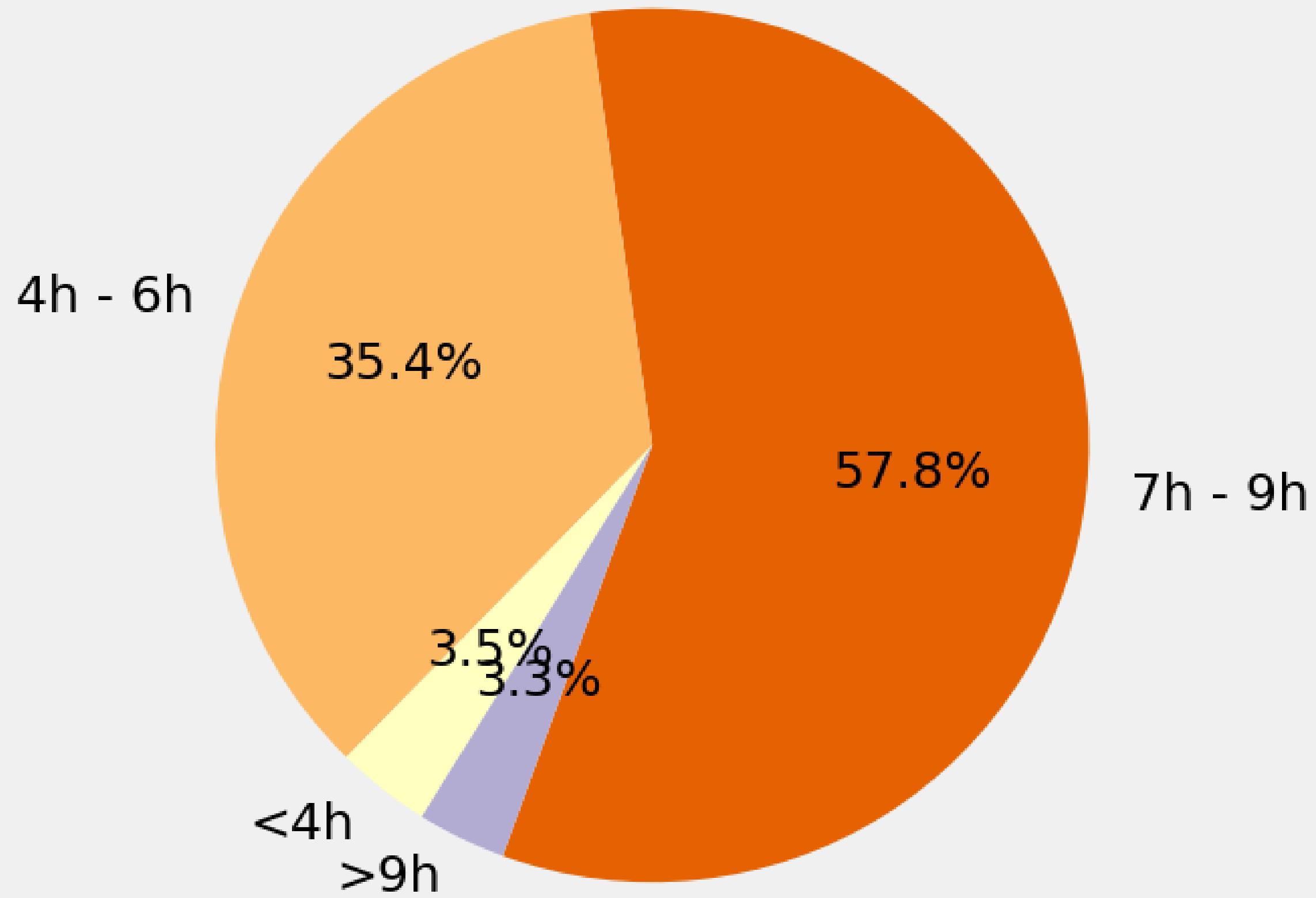




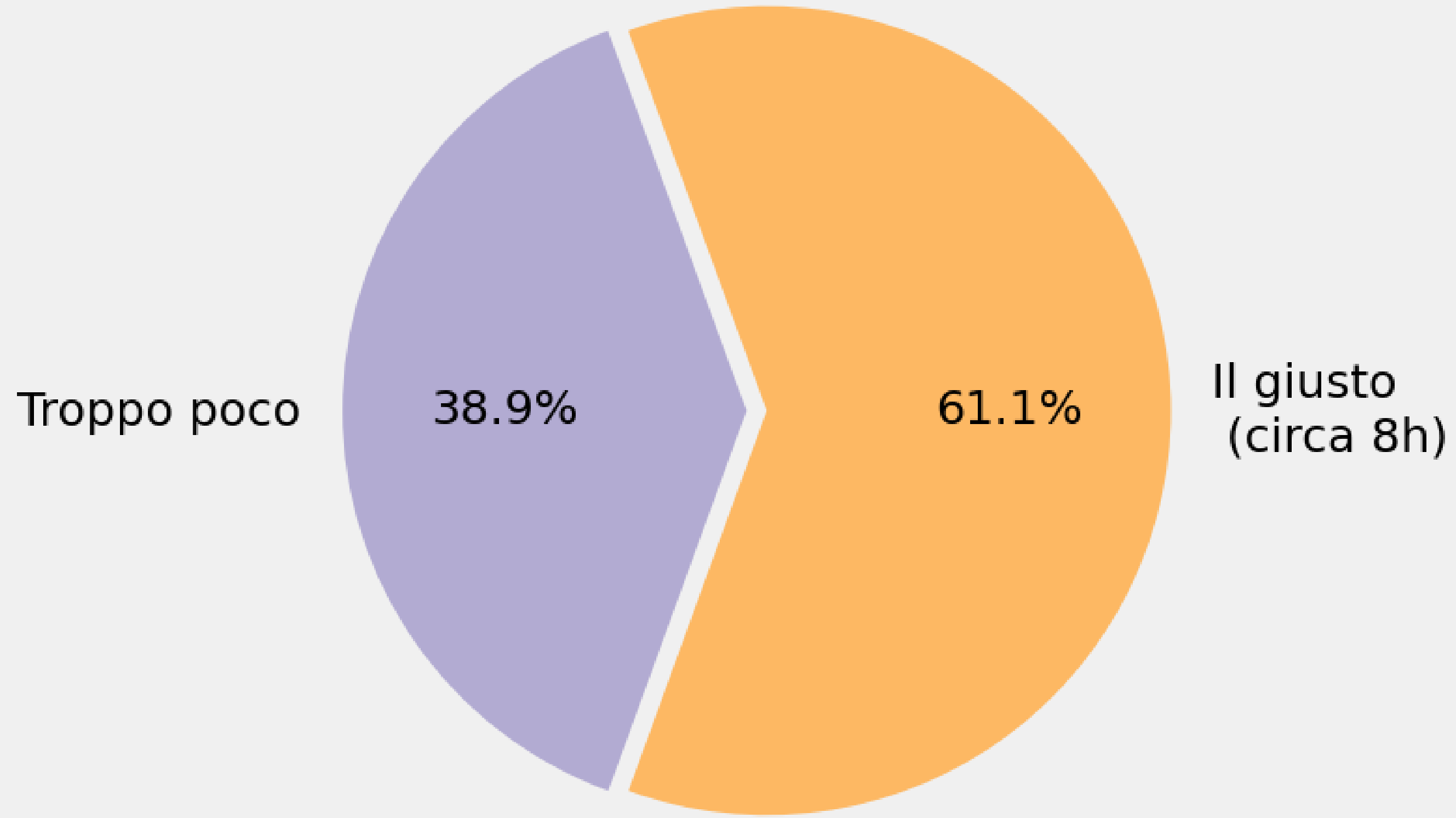
# Dormo...



Dormo...



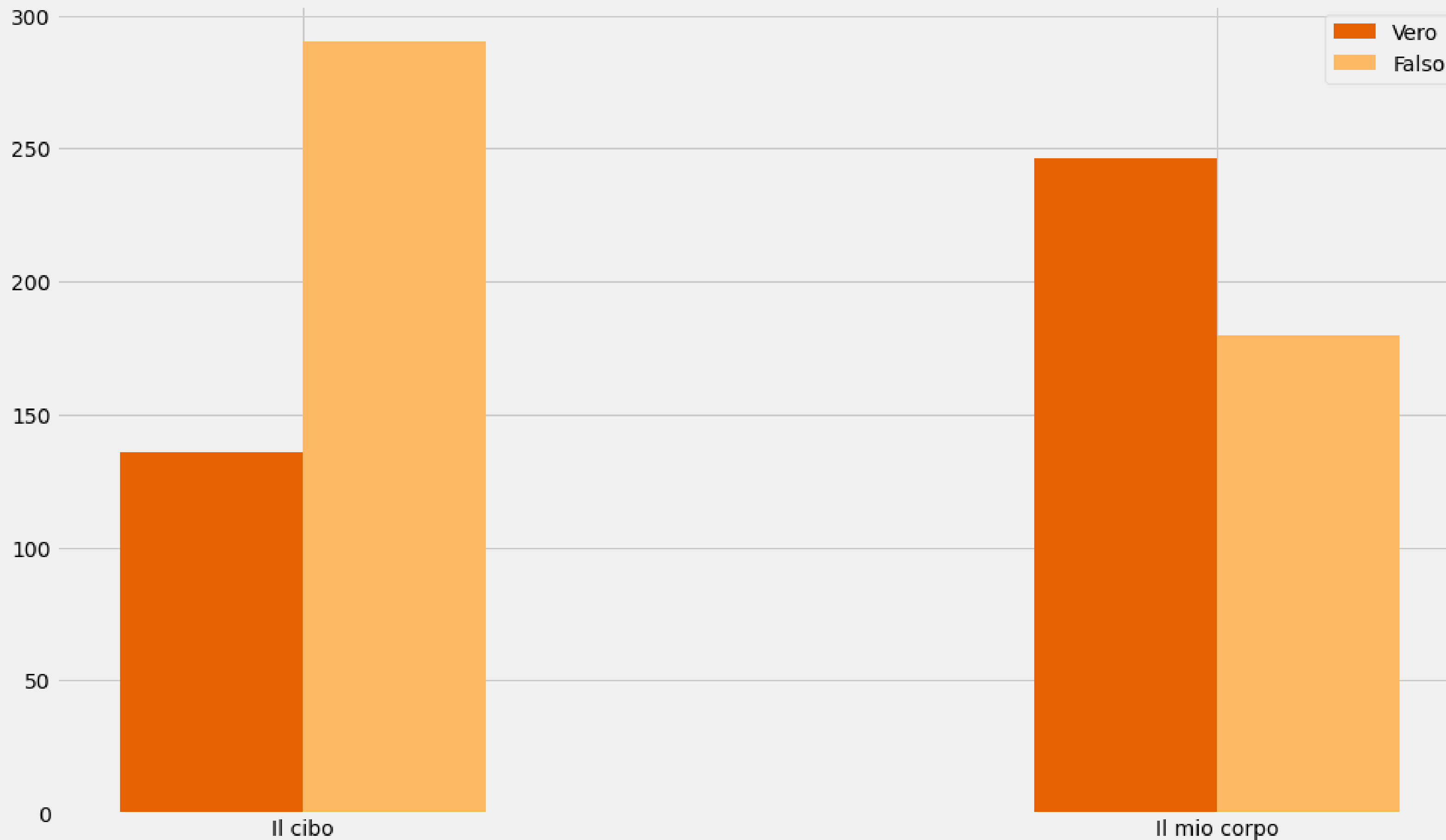
# Dormi abbastanza?



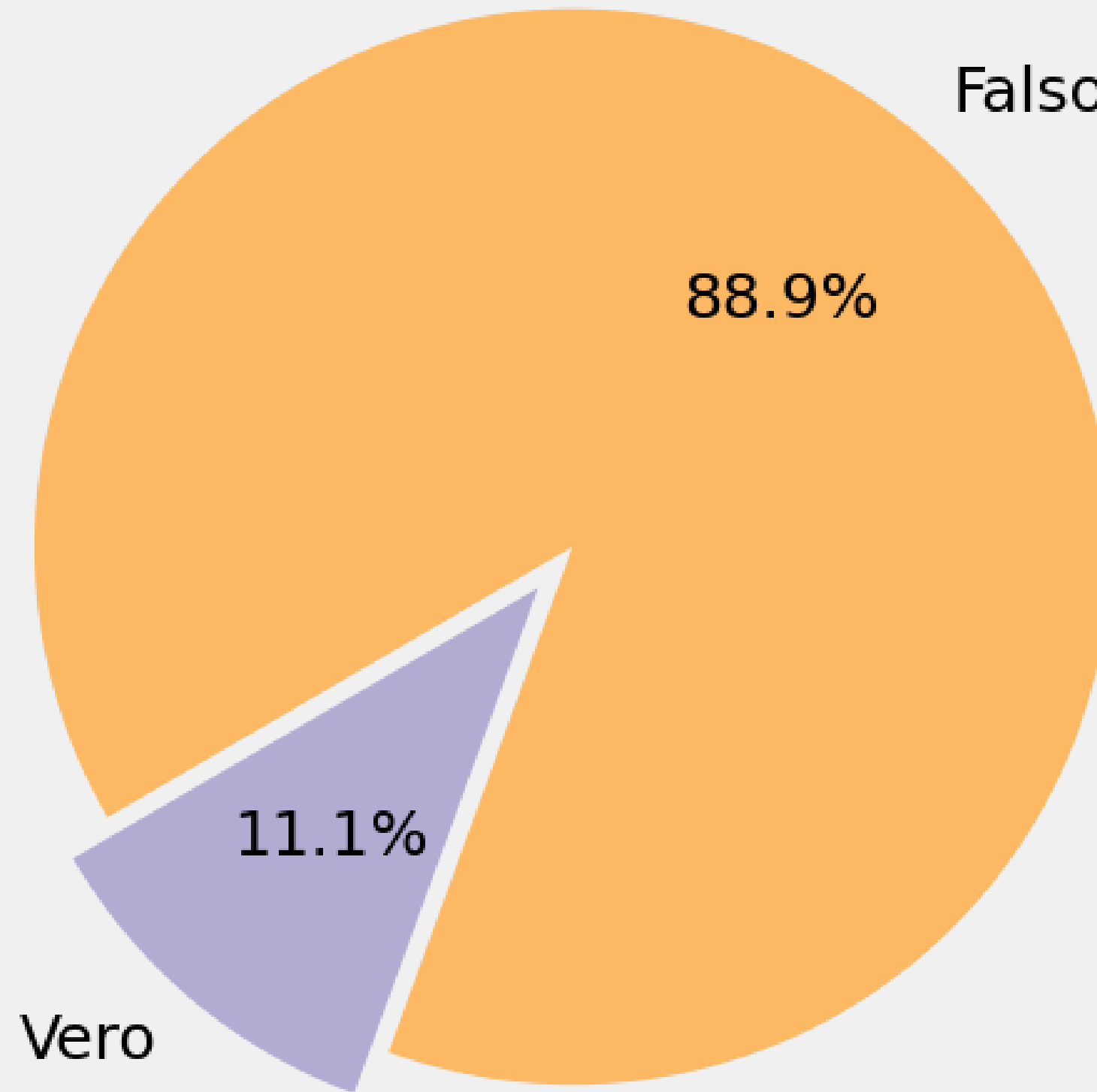


# Introspezione ed esperienze

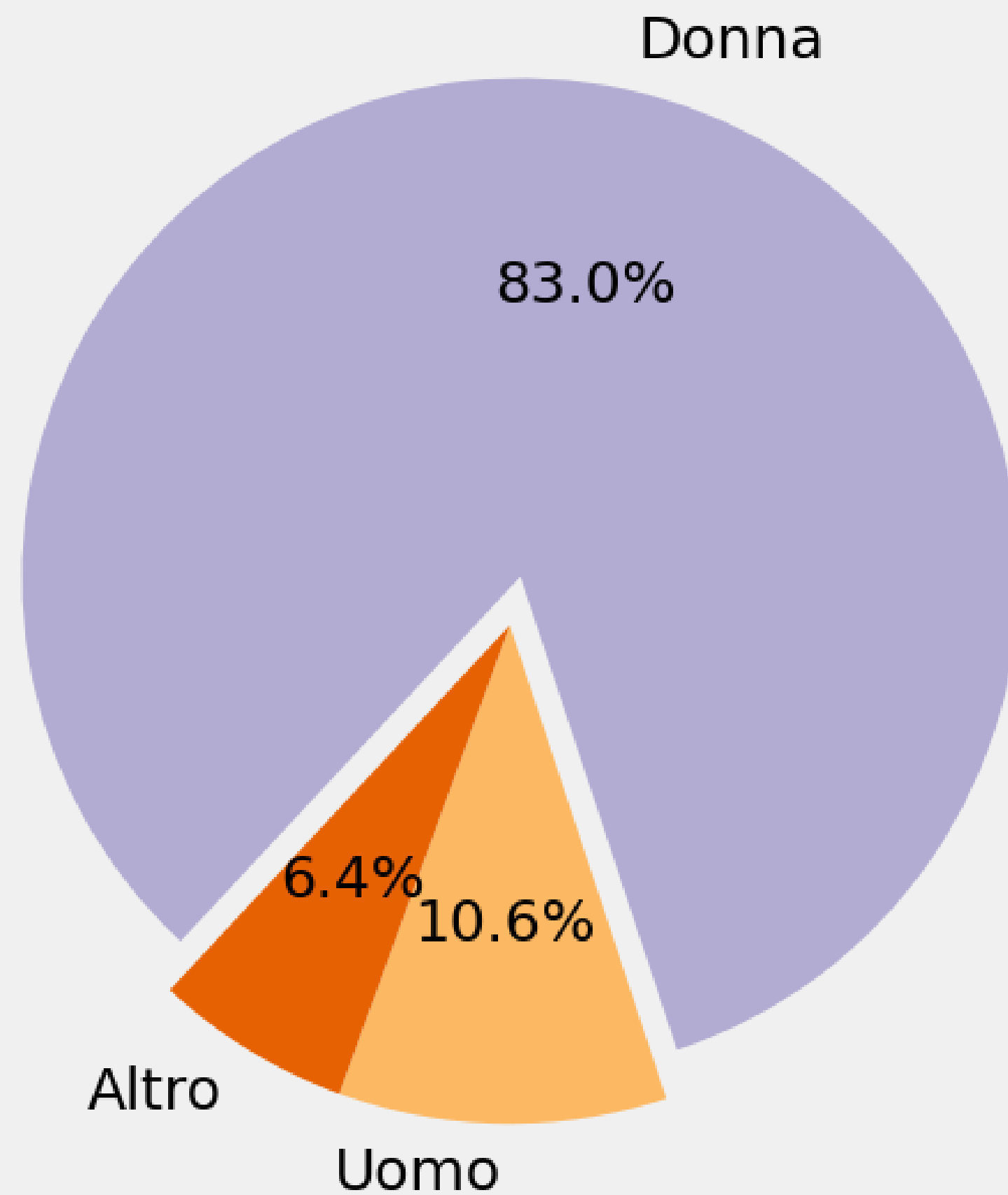
# Ho un brutto rapporto con...



# Ho subito violenze sessuali



# Ho subito violenze sessuali e sono...



Ho subito violenze sessuali e sono donna...

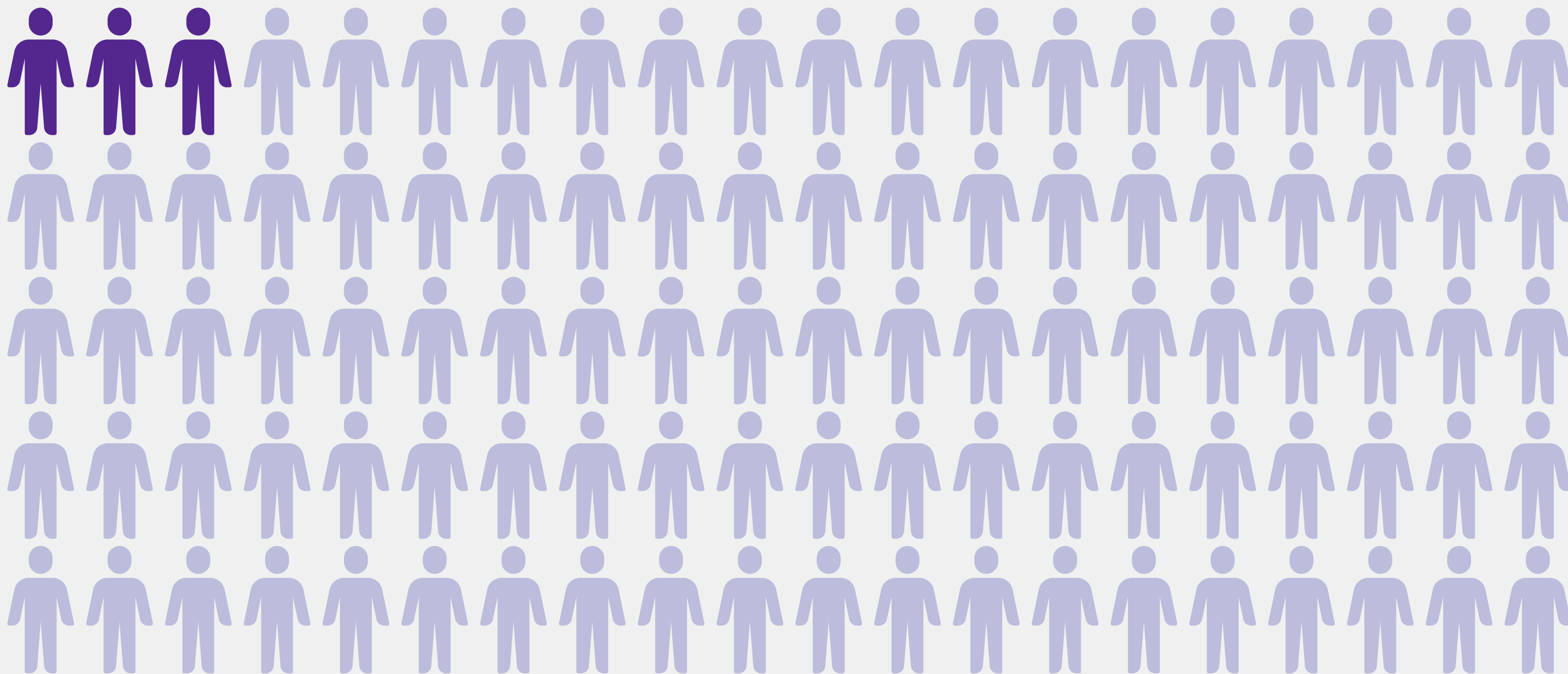
17 su 100





Ho subito violenze sessuali e sono uomo...

3 su 100

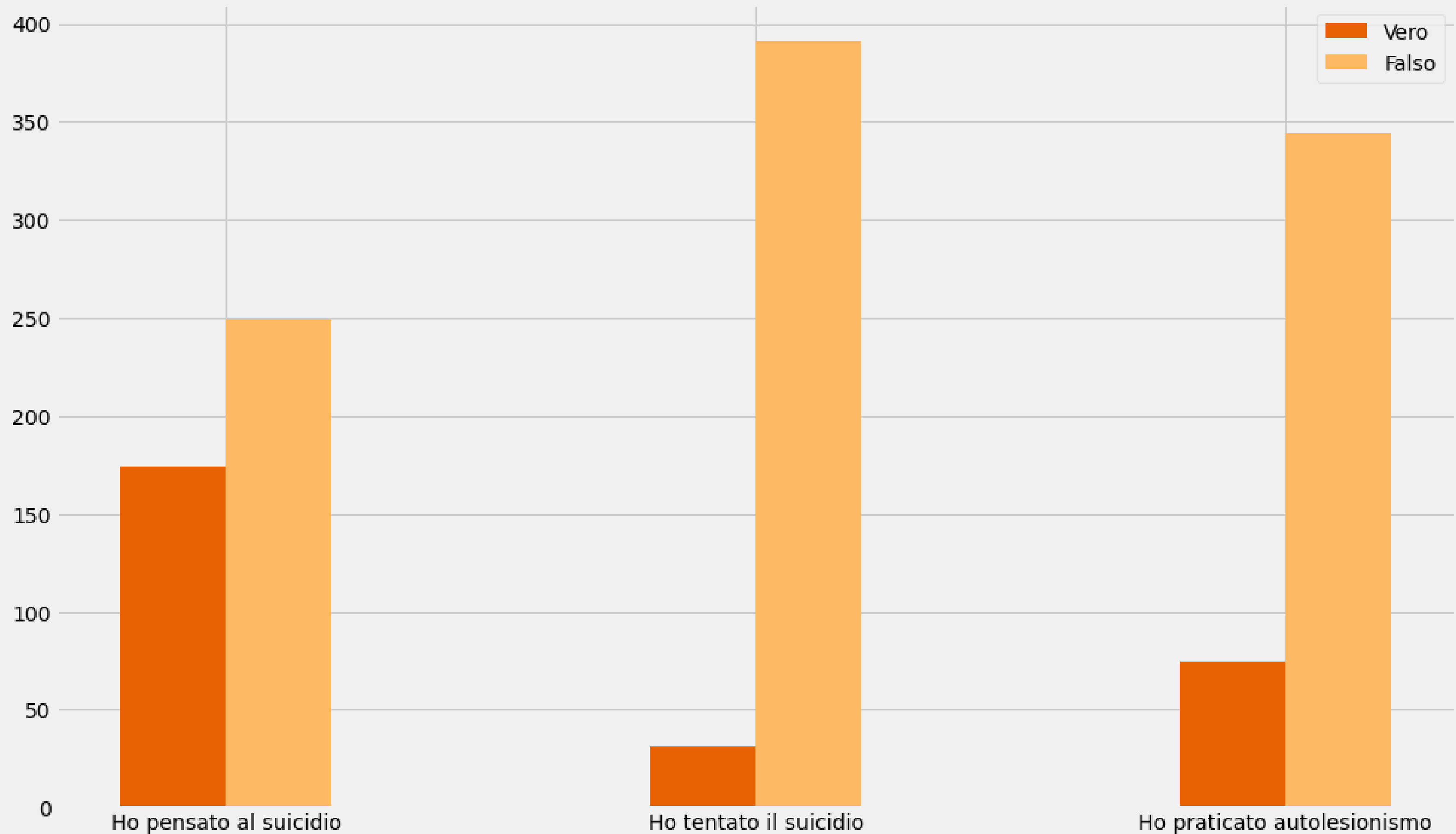


Ho subito violenze sessuali e sono "Altro"...

3 su 9



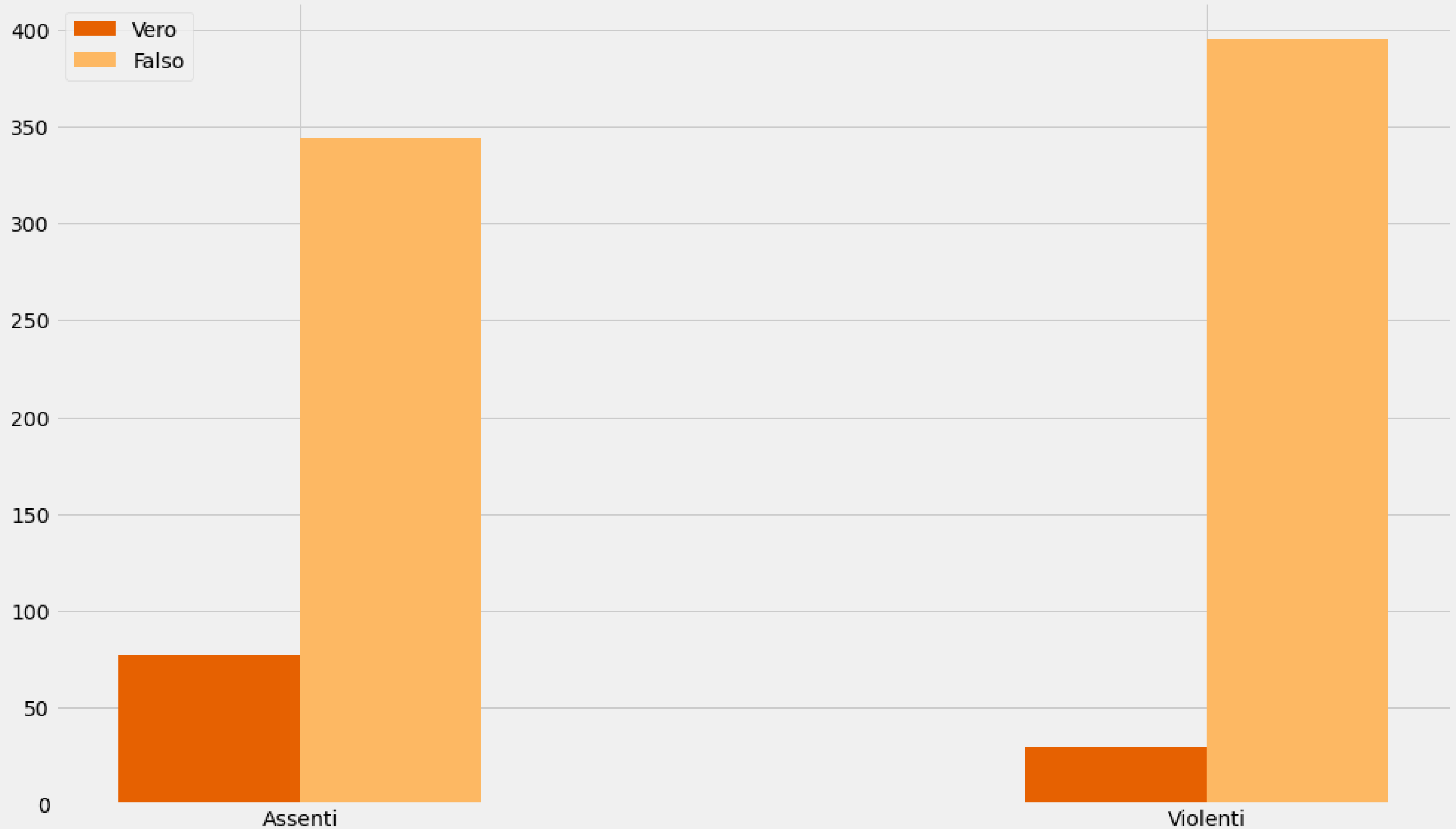
# Nella mia vita...



Ho pensato al suicidio  
41 su 100



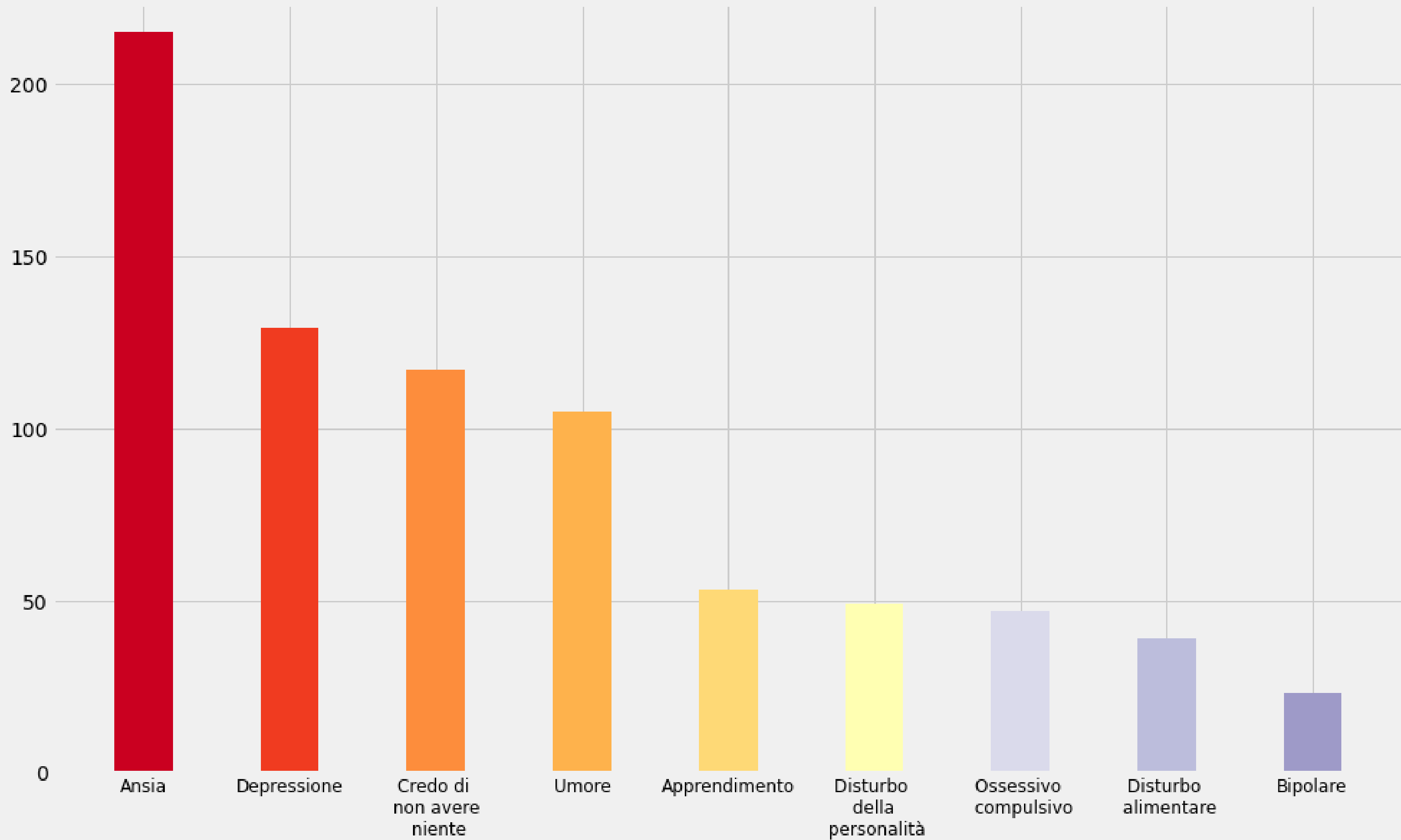
# I miei genitori sono stati...



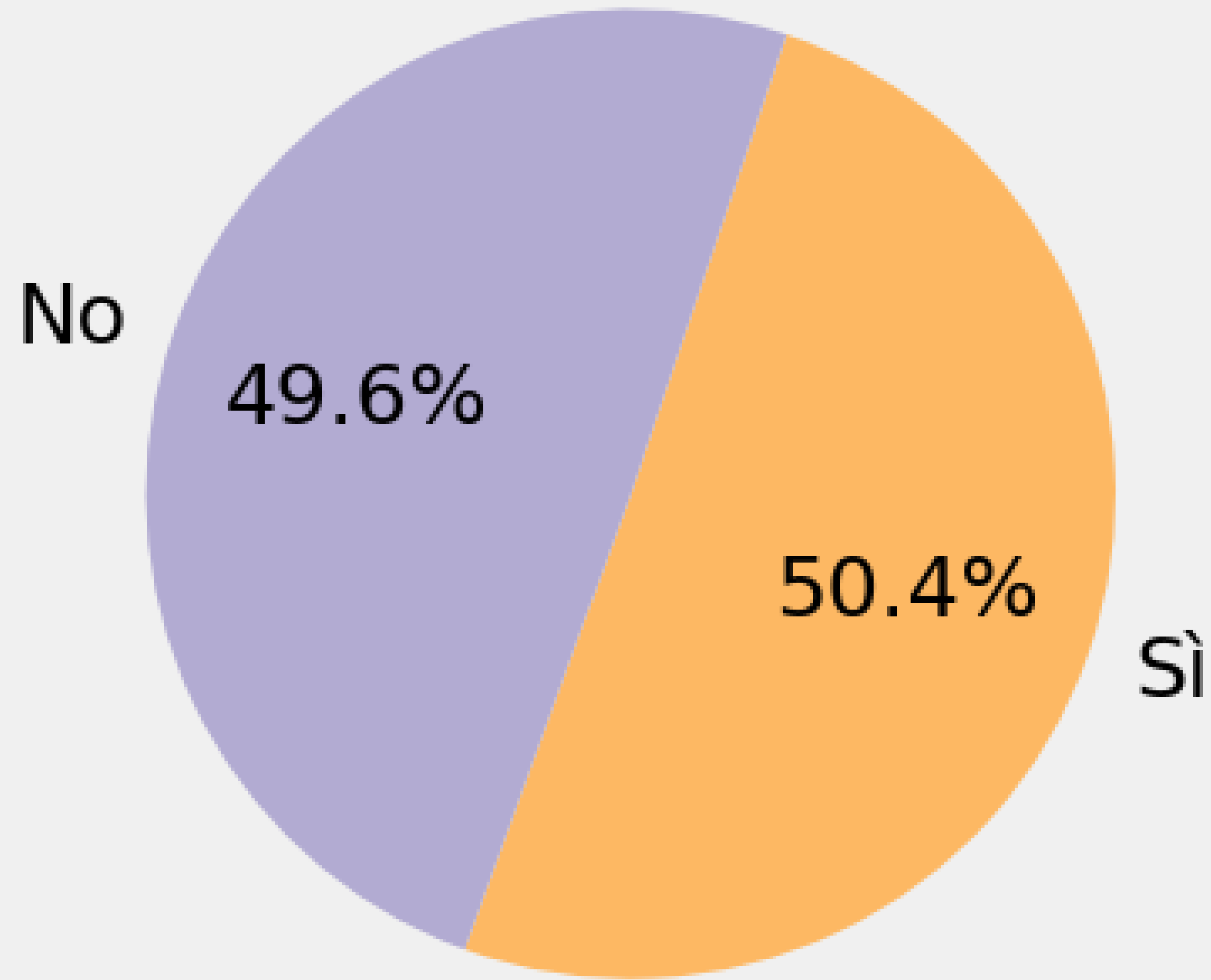


# Autodiagnosi

# Credo di avere un disturbo legato a...

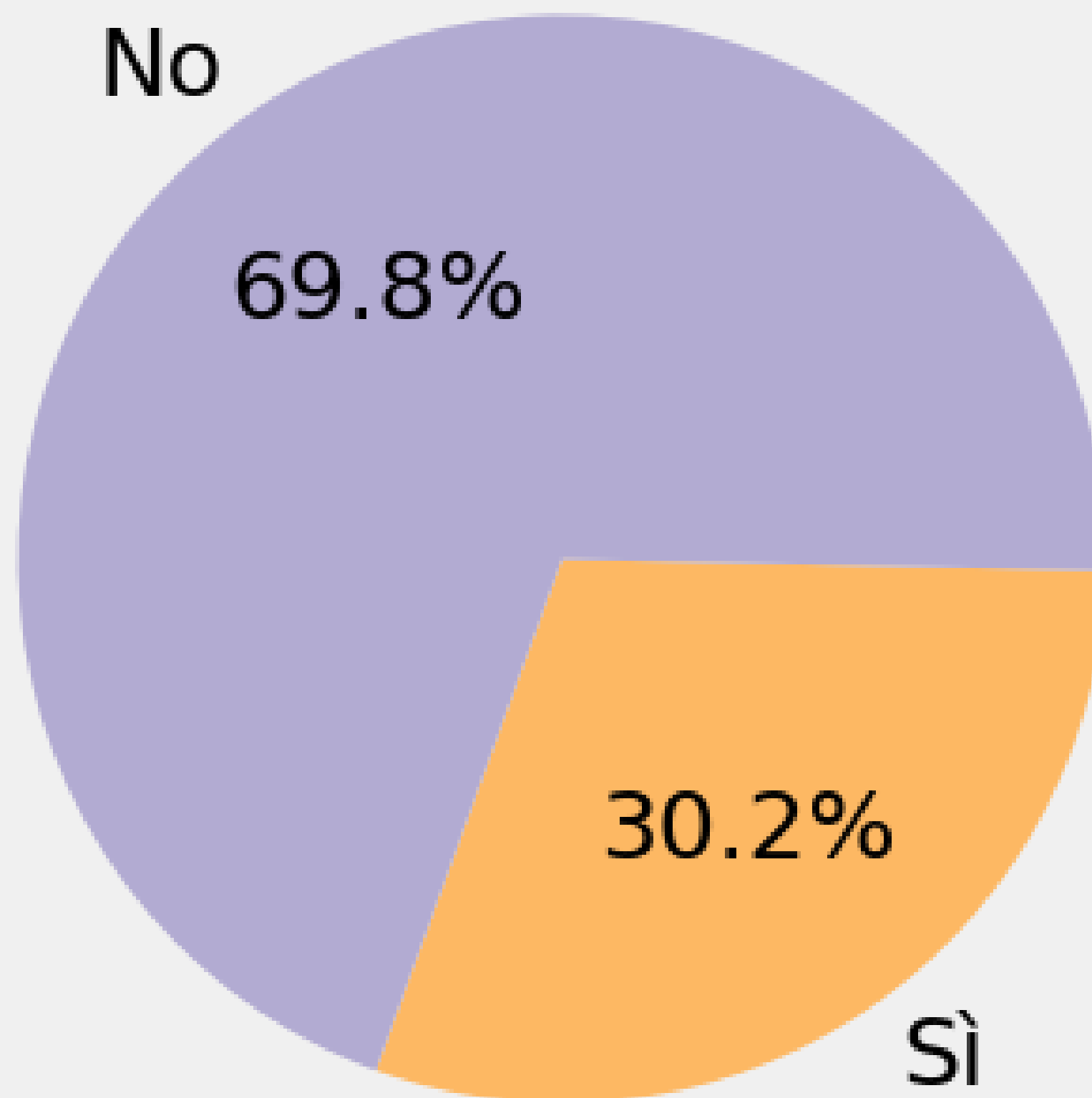


# Credo di avere un disturbo legato all'ansia





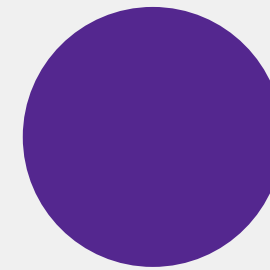
# Credo di avere un disturbo legato alla depressione



# Disturbi invisibili



I disturbi alimentari  
(anoressia e bulimia)  
sono più diagnosticati  
che auto-diagnosticati



ADHD e BPD sono  
più auto-  
diagnosticati che  
diagnosticati

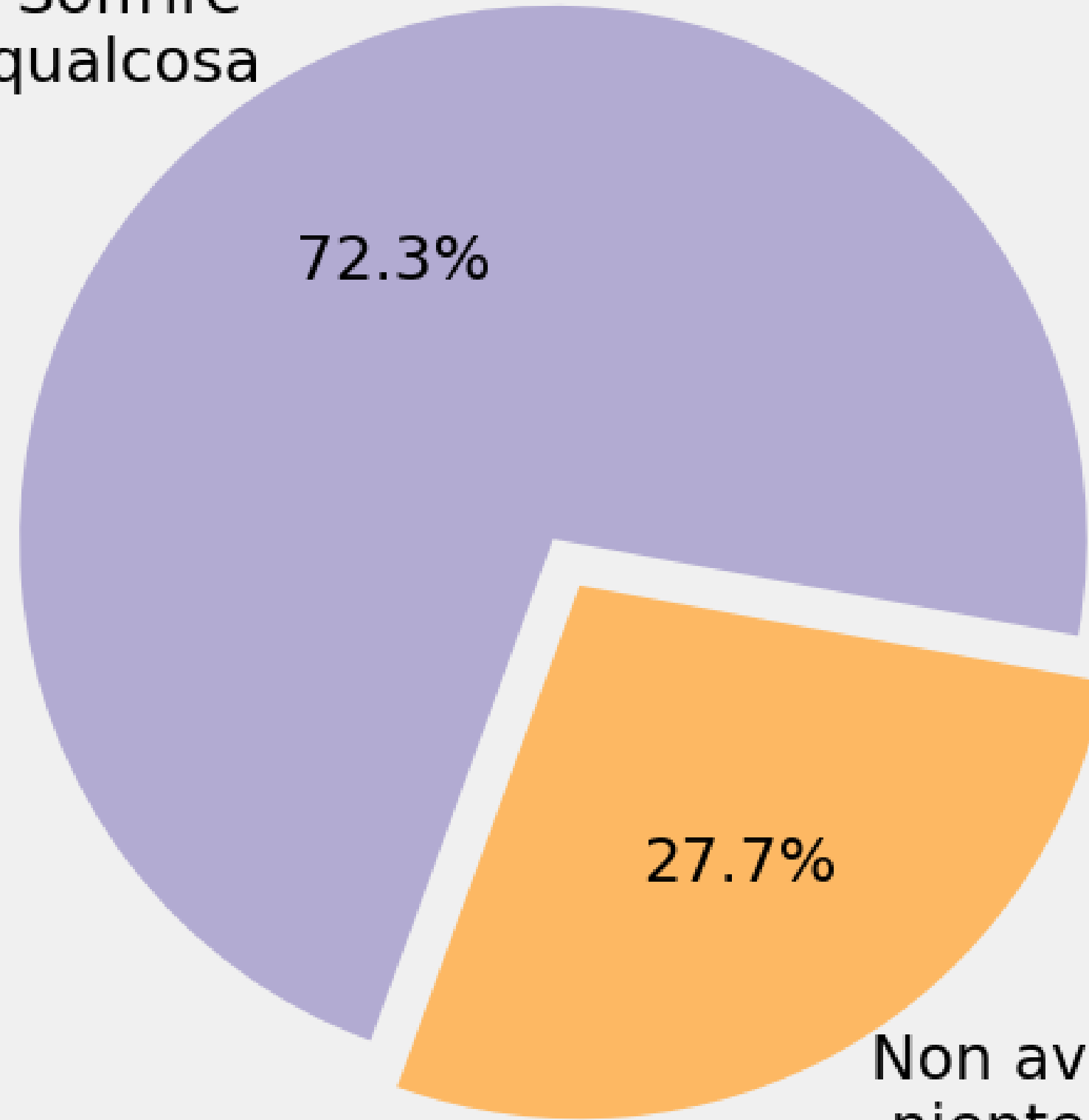
# Credo di...

Soffrire  
di qualcosa

72.3%

27.7%

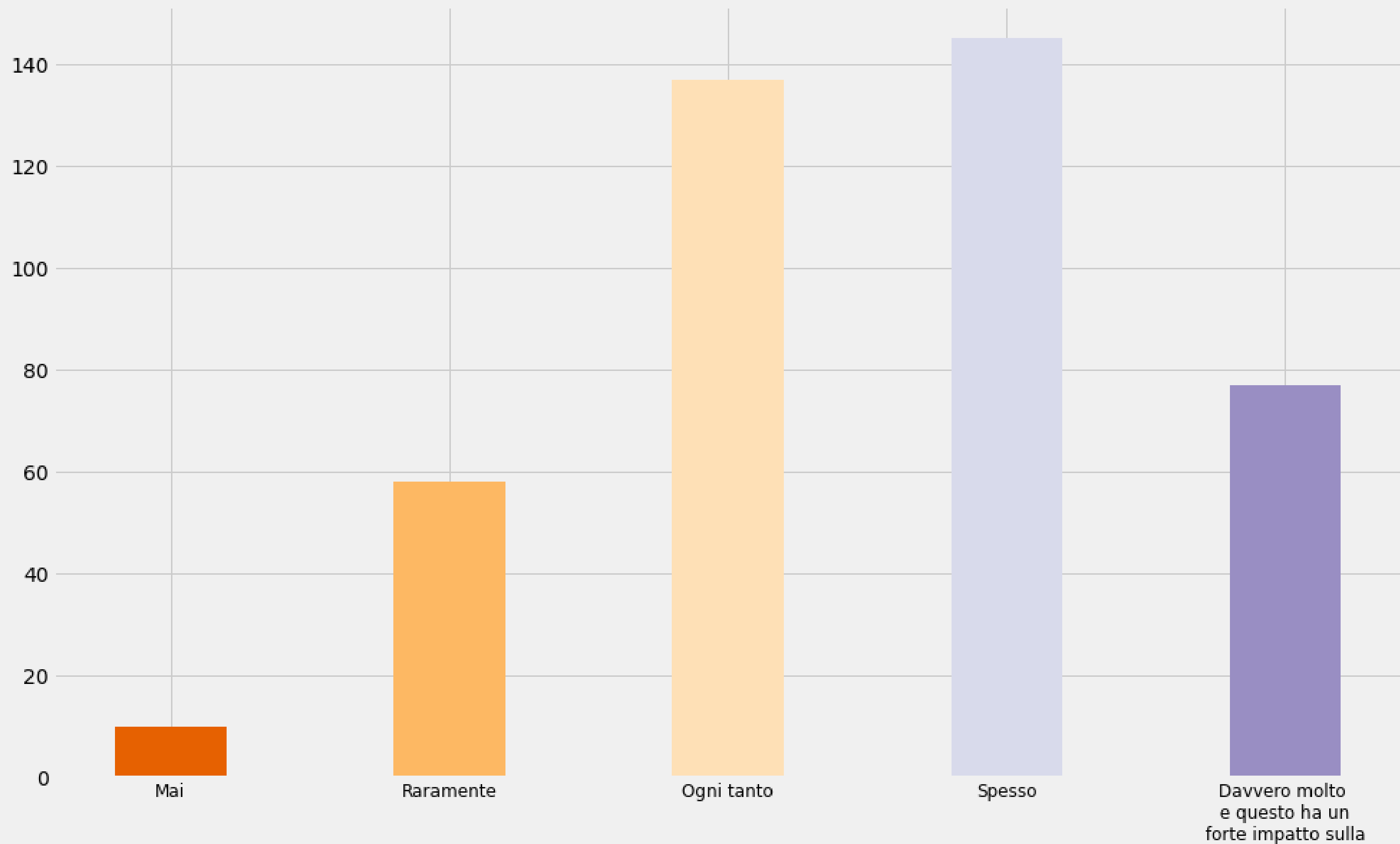
Non avere  
niente



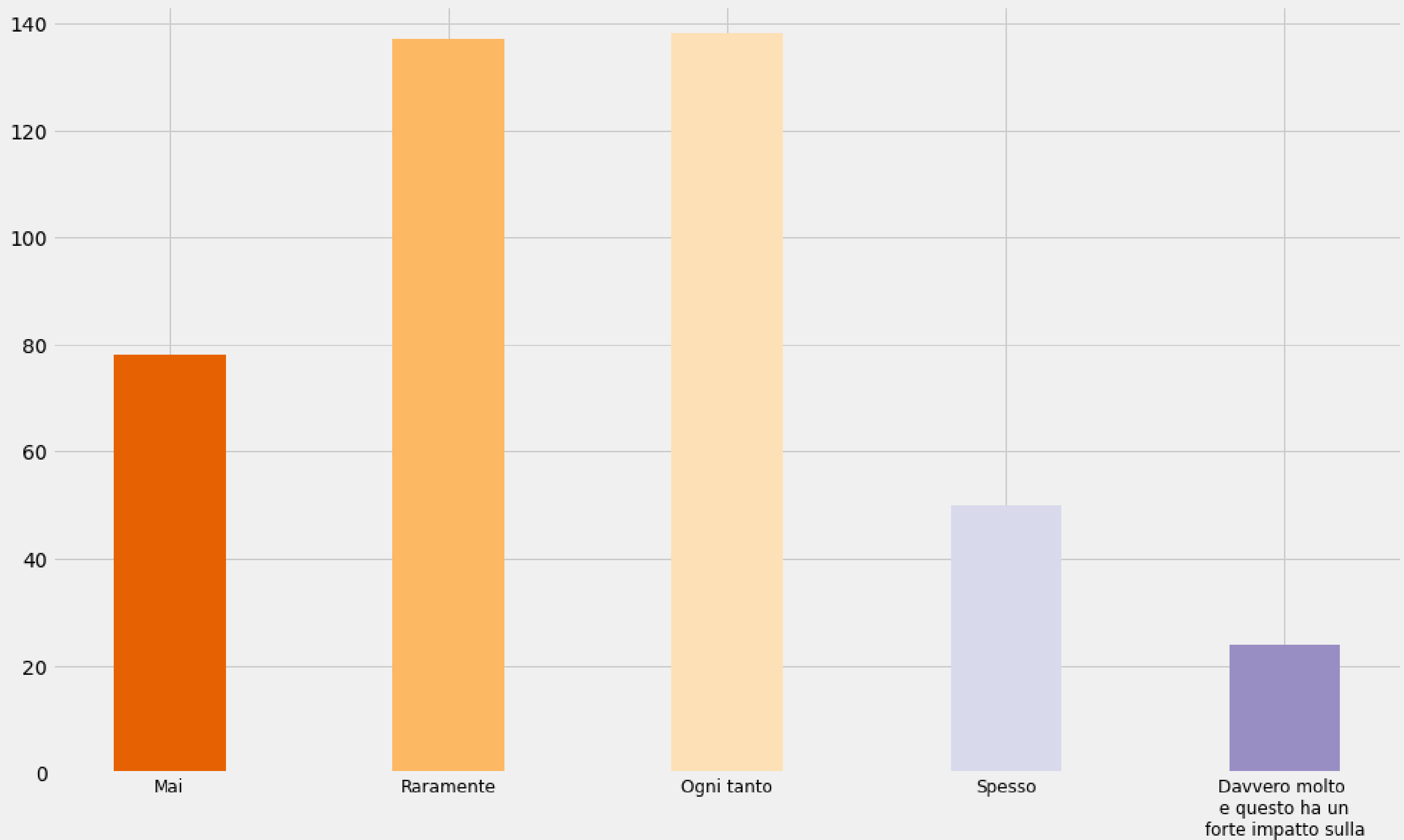


Ansia  
Depressione

# Nella mia vita provo ansia



# Nella mia vita mi sento depresso/a

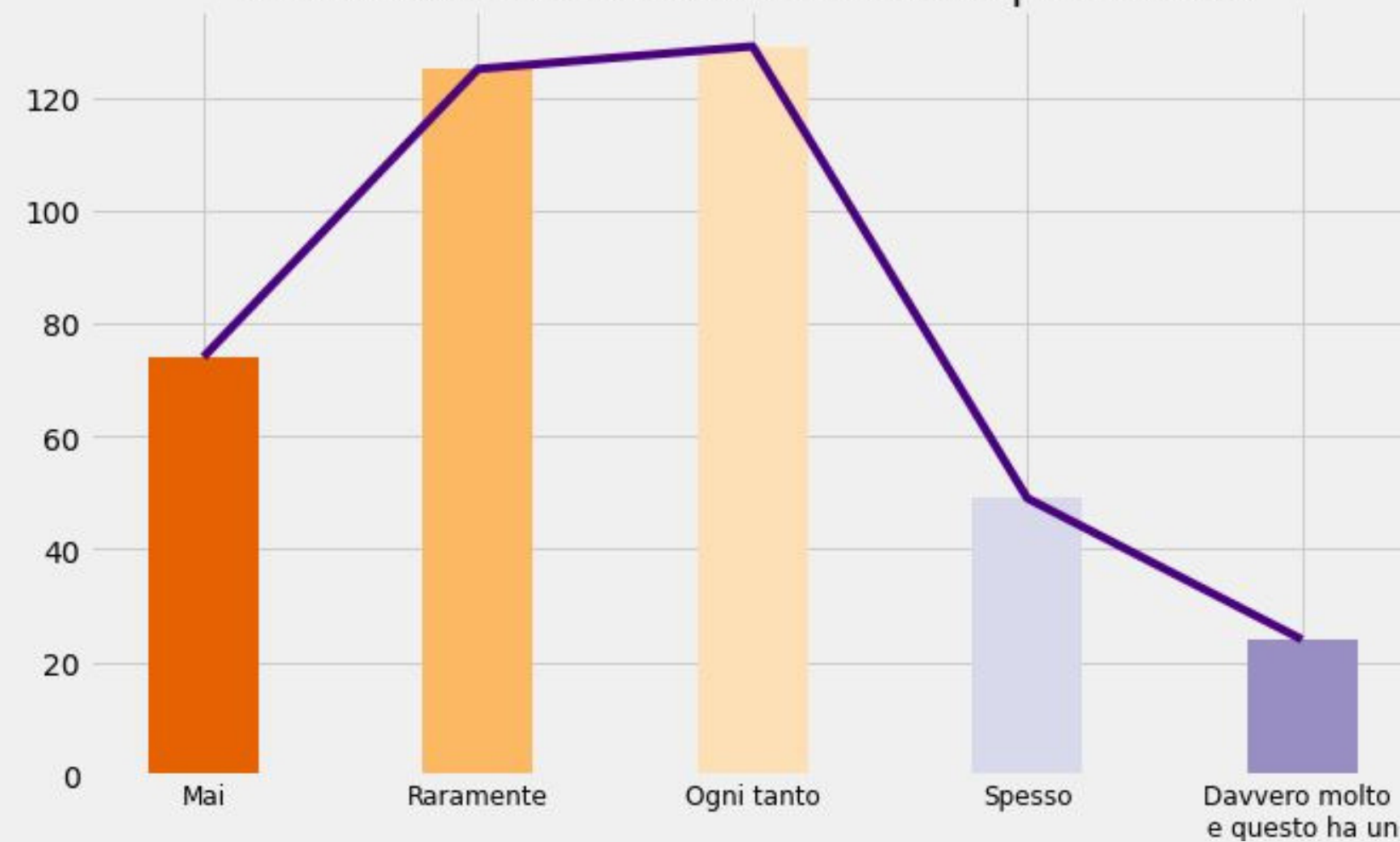


# Confrontiamoli

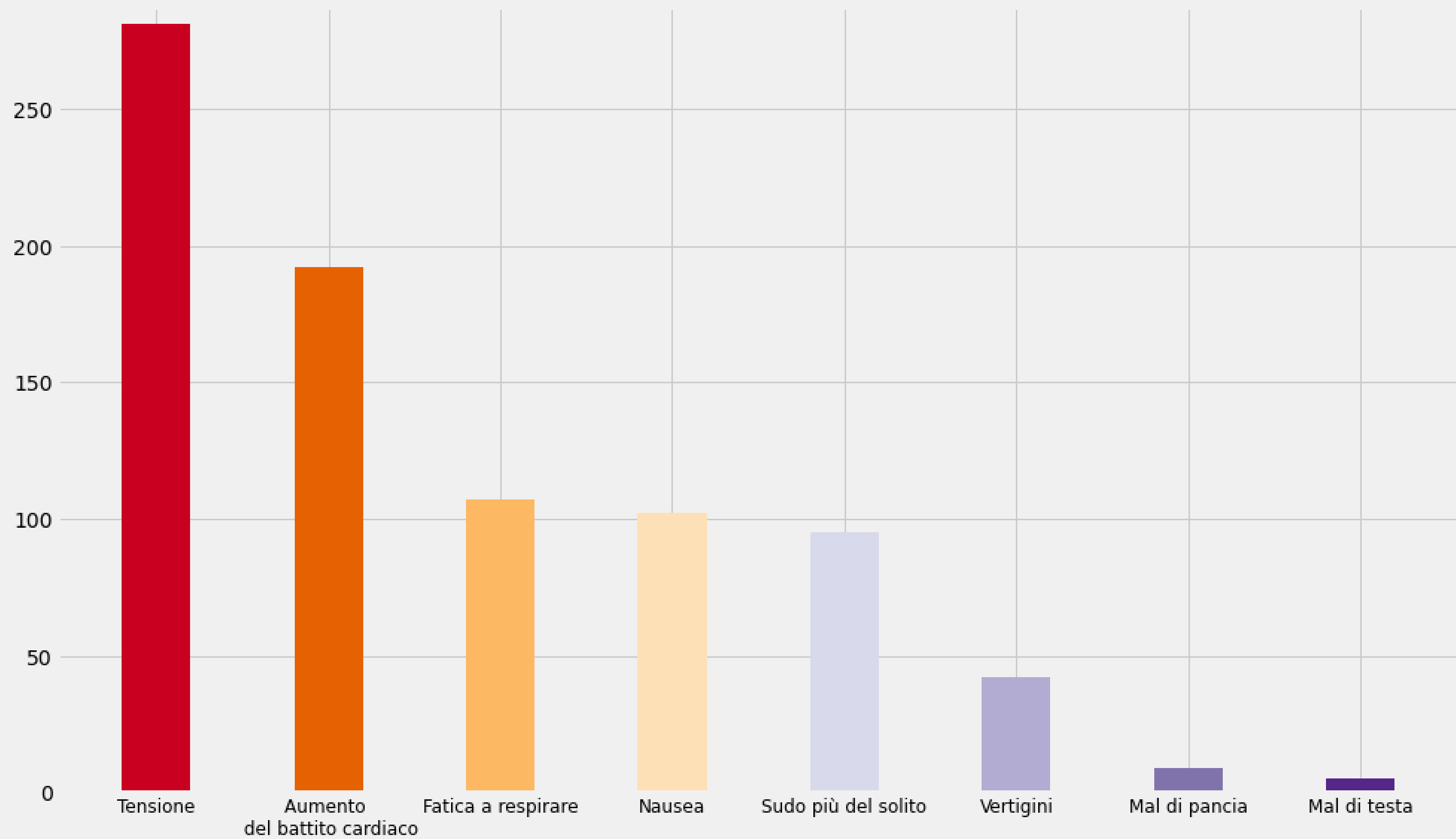
Nella mia vita provo ansia...



Nella mia vita sento di soffrire di depressione...

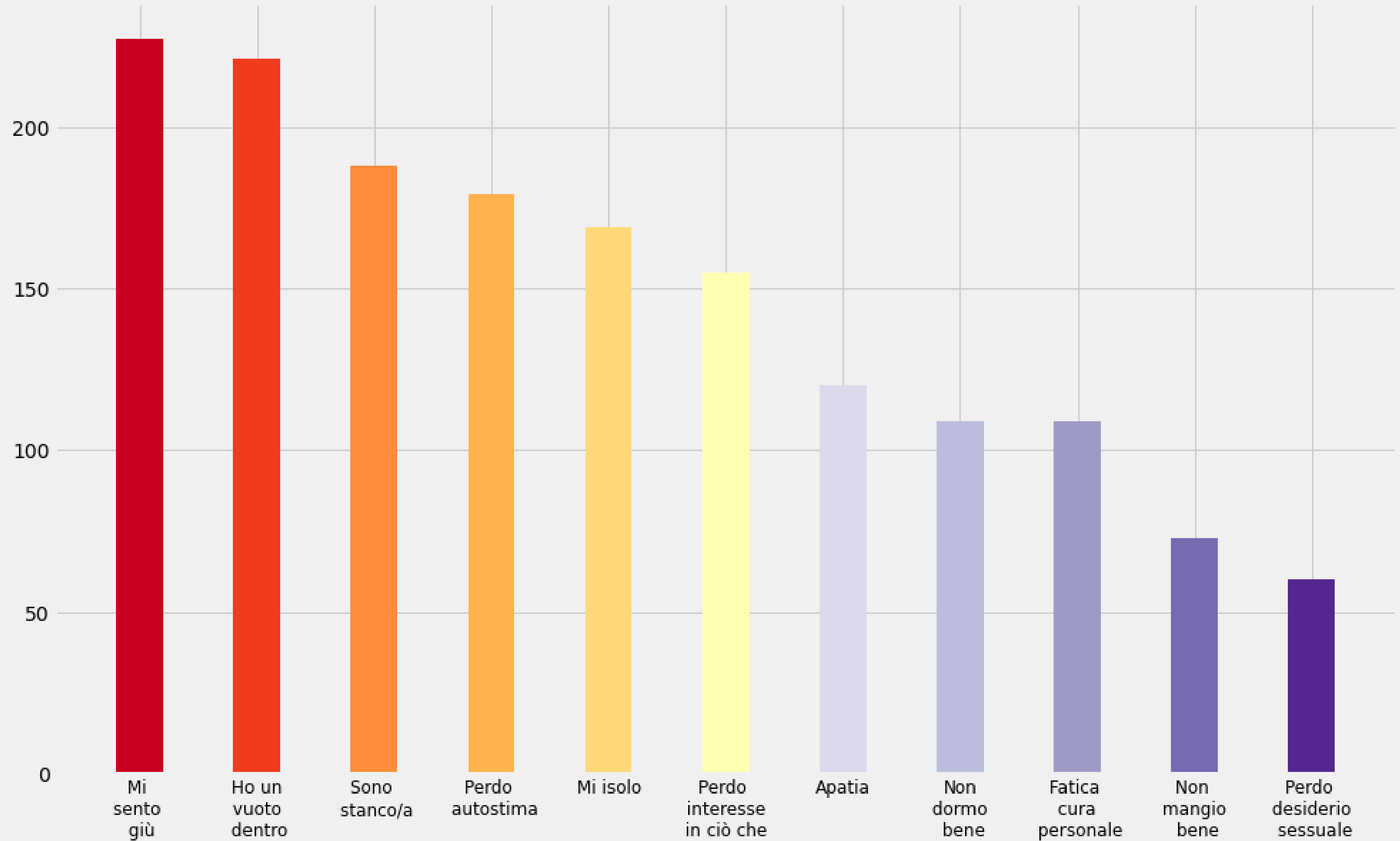


# Sintomi ansia





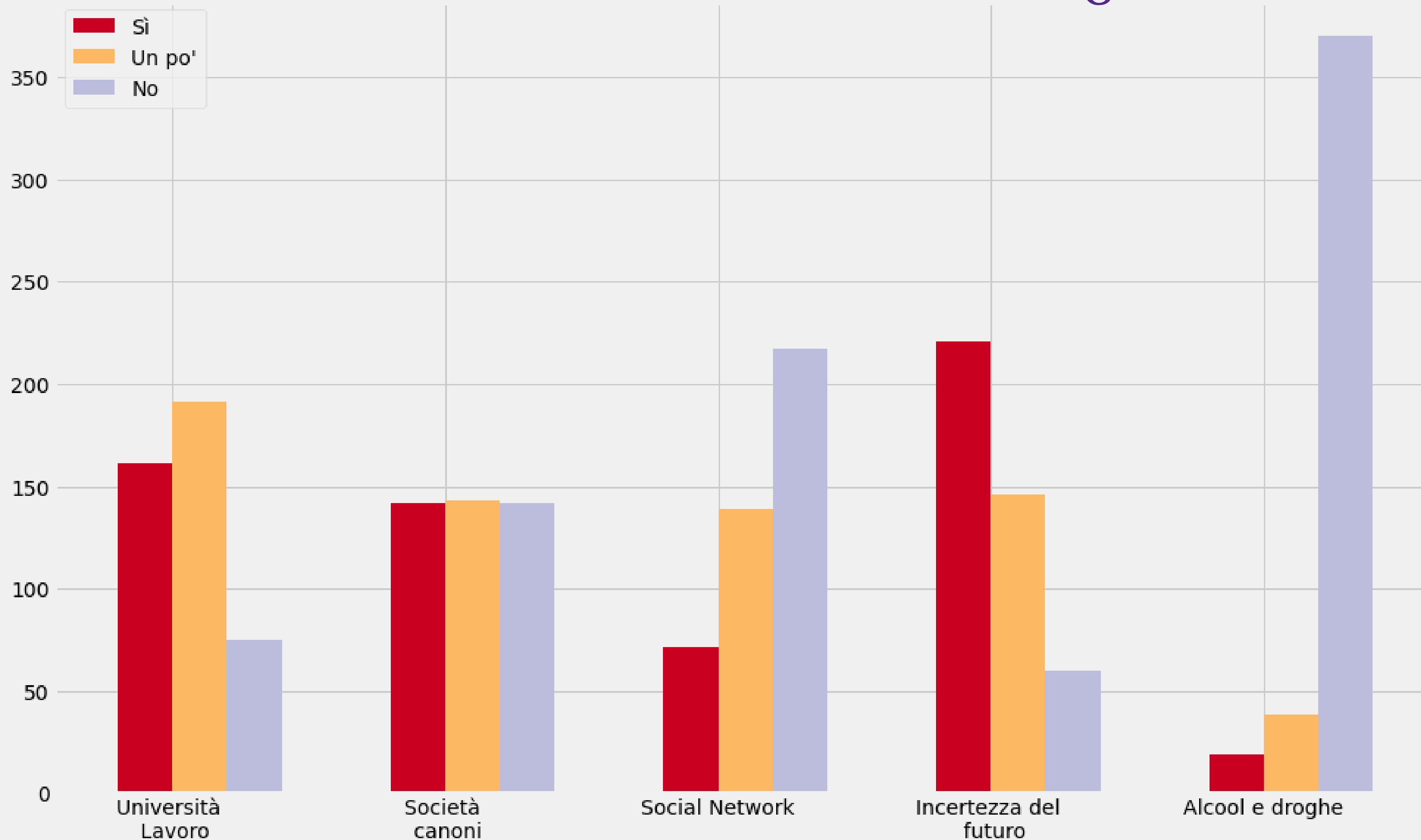
# Sintomi depressione



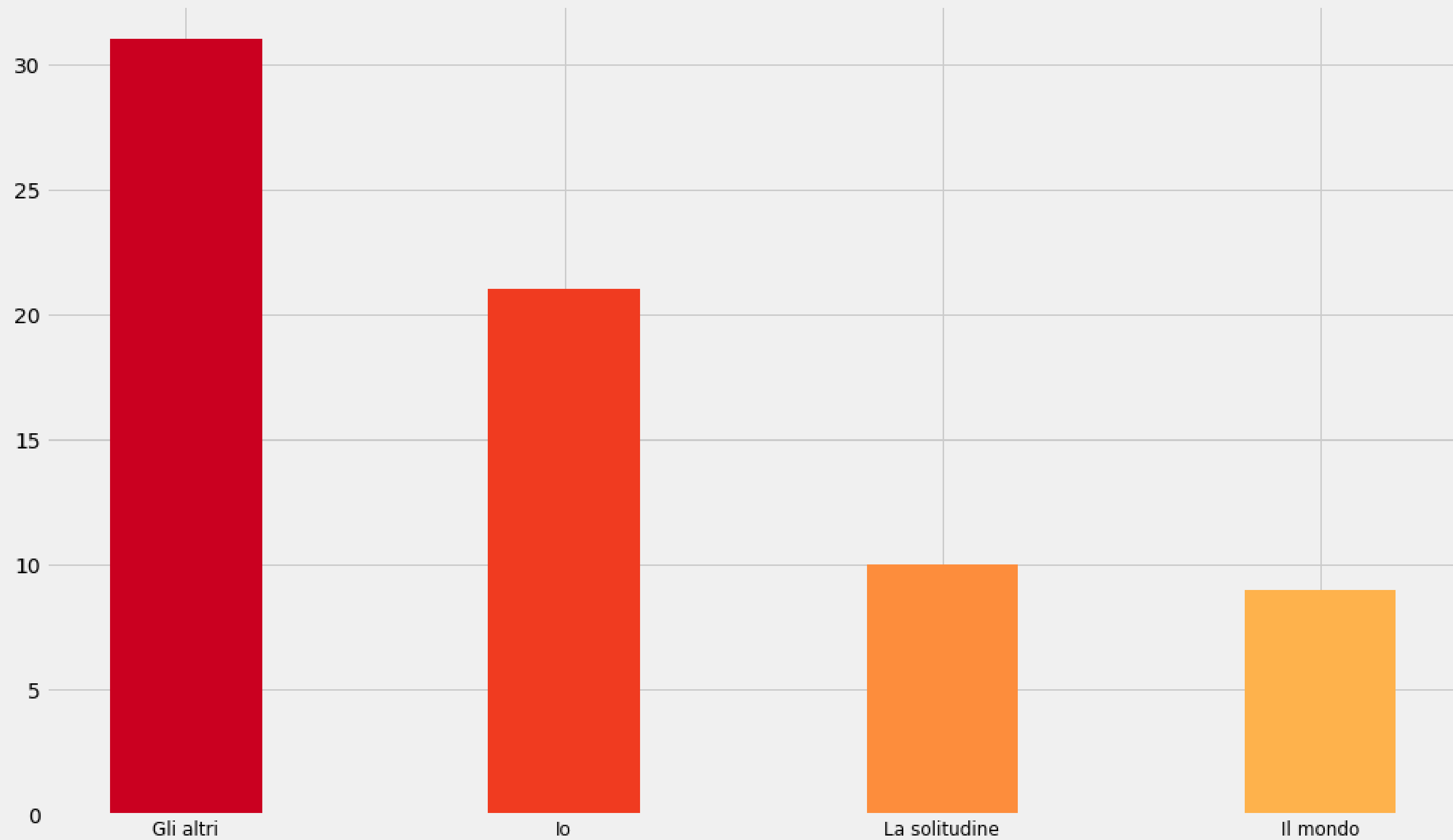
An abstract graphic at the top of the page features a light purple, irregular shape that resembles a cloud or a splash. A bright yellow line starts from the left edge, dips into the purple shape, and then continues as a wavy line across the top right corner.

# Fattori

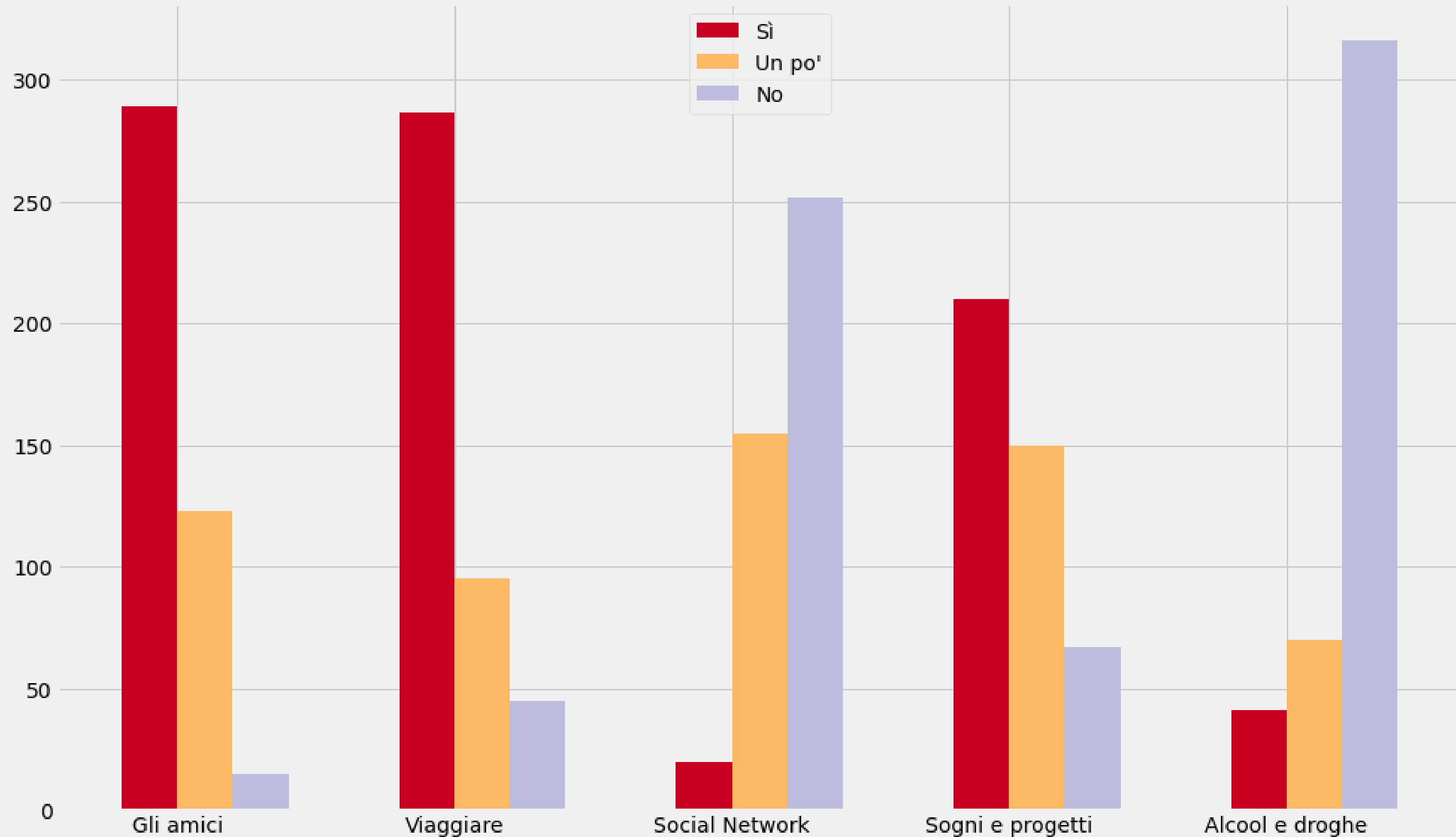
# Questi fattori ti influenzano in negativo?



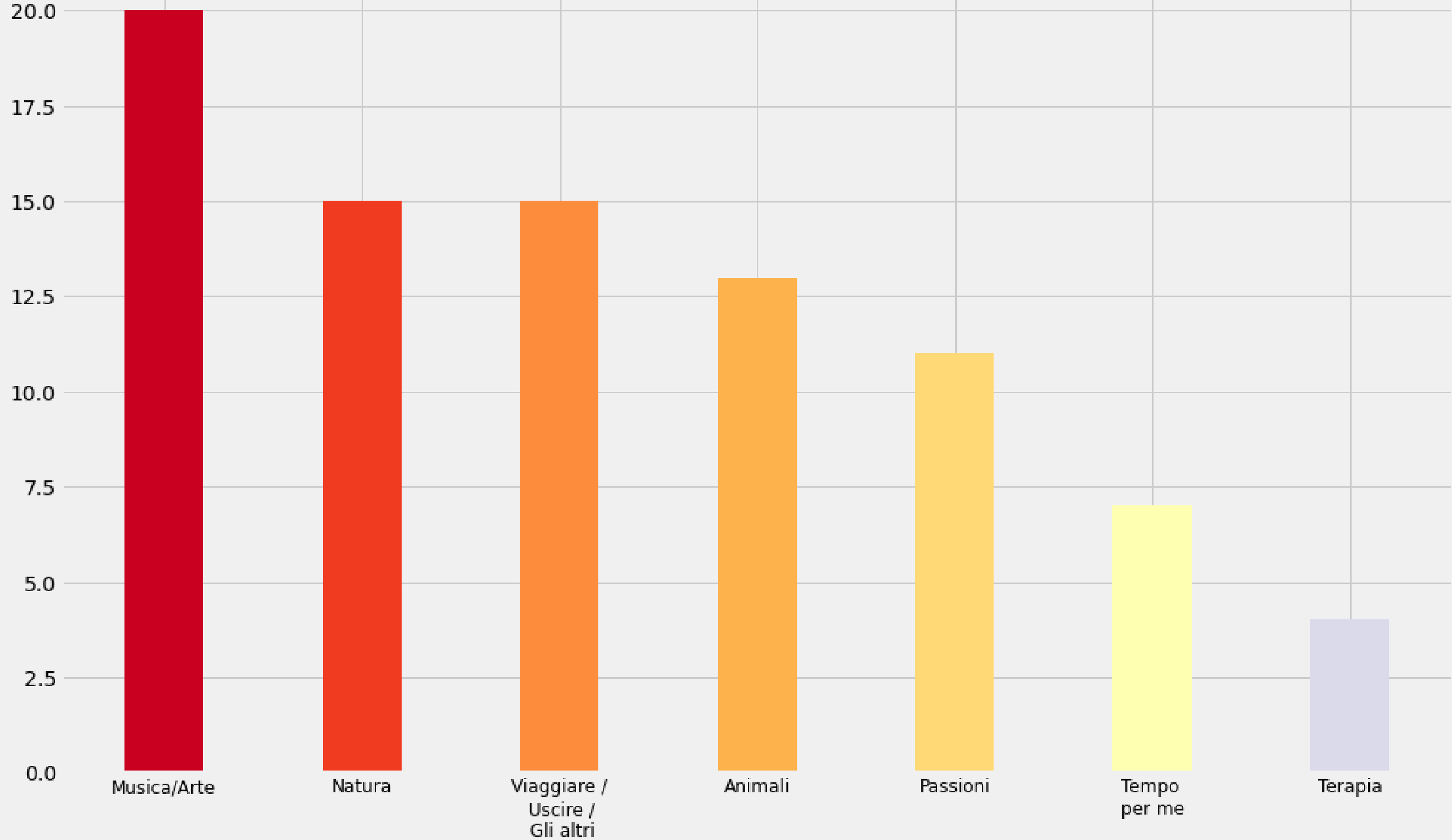
## Altri fattori negativi



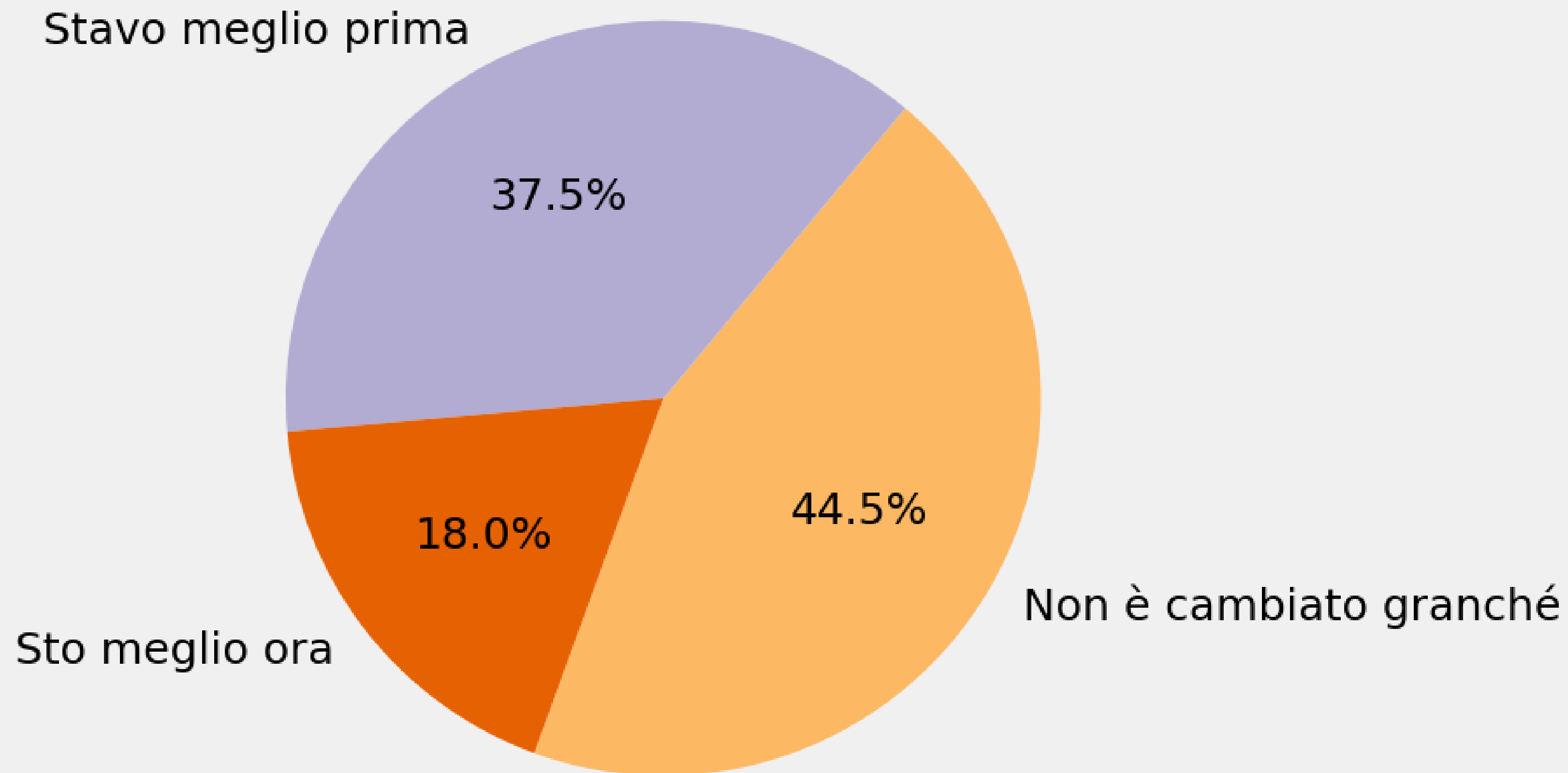
# Questi fattori ti influenzano in positivo?



## Altri fattori positivi



# Pensando al Covid-19

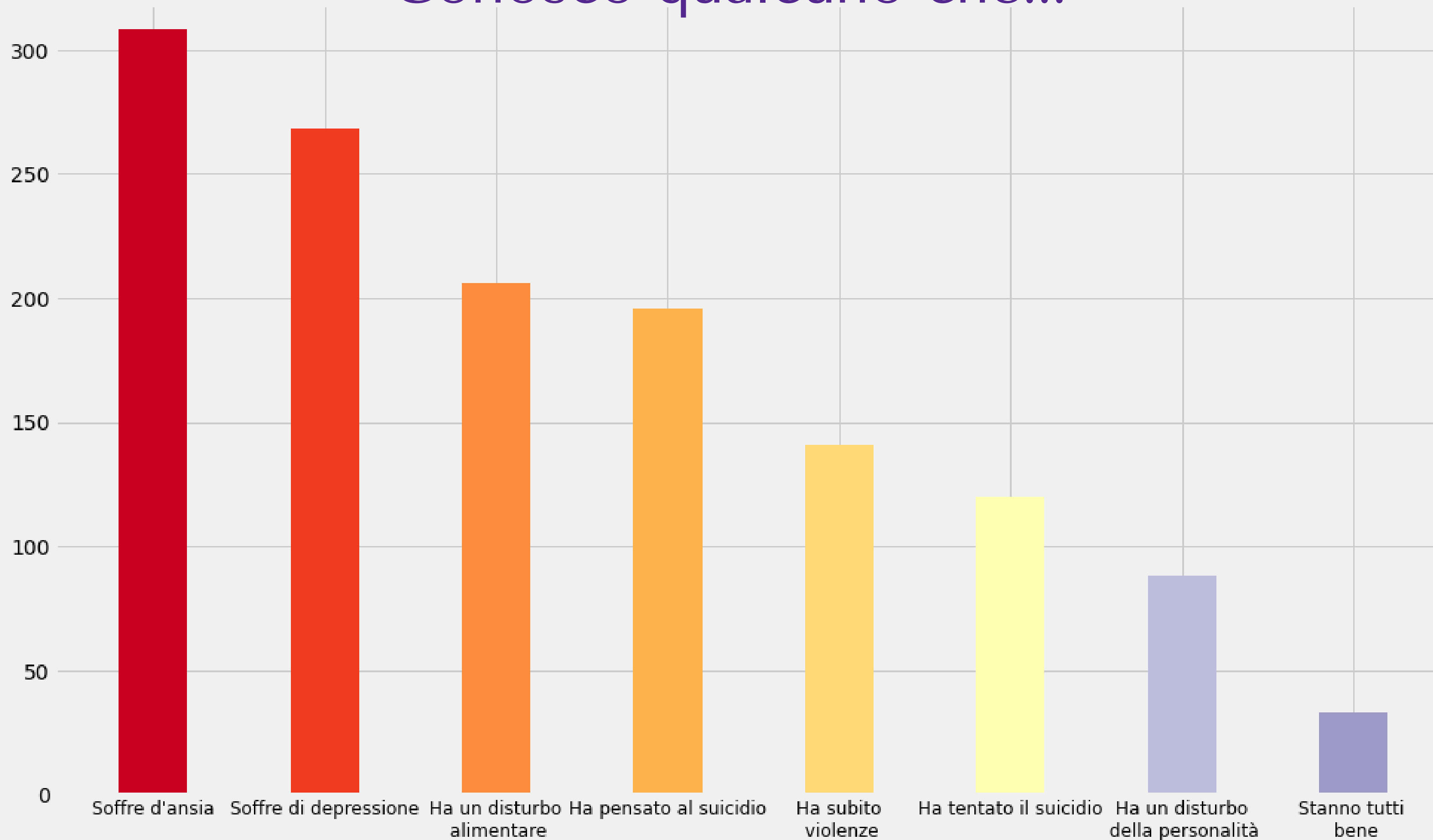




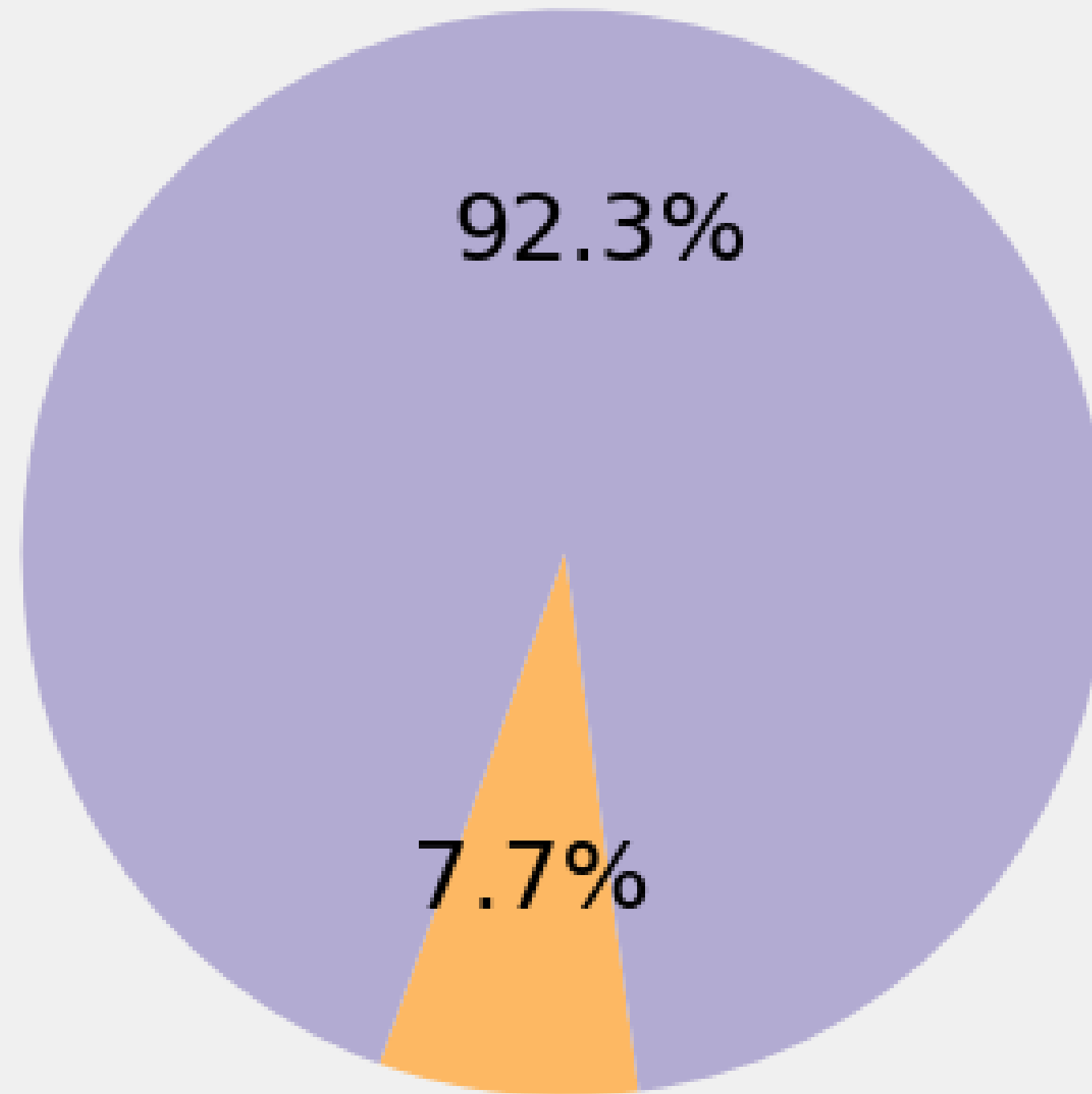
Conosco personalmente  
qualcuno che...



# Conosco qualcuno che...



"Tutte le persone che conosco..."

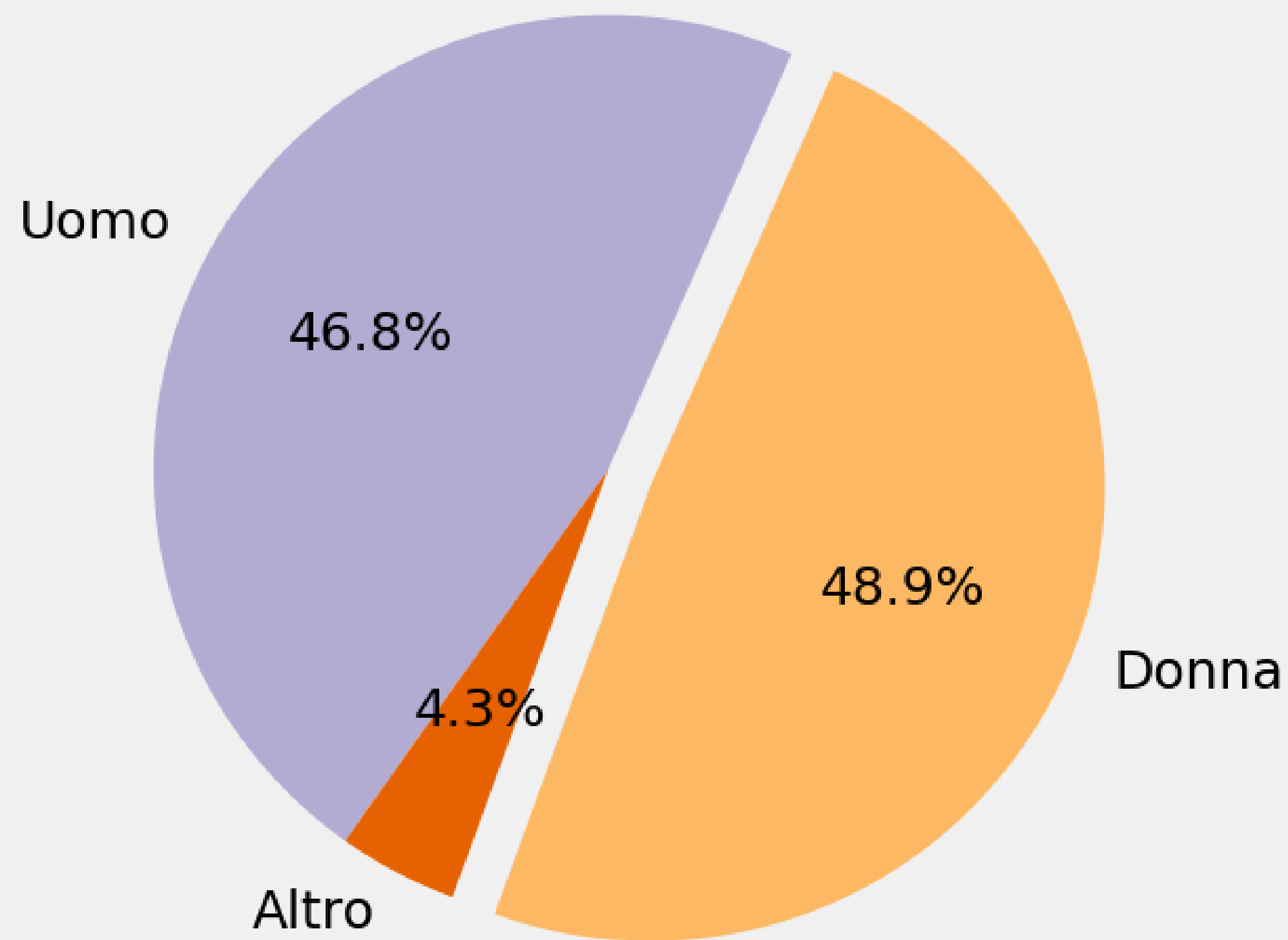


Stanno bene

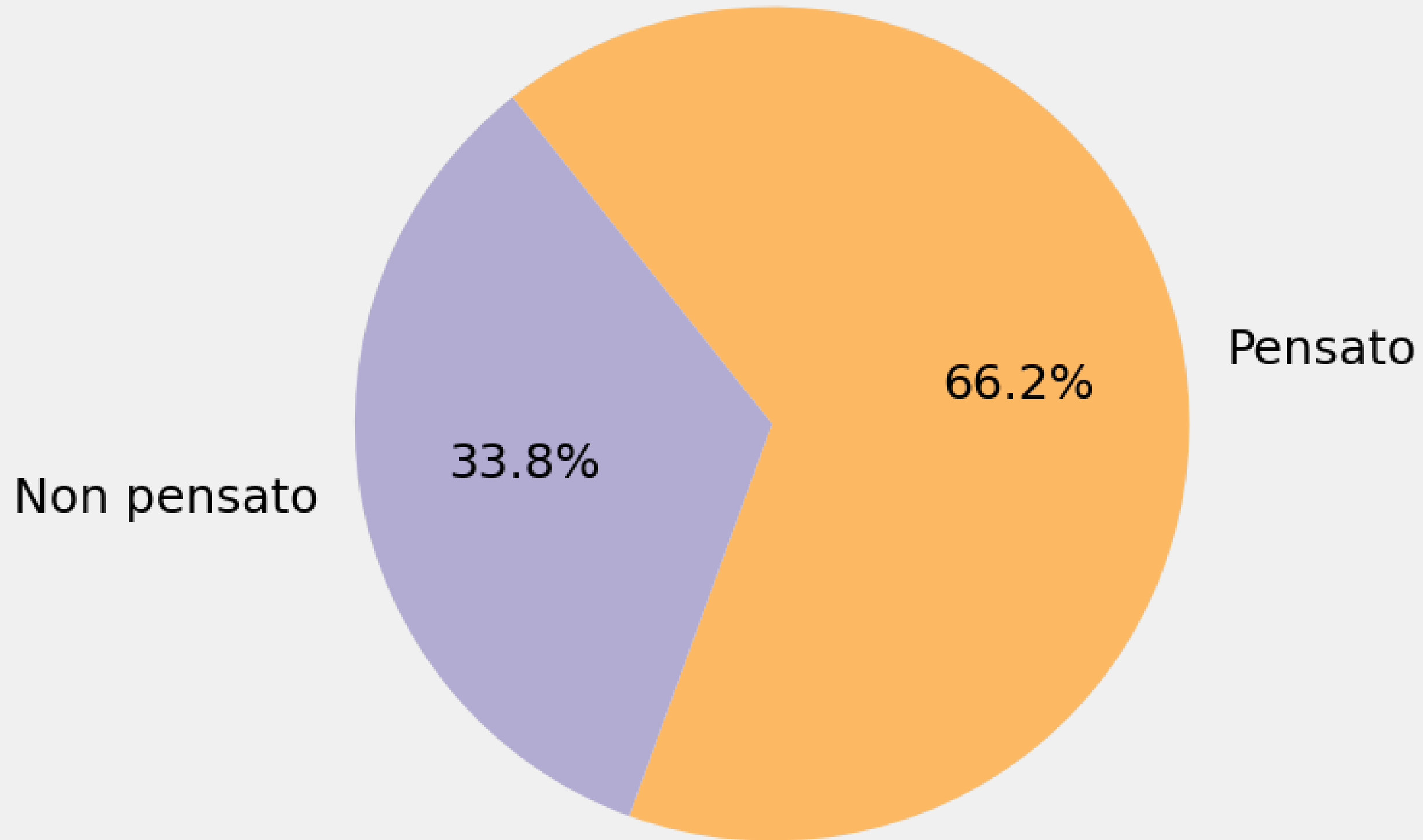


Dati interessanti

Conosco qualcuno che ha subito violenze e (io) sono...

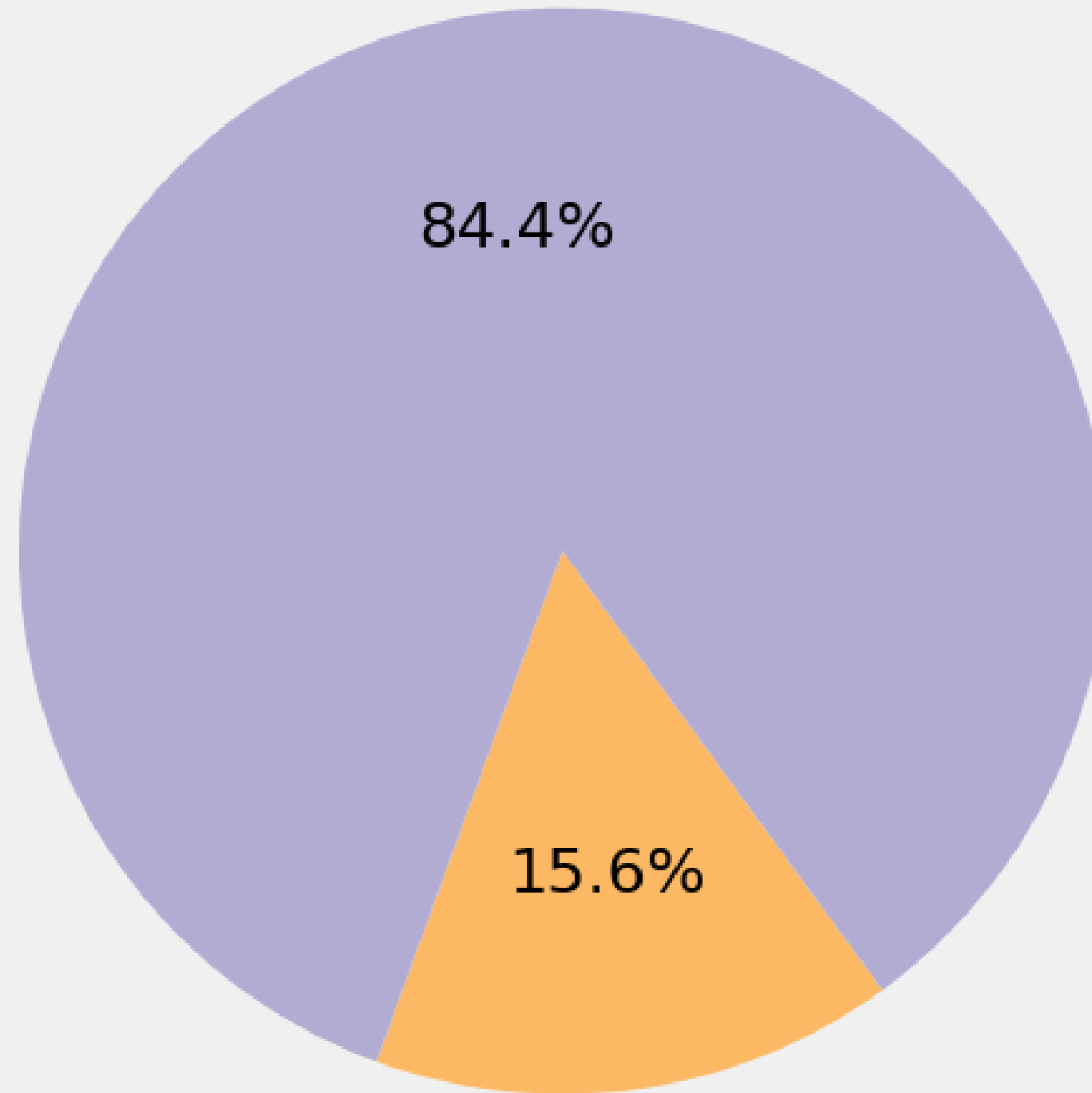


# Genitori assenti: ho pensato al suicidio?



# Genitori assenti: credo di...?

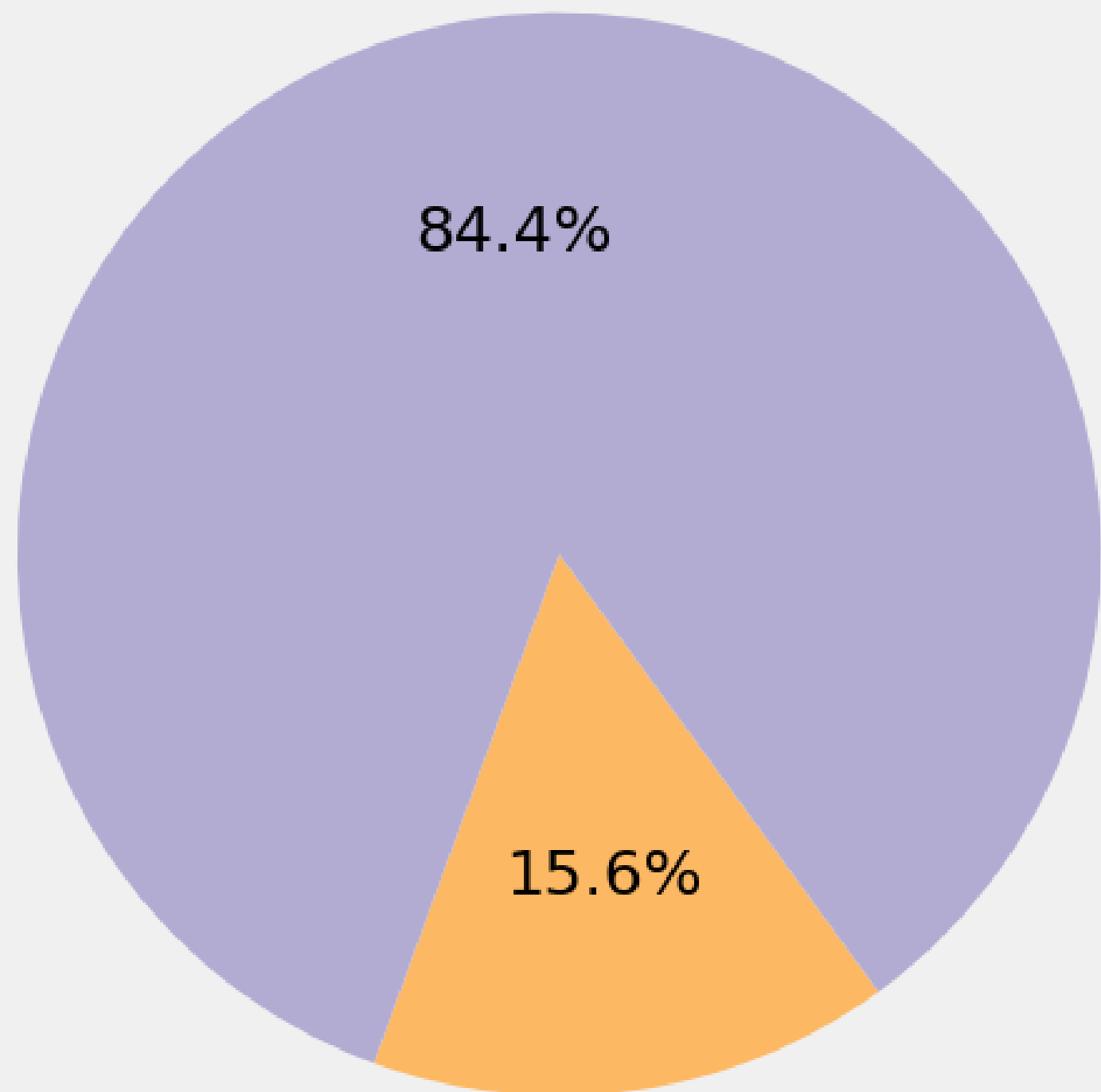
Avere qualcosa



Non avere niente

## Genitori assenti

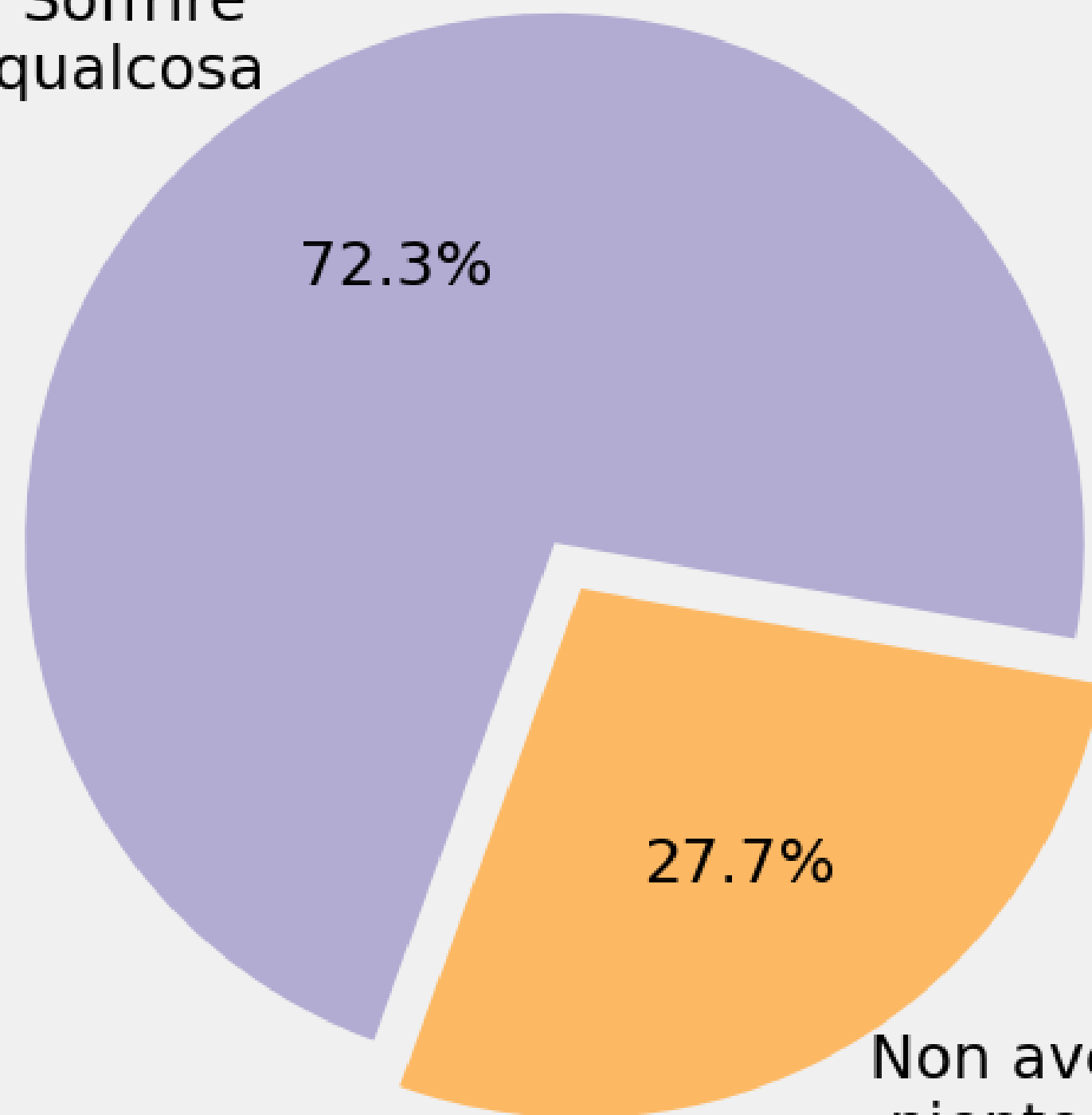
Avere qualcosa



Non avere niente

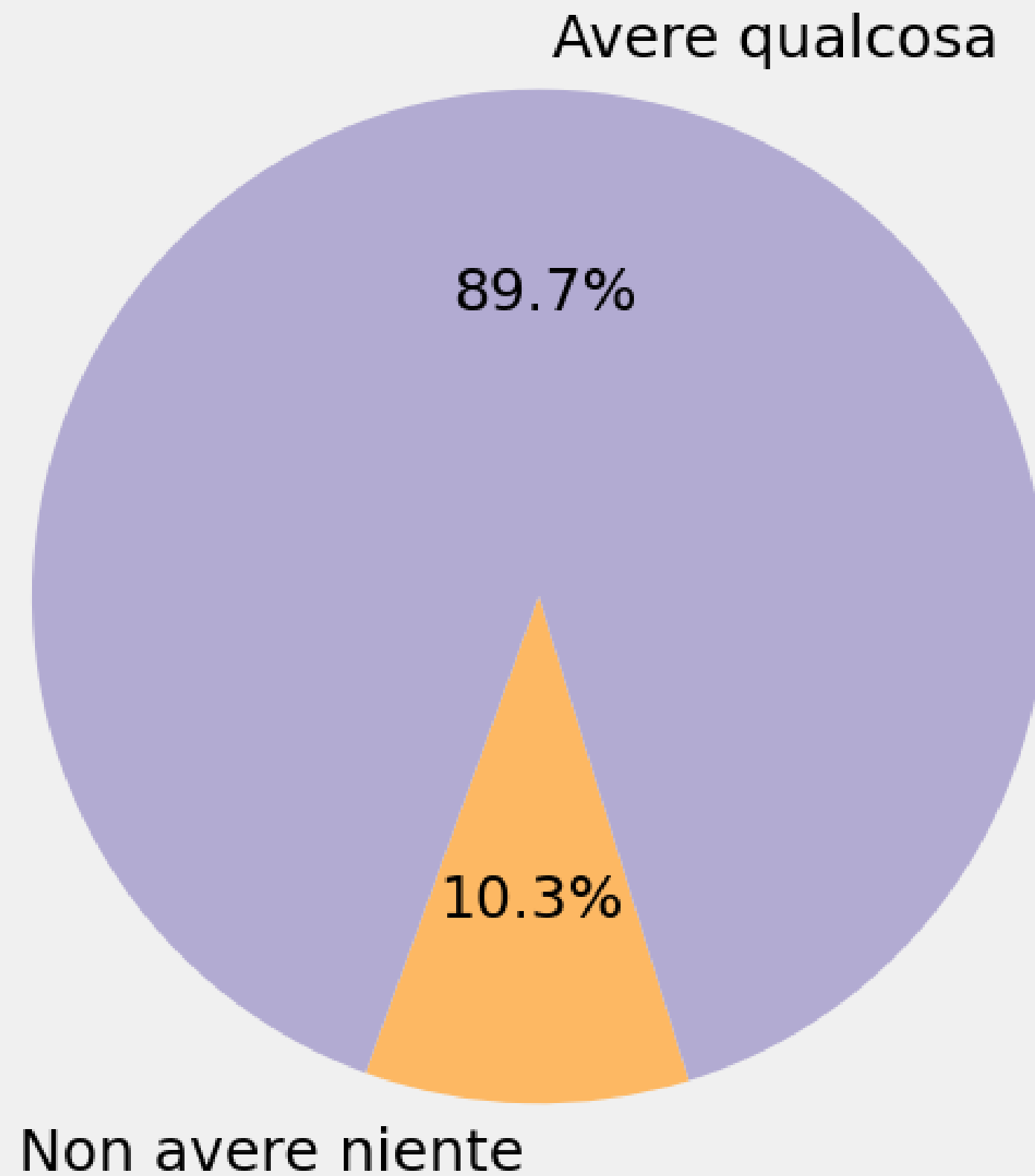
## Totale

Soffrire  
di qualcosa



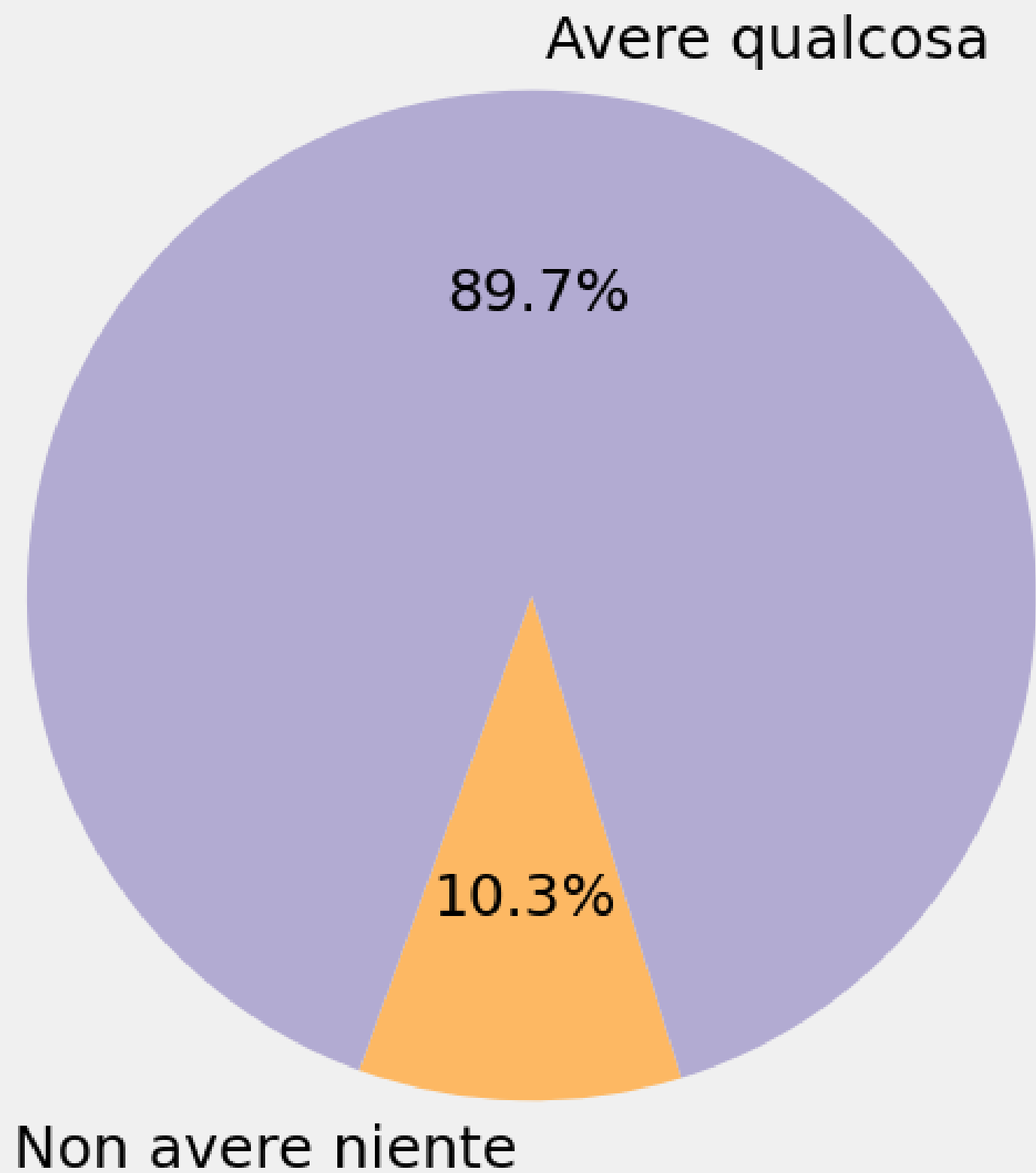
Non avere  
niente

# Genitori violenti: credo di...?

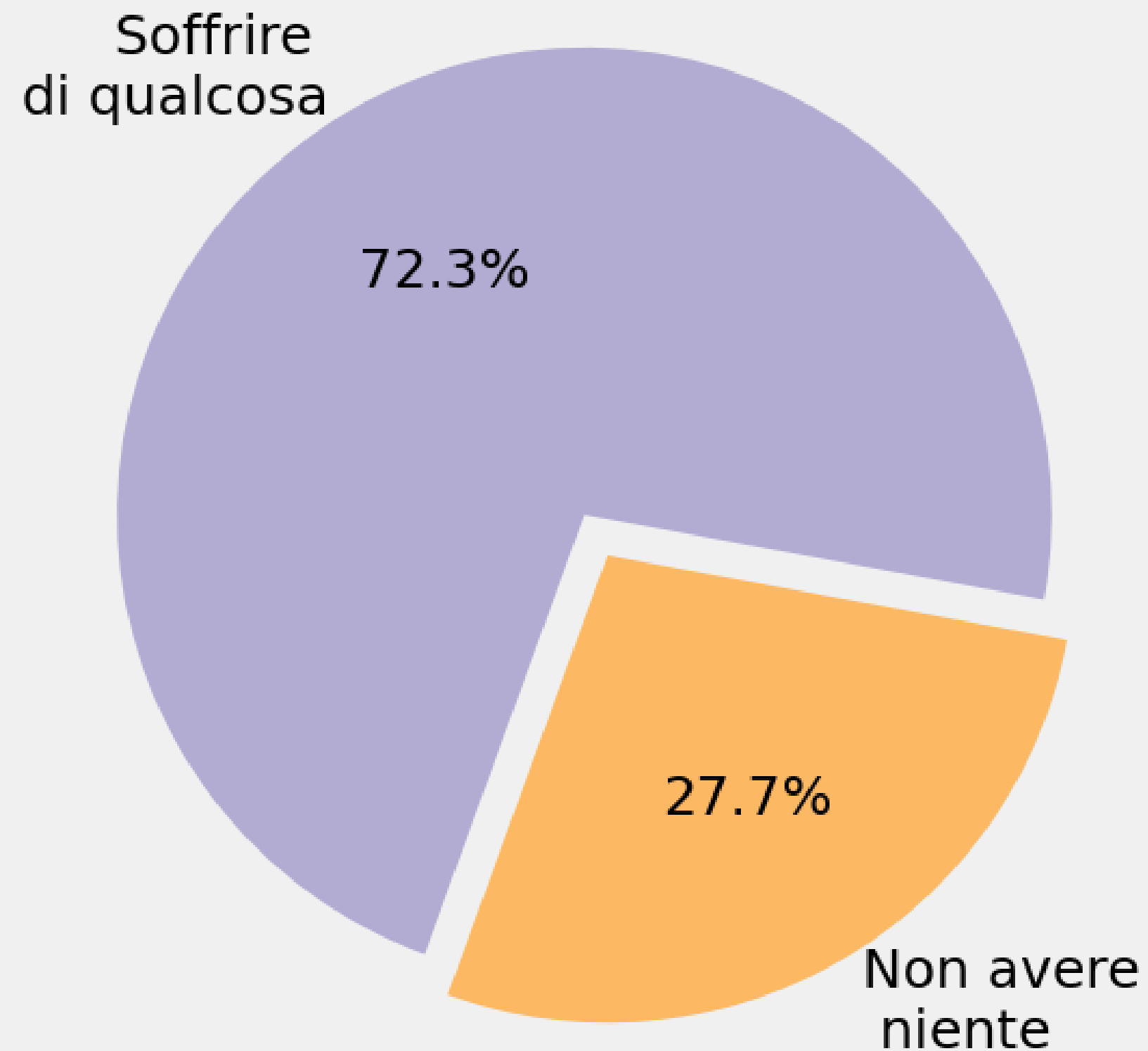




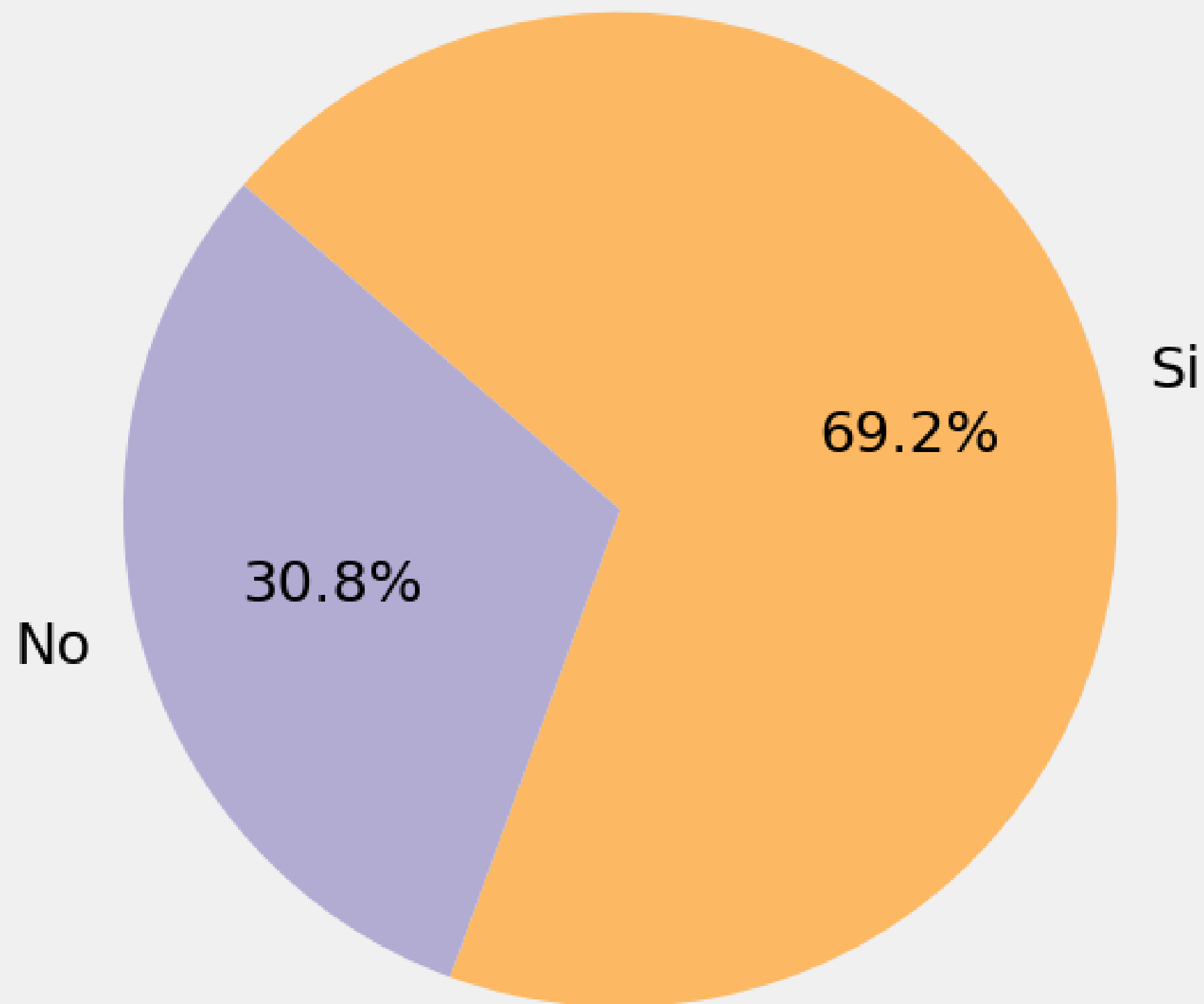
## Genitori violenti



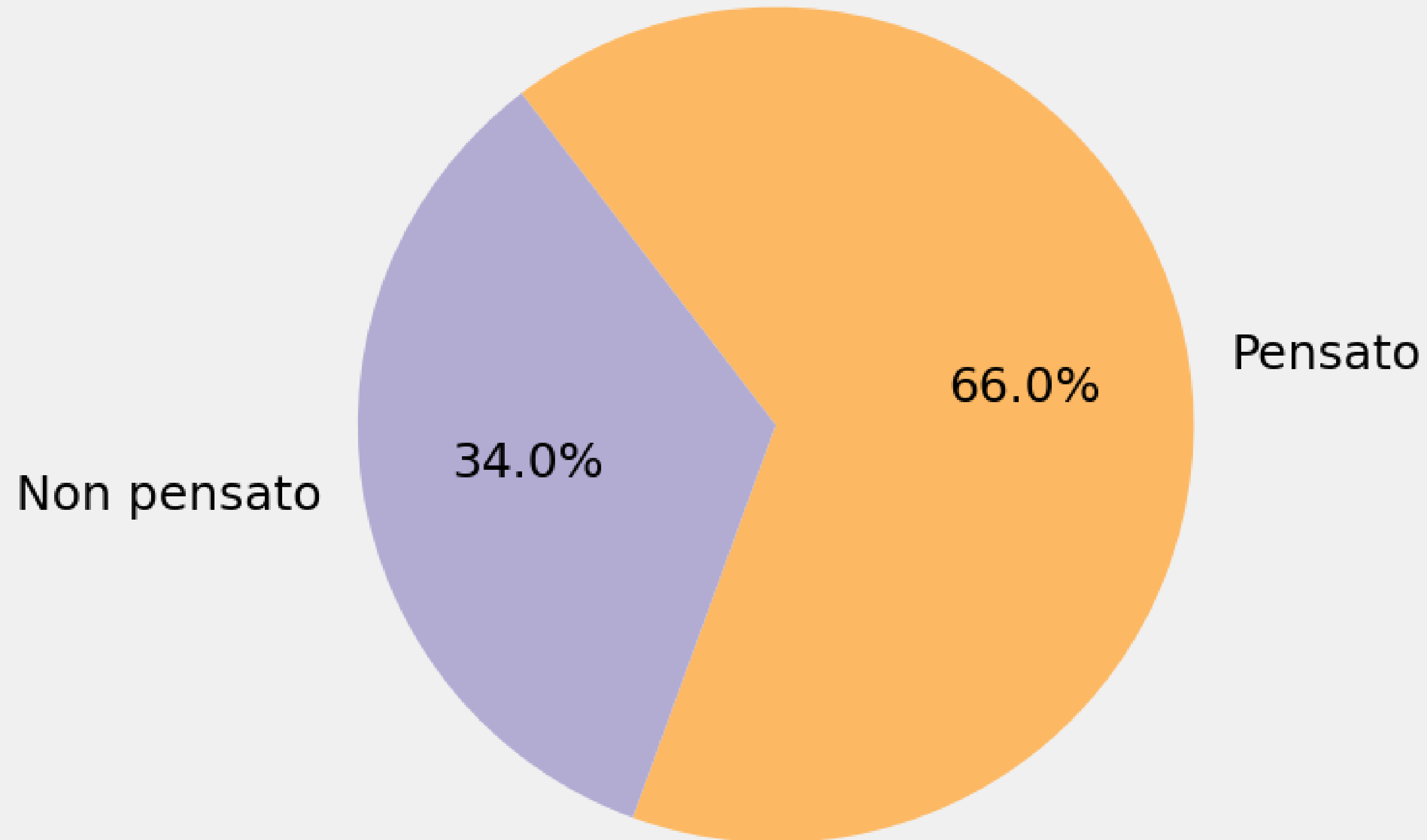
## Totale



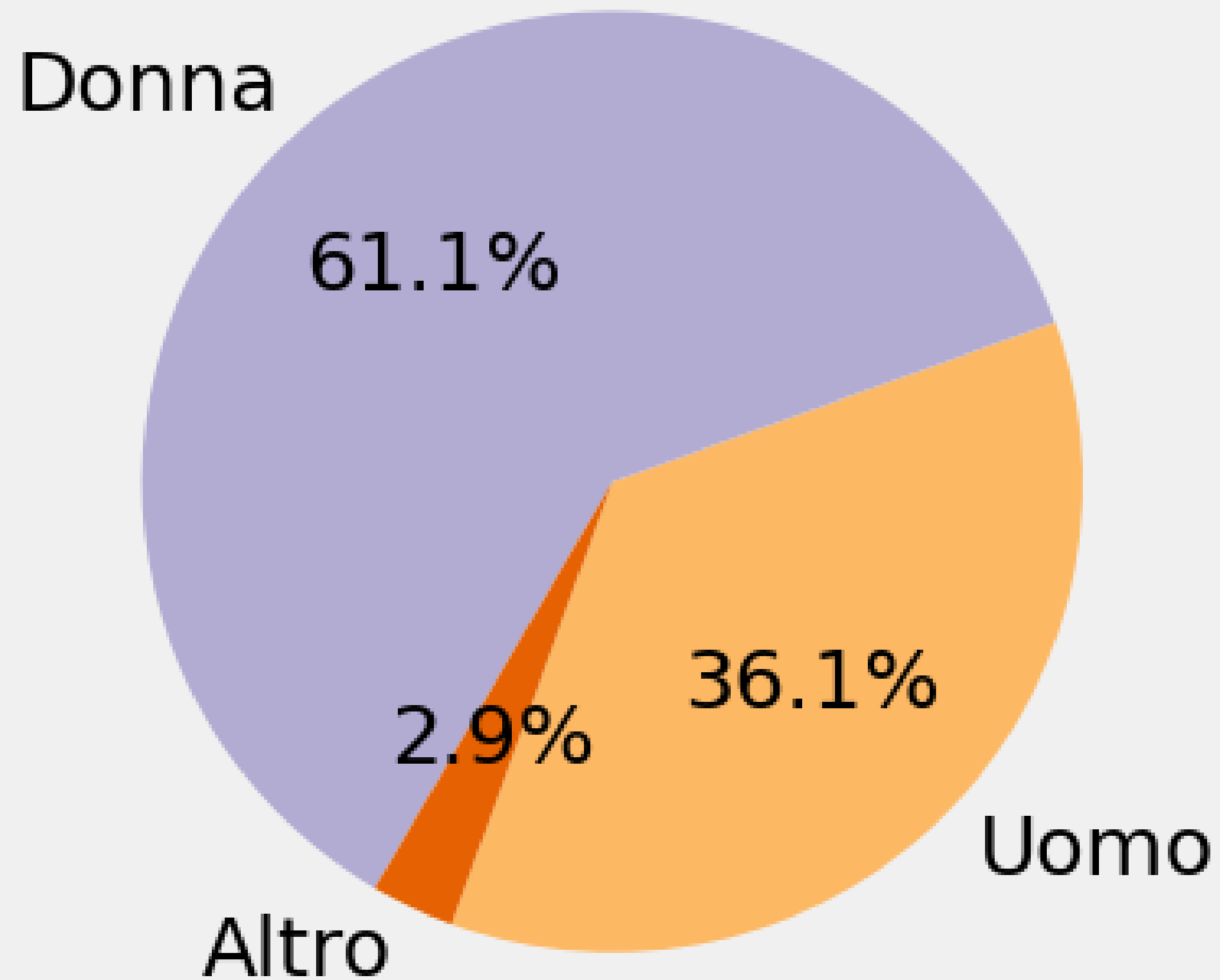
# Disturbi alimentari: i canoni influenzano?



## Violenza subita: pensieri suicidi?



Ho un brutto rapporto con il corpo e sono...



Ho un brutto rapporto con il mio corpo e sono donna  
65 su 100



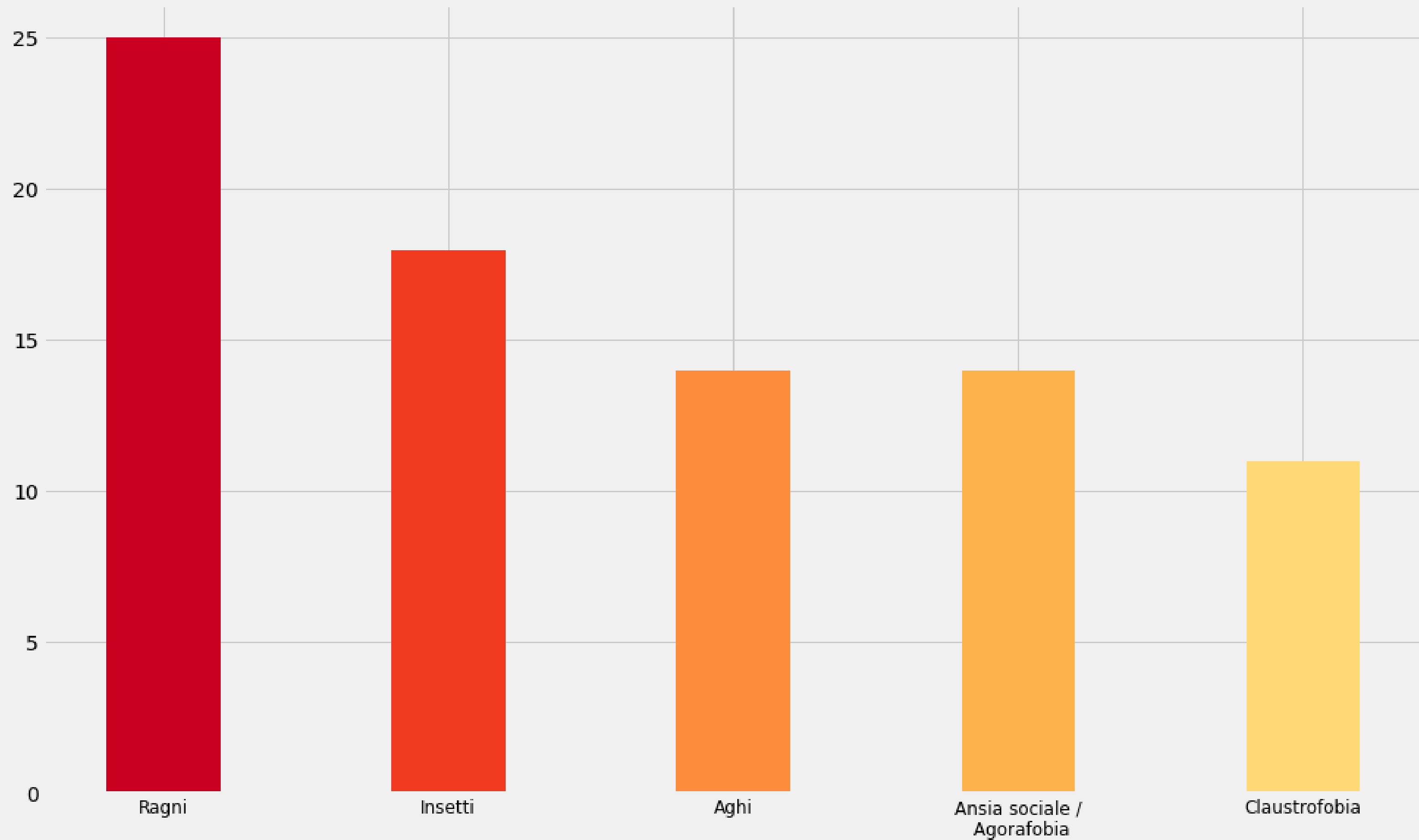
Ho un brutto rapporto con il mio corpo e sono uomo  
47 su 100



An abstract background featuring a light purple, irregular shape that resembles a cloud or a splash, positioned in the upper half of the frame. A thin, wavy yellow line runs horizontally across the middle of the image, partially overlapping the purple shape and extending towards the right edge.

Fobie

# Fobie







1

"Credo di essere guarita"

2

"Mi aiuterebbe vivere su un altro pianeta"

3

"Mi aiutano a stare bene i miei figli"

4

"Mi aiuterebbero a stare meglio due gattini"

5

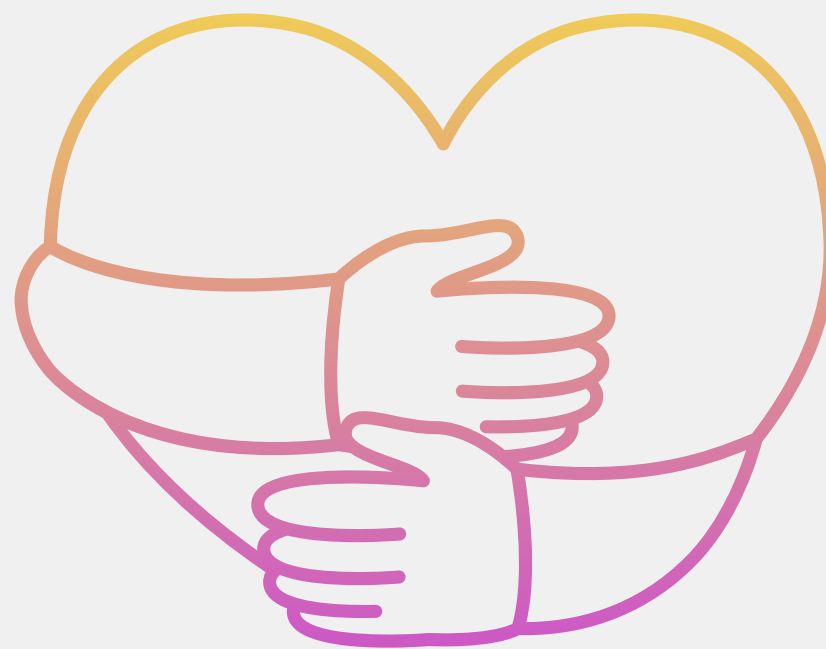
"Mi aiuta a stare bene la Marta"



Chi è Marta?

# Fonti

- 1 Ministero della Salute
- 2 Articolo Scientifico
- 3 Questionario



Grazie per l'attenzione  
Grazie per l'aiuto