Introduction to Public Health Module # 17

Mental health conditions and prevention of various mental health problems.

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OBJECTIVES OF THE LECTURE

By the end of this lecture you will be able to:

- Conceptualize:
 - Mental health problems
 - Types of Mental health problems
 - Causes of mental health problems
- Identify the levels of prevention of mental health problems.

Mental health refers to the maintenance of successful mental activity.

This includes maintaining productive daily activities and maintaining fulfilling relationships with others.

It also includes maintaining the abilities to adapt to change and to cope with stresses.

Mental health includes emotional, psychological, and social well-being. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment".

Mental health and illness

Mental health

- A state of well-being in which the individual realizes his or her own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Able to make a contribution to his or her community

Mental illness

- Health conditions that are characterized by alterations in thinking, mood, or behavior
- Associated with distress and/or impaired functioning
- Collectively all diagnosable mental disorders

Mental health indicators

Emotional well-being

such as perceived life satisfaction, happiness, cheerfulness, peacefulness

Psychological well-being

 such as self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one's environment, spirituality, self-direction, and positive relationships

Social well-being

 social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community

Categories of mental illness

- Common mental disorders (depression, anxiety)
- 'Bad habits' such as alcohol and drug abuse
- Severe mental disorders (psychosis, schizophrenia)
- Mental retardation
- Mental health problems in the elderly (dementia)
- Mental health problems in children (autism)

Anxiety

- An unpleasant state of inner turmoil
- Often accompanied by nervous behavior

Anxiety disorders

- Most prevalent mental disorders in adults
- Includes panic disorders: Agoraphobia (anxiety about being in situations from which escape might be difficult
- Generalized anxiety disorder: specific phobia, social phobia, obsessive-compulsive disorder (OCD), acute stress disorder (ACD), and Post traumatic stress disorder (PTSD)

Stress

- Feeling of strain and pressure
- Excessive amounts of stress may lead to bodily harm
- Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and mental illnesses such as depression

Symptoms

- Restlessness or feeling wound-up or on edge
- Being easily fatigued
- Difficulty concentrating or having their minds go blank
- Irritability
- Muscle tension
- Difficulty controlling the worry
- Sleep problems (difficulty falling or staying asleep or restless, unsatisfying sleep)

Coping mechanism

- To invest own conscious effort
- To solve personal and interpersonal problems
- In order to try to master, minimize or tolerate stress and conflict

Possible symptoms of mental illness

- Physical tiredness, sleeping difficulties
- Feeling feeling sad
- Thinking thinking of suicide, thinking someone is going to harm you, forgetfulness etc.
- Behaving –being aggressive, attempting suicide

Possible symptoms of mental illness 2

 Imaging – hearing voices or seeing things that others cannot (hallucination), fixed false beliefs without any reasonable ground (delusion)

PLUS

- Personality and adjustments symptoms. E.g., chronic failure in adjusting with others
- Developmental symptoms. E.g., failure to achieve developmental milestones

Genetic factors

- Often play an important role in the development of mental disorders
- Due to the complexity of interactions between genes, environmental events, and early development
- Schizophrenia, bipolar disorder, autism, and attention deficit hyperactivity disorder (ADHD)

Mental illness & stigma



We are not hurting the mentally ill.

Mike Lake - NiceMike.o

Treatment

- Most people with mental disorders do not seek treatment
- In part this is because they do not know that there are effective treatments
- In part it is fear of the stigma of acknowledging the problem
- Effective treatments
 - From Freudian psychoanalysis to cognitive-behavioral therapy, which strives to alter faulty cognitions and replace them with thoughts that promote adaptive behavior.
 - Drugs for the treatment of depression, anxiety, and schizophrenia have also been found effective in correcting biochemical alterations that accompany these mental disorders

Prevention

- Depends on identification of risk factors that can be targeted, especially in children
- Common risk factors
 - Individual factors: Neuro-physiological deficits, difficult temperament, chronic physical illness, or below-average intelligence
 - Family factors: Severe marital conflict, social disadvantage, overcrowding or large family size, paternal criminality, maternal mental disorder, and admission into foster care
 - Community factors: Living in an area with a high rate of disorganization and inadequate schools may also increase risk

THANK YOU