**CHALLENGES FACING MODERN SOCIETY.**

**MENTAL HEALTH DISORDER.**

INTRODUCTION

Mental health illnesses provide a serious and expanding threat to modern society, affecting people on an individual, family, community, and global level. The recognition of mental health as a critical element of overall well-being has grown with awareness and comprehension; nonetheless, social hurdles, insufficient resources, and stigma keep hindering effective prevention, diagnosis, and treatment. Anxiety disorders, depression, bipolar disorder, schizophrenia, and substance use disorders are just a few of the many ailments that fall under the umbrella of mental health disorders. Each of these conditions has its own set of difficulties and complications. These illnesses not only result in excruciating human suffering but also have significant negative effects on society as a whole, such as decreased productivity, overburdened healthcare systems and economic inequalities.

According to the World Health organization (2022), A clinically significant disruption in an individual's behavior, emotion regulation, or thought processes is indicative of a mental disease. Usually, it is linked to distress or impairment in critical domains of functioning. There are numerous varieties of mental illnesses. Mental health issues are another name for mental disorders. The latter is a more general phrase that encompasses psychosocial disabilities, mental disorders, and mental states linked to substantial distress, functional impairment, or self-harm risk.

They continue to say that a wide range of personal, familial, social, and institutional variables can either support or compromise mental health at any one moment. Even while the majority of people are resilient, those who are subjected to unfavorable situations—such as poverty, violence, handicap, and inequality—are more vulnerable. Individual psychological and biological characteristics, such as emotional intelligence and heredity, are examples of protective and risk factors. Alterations in brain structure and/or function impact numerous protective and risk factors.

TYPES

According to Cleveland clinic (2020), there are several types of mental disorder.

* Anxiety disorders.
* Attention-deficit/hyperactivity disorder (ADHD).
* Autism spectrum disorder.
* Depression, bipolar disorder and other mood disorders.
* Disruptive behavior disorders, such as oppositional defiant disorder and conduct disorder.
* Eating disorders.
* Obsessive-compulsive disorder (OCD).
* Personality disorders, including borderline personality disorder and antisocial personality disorder.
* Post-traumatic stress disorder (PTSD).
* Schizophrenia and other psychotic disorders.
* Substance use disorders, including drug addiction and alcohol use disorder.

CAUSES  
According to Mind your Mind(2022), a mental health charity in England, there areseveral causes to mental disorder;

* Use alcohol or recreational drugs.
* Don’t get proper nutrition.
* Don’t have a support system of friends or family members.
* Had a traumatic birth or were born from a high-risk pregnancy.
* Have a chronic medical condition such as cancer, diabetes or hypothyroidism.
* Have a family history of behavioral health disorders.
* Have a neurological disorder such as Alzheimer’s disease or dementia.
* Have a sleep disorder.
* Have extreme stress in your life.
* Have had a traumatic brain injury.
* Have had a traumatic life event or a history of abuse.
* Struggle with your spirituality or beliefs.

SYMPTOMS

According to Health Direct (2023), a mental health facility in Australia, there are several symptoms to mental health disorder;

* Feeling anxious or worried.
* Physical symptoms of anxiety may include heart palpitations, shortness of breath, chest tightness, headache, sweating, trembling, feeling dizzy, restlessness or diarrhea.
* Feeling depressed or unhappy.
* Emotional outbursts.
* Sleep problems.
* Weight or appetite changes.
* Being more quiet or withdrawn than usual.
* Substance abuse.
* Feeling guilty or worthless.
* Suicidal thoughts.
* Feeling excessively high.
* Neglect and performing less well.
* High risk behavior.
* Bizarre or strange thoughts.

TREATMENT

Cleveland clinic(2020) gives some ways to treat mental health;

Medication: Some mental illnesses respond well to medication, such as antidepressants and antipsychotics. It’s very important to take medication exactly as your healthcare provider directs.

Psychotherapy: Talking to a mental health professional can help you work through the challenges of an illness and manage its symptoms.eg. Cognitive behavioral therapy (CBT)

Alternative therapies: Some mental illnesses, such as depression, may improve with alternative therapies. Examples include herbal remedies, massage, acupuncture, yoga and meditation.

Brain stimulation therapies: Not all disorders improve with medication. If that’s the case, your healthcare provider may recommend brain stimulation therapies. Examples include electroconvulsive therapy and transcranial magnetic stimulation (TMS).

ROLE OF COMPUTER SCIENCE.

Development of Mental Health Apps: Computer science facilitates the creation of mobile applications and online platforms tailored to mental health support, offering tools for stress management, mood tracking, and access to therapy resources.

Artificial Intelligence and Machine Learning: Utilizing AI and machine learning algorithms, computer science enables the analysis of vast mental health datasets to identify patterns, risk factors, and early indicators of disorders, aiding in early intervention and personalized treatment.

Virtual Reality Therapy: Through virtual reality (VR) technology, computer science enables immersive therapeutic experiences for individuals with conditions like PTSD and phobias, providing a safe environment for exposure therapy and symptom management.

Data Security and Privacy: Ensuring data security and privacy measures in mental health technologies is crucial, with computer science playing a vital role in developing robust encryption and privacy protocols to safeguard sensitive health information.

Predictive Analytics: Leveraging predictive analytics algorithms, computer science can anticipate mental health trends and resource needs, enabling proactive interventions and resource allocation to better address community mental health needs.