

Mental Health Epidemiology

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Types of health according to WHO ???

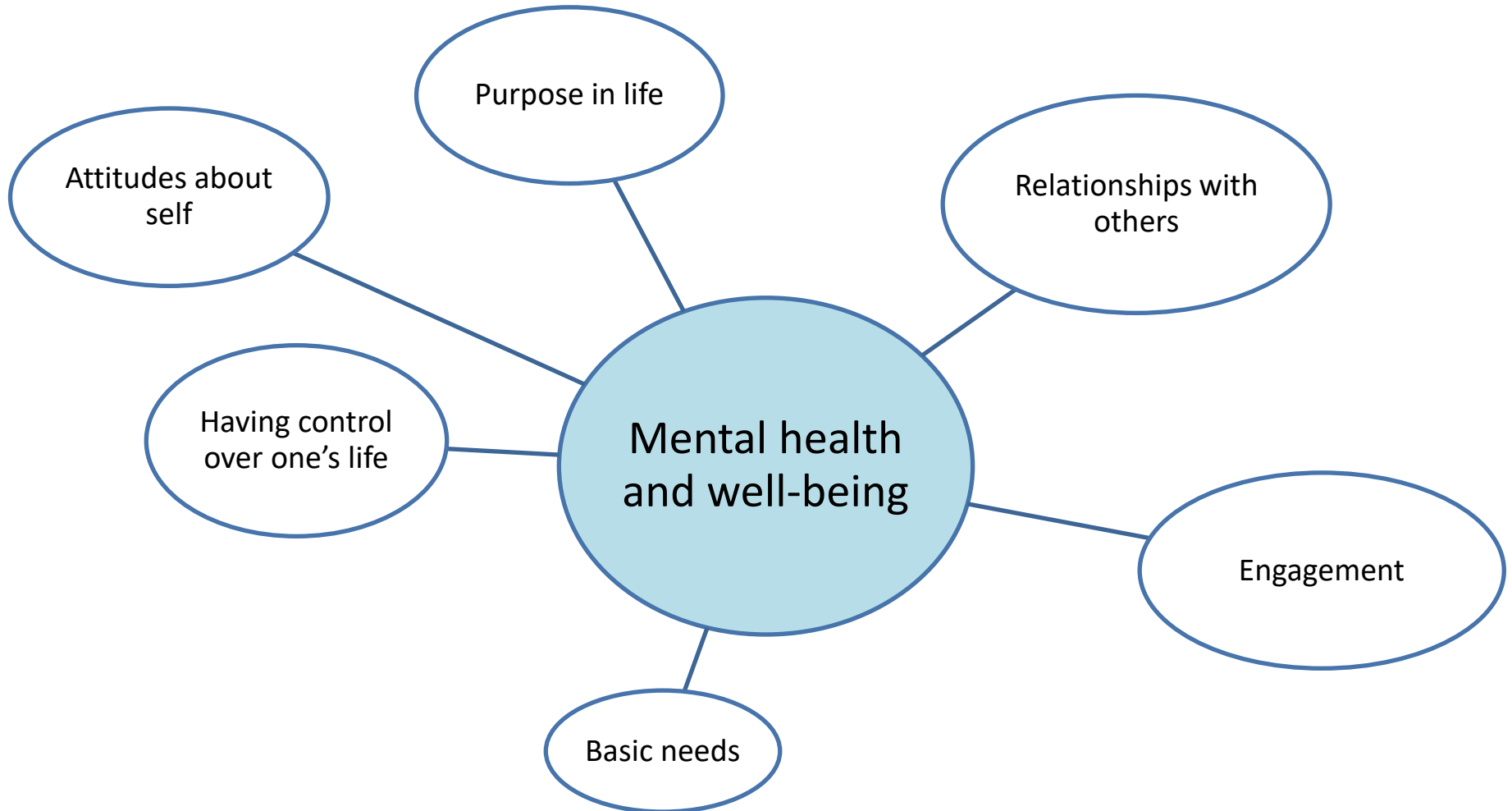
What is mental health??

- *Mental health means a harmonious working of the mind.*
- *It is all about how people think, behave and feel.*
- *It refers to cognitive, behavioral, and emotional well-being.*

What is good mental health condition means?

- *Is A sense of internal well-being, results in a well adjusted personality;*
- ✓ *Can cope with the normal stresses of life, can work productively, feel valuable, solve a problem, express emotion optimistic & enjoy life to achieve psychological resilience.*

What helps you to enjoy mental health and well-being?



Is mental health important?

WHY???

- High Impacts*
- Complications*

Impact of MHDs

- 43.8 million adults experience mental illness in a year.
- Mental disorders are an important cause of *long-term disability and dependency*.
- Neuropsychiatric and MHDs account for **1.2 million deaths/ year**.
- **About 800 000 people commit suicide**/Yr, > 1/2 of 15-44 yrs.
- Studies.. depression was linked vigorously with suicides.
- *According to The WHO, MHD is the 4th leading cause of ill health in Iraqis > 5 yrs.*

Complications of MHDs

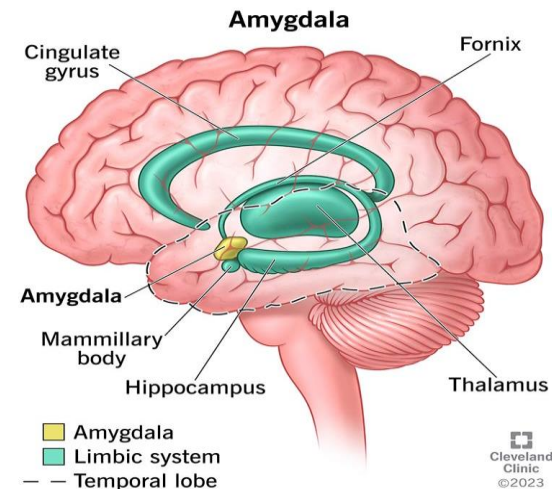
- Social isolation.
- Tobacco, Alcohol and Drugs use problems
- Missed work or study.....
- Legal and financial problems.
- Suicide or homicide
- Physical complications ..

Our mental health is shaped by our:

- *Biology: our genes play a small role in our mental health*
- *Environment: the places we live and work, and our relationships*
- *Past experiences: the things that happen to us, especially in early life.*

Is mental illness in the brain?

- *MD is associated with changes in the brain's structure, chemistry, and function and that mental illness does indeed have a biological basis.*
- *Brain scan may shows High activity in the limbic system.*
- *What part of the brain related to MHDs???*
- *Limbic system: the hypothalamus, the amygdala, the thalamus, and the hippocampus.*



What are Mental health disorders (MHD)??

- *Are conditions that affect your thinking, feeling, and behavior.*
- *May show infinite variation, ranging from mild disorders to severe psychosis or mental retardation.*
- *They may be temporary or long lasting (chronic).*
- *They can affect your ability to relate to others and function each day.*

Classifications of Mental Disorders

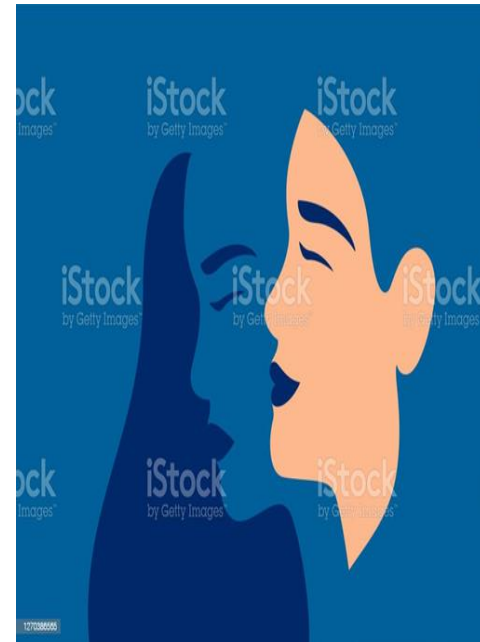
- *Anxiety disorders*

- General anxiety disorder
- Panic disorder,
- Obsessive-compulsive disorder
- Phobias

Common and easily treated

- *Mood disorders*

- Uni-polar .. Major Depression A constant sadness and loses interest.
- Bipolar disorder, period of Manic phase (high mood)and Depressive phases (low mood).



Classifications of Mental Disorders

- ***Organic Disorder***, including symptomatic, mental disorders (dementia, delirium, and brain injury)
- ***Personality disorders***
 - Dissociative disorders (psychotherapy)
 - Aggression
 - Antisocial personality disorder
 - Paranoia (paranoid order personality)
- ***Post-traumatic stress disorders (PTSD)***.
 - ✓ PTSD can occur after a person experiences or witnesses a deeply stressful or traumatic event.
 - ✓ They may feel afraid, severe anxiety, nightmares or that they have no control over what is happening.
 - Slow response, long-term supportive treatment, talking ...

Classifications of Mental Disorders

- *psychotic disorders.. As Schizophrenia*

- ✓ between 16 and 30 years.
- ✓ hallucinations (false sense)
- ✓ delusions (false belief)
- ✓ fragmented thoughts
- ✓ disorganized behavior that impairs daily functioning.
- ✓ May require lifelong treatment.



Classifications of Mental Disorders

• **Eating Disorders**

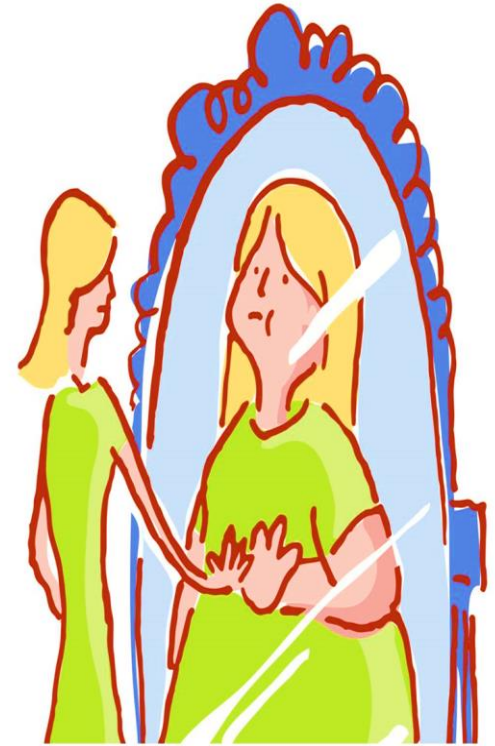
Deep emotional might view their underweight body as too fat.

✓ *Bulimia Nervosa:*

- Bingeing on food then purging to avoid weight gain

✓ *Anorexia Nervosa:*

- Obsessives desire to lose wt. by loss of appetite & excessive dieting.



Classifications of Mental Disorders

✓ Body Dysmorphic disorder:

- constant worrying about flaws or slight defect in appearance. Often unnoticeable*
- See themselves as ugly or disfigured even they appear normal to others.*
- Repetitive behaviours*
- Starts in teenage years.*
- Occurs in both men and women.*
- More common MD than eating disorders.*

What did the person lose here???

Classifications of Mental Disorders

Substance use disorders.

- ✓ Alcohol use disorders ..
- ✓ Nicotine, Drugs and substance use disorders
- ✓ Legal problems, social and interpersonal problems.



Classifications of Mental Disorders

- ✓ ***Behavioral and emotional disorders with onset usually in childhood and adolescence.***
- ✓ ***Attention Deficit/Hyper Activity Disorder (ADHD), hyperkinetic disorders, and conduct disorders)***

Can a person has more than one mental illness??

- *Multiple diagnosis are the norm.*
- *About 1/3rd have more than 3 in their lifetimes..*

Warning signals of poor mental health

- Are you always worrying?
- Are you always Unable to concentrate with no recognized reasons?
- Are you Continuously unhappy?
- Are You often lose your temper easily?
- Are You troubled by regular insomnia?
- Are You continuously dislike to be with people?
- Are You upset if the routine of your life is disturbed?
- Are you afraid without real cause?
- Are you always right and the other is always wrong?

If the answer to any of the above question is 'yes' then help is necessary.

What causes mental illness?

- ***Childhood abuse, trauma, neglect, social isolation or loneliness, Racism, homeless.***
- ***Stressful life situations(long or severe) ..
Financial problems, bereavement, a serious incident***
- ***Physical causes; head injury, epilepsy,
Chronic medical conditions.***

All can cause sleep disturbances ...

How does sleep affect mental health?

• Do mental health problems run in families?

• Research suggests that some mental health problems may run in families.

As a child of 2 schizophrenic parents is 40 times liable to schizophrenia..

But what is the cause??

• Genes??

• Ways of thinking, coping and behaving that learn from parents??

• Other environmental factors??

• Does these guarantee that a condition will develop?

Risk factors for MHDs

Modifiable Risk Factors:

- ***Economic conditions;***
- ***Low Education level;***
- ***Occupation;***
- ***Social factors;***
- ***Physical Causes;***
- ***Environmental factors;***

Non-modifiable risk factors:

- ***Gender ..***
- ***Age ..***
- ***Family history***

Global Epidemiology of mental disorders

It was estimated that globally:

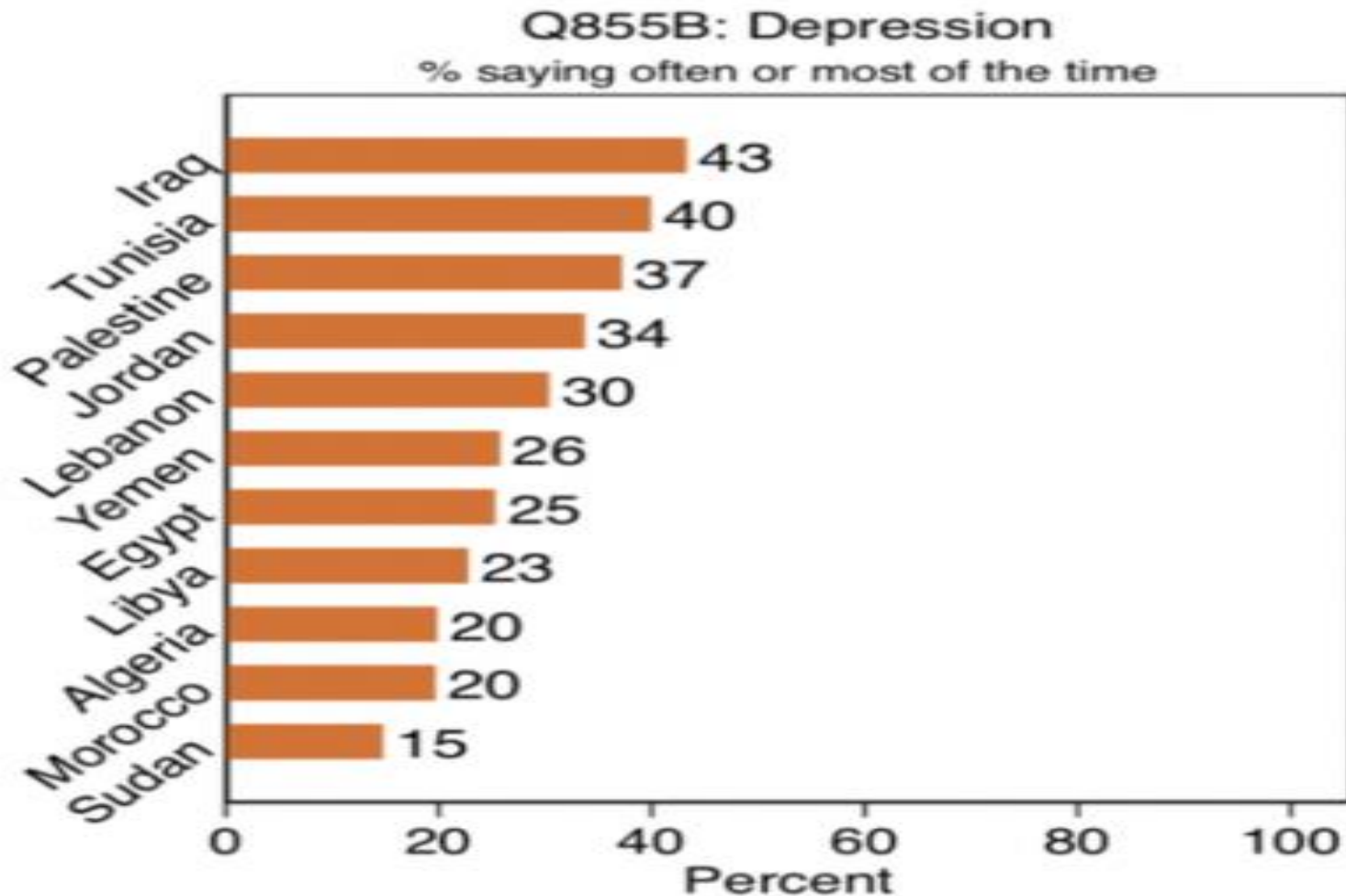
- 1 in 4 people will be affected by mental disorders at some point in their lives.
- *Females affected more than males Except for ...???*
- Anxiety disorders is a commonest, Depression, substance or drug use disorder, Alcohol use disorder, Bipolar disorder, Eating disorders.

Iraq Mental Health profile



- The estimated lifetime prevalence of any MHD was 18.8%.
- Anxiety disorders were the most common, major depressive disorder.
- Panic disorder and (PTSD) were also prominent.
- A study ..Twelve-month prevalence of any MHDs was 13.6%. The Bipolar disorder (2/3rd), and substance-related disorders (> 50%)
- No significant gender differences in mood disorders.
- Nevertheless, *Only 2.2% of serious disorders reported receiving treatment... WHY??*

DEPRESSION IN ARAB WORLD



Notes: Weighted estimates.
Source: Arab Barometer.

Treatments of mental health include:

- ***Psychotherapy, or talking therapies***
 - ✓ Understand the root of the mental illness and start to work on more healthful thoughts.
- ***Medication & ECT***
 - ✓ As antidepressants, antipsychotics, and anxiolytic drugs.
 - ✓ ***Does it cure chronic mental disorders?***
 - ✓ No, ... Improve Symptoms .. ***How ??***
- ***Self-help***
 - ✓ Changes to their lifestyle to facilitate wellness .. alcohol intake, and balanced diet. Resolve personal relationships.
 - ✓ Relaxation techniques i.e. Deep breathing, Meditation, and Music or art therapy.
 - ✓ Group-therapy, play therapy, regular exercises

- Recent studies, *showed Exercise is an effective* way to treat mental health issues
- depression, anxiety, and psychological distress.
- Can be even more effective than medication or counselling.

Prevention of MHDs

Primary prevention:

- ✓ Improving social environment of all people.
- ✓ *Adding iodine to salt*
- ✓ *Improved obstetric*
- ✓ Good health lead to good mind
- ✓ Maintain healthy relationships, time for hobbies.
- ✓ Limit exposure to negative media

Prevention of MHDs

Secondary prevention:

- ✓ Early diagnosis of mental illness, by screening programs in schools, universities, and family based care.
- ✓ Pay attention to warning signs.
- ✓ Simple *family support with treatment ...*

Tertiary prevention:

- ✓ by reduce the duration of mental illness or further breakdown.
- ✓ *Psychosocial rehabilitation* programs can help persons with severe mental disorders such as schizophrenia to become productive members of society.

The relations of mental health and physical health

- Some physical illnesses may cause MHD.
- Hypochondriasis (A Somatoform Disorder) Believing and showing signs of serious illness without any physical cause.
- MHD medications & ECT can have very serious impacts on physical health.
- MHD people are at increased risk of ill-health. But their complaints might be disregarded.
- People with severe MHD die on average 10–20 years earlier. “Low age expectation” & MD contribute to unintentional and intentional injury.
- So, these people need the access to the physical health services.

Barriers to recovery of MHD

- Experiencing stigma and discrimination.
- Lack of hope and support from surroundings.
- Being told that “you have a lifelong illness that you won’t recover from”.
- Lack of psychosocial alternatives to medication. such as counseling or psychotherapy...
- Loss of trust in the mental health system and the people working in the service.

MHDs, are increasing over the last century.. Why?

- With the increase in life expectancy over the last century.
- Many societies are with low family and social bonds.
- The obvious cases of civil war and chaos.
- The radical shifts in society towards technology, and networks..... ???

All can add up to an environment that is hostile to mental health.