

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ وَالصَّلَاةُ
وَالسَّلَامُ عَلٰی نَبِیِّنَا مُحَمَّدٍ خَاتَمِ
الْاَنْبِیَاءِ وَسَیِّدِ الْمُرْسَلِیْنَ وَعَلٰی اٰلِهِ
وَصَحْبِهِ اَجْمَعِیْنَ وَبَعْدُ



Mental Health and Illness



Overview of Approaches,
Definitions, Perspectives

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Continuous or discrete?

- Continuous model:

Mental Health

Mental Illness

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Healthy>>>>Adjustment reaction>>>>Neurosis>>>>Psychosis

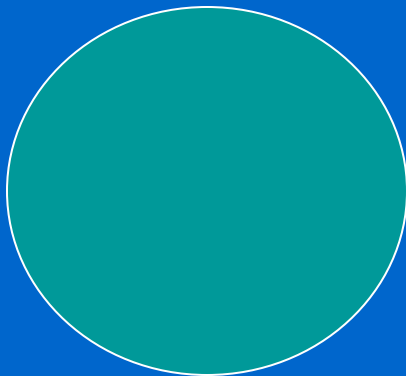
We all have differing degrees of mental health at different times in our lives. Most people aren't at the extremes but fall somewhere in the middle.

Anyone can become mentally ill, given the right circumstances.

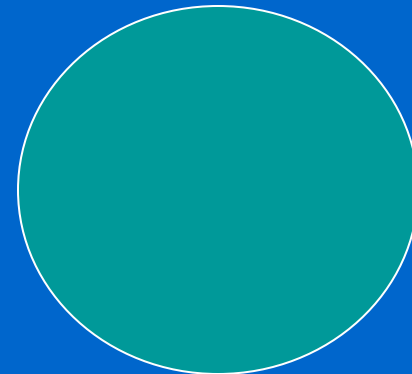
Discrete model

- Some people are mentally healthy; others have specific mental disorders.
- “Decision trees” can distinguish who has a specific mental disease and who doesn’t.

Mentally
Healthy



Mentally Ill



What is mental health?

In our society, a mentally healthy person:

- Has self-esteem, self-acceptance
- Is realizing potential
- Is able to maintain fulfilling relationships
- Has a sense of psychological well-being
- Has sense of autonomy

(Independent , can take decisions by his own.)

- Has sense of competence, mastery, purpose

However, other cultures may have different ideas about what mental health is.



Who has mental health?

- We all fall short to some extent.
- Therefore, advocates of mental health believe that a broad range of mental health services should be available to general population, not just seriously mentally ill.
- They believe that prevention and education, as well as treatment, are important.





What is mental illness?

- Is it a disease, like diabetes or smallpox?
- Is it a form of deviant behavior—like being rebellious, choosing to dress differently, being extremely religious, being extremely creative?



The Medical Model and Concepts of Disease

- “When distress or inappropriate behavior is thought to be a consequence of a bodily dysfunction, it is called a ‘disease.’” Mechanic, p. 14.
- To diagnose diseases in physical medicine, doctors perform laboratory tests, do body imaging, take medical history, do physical examinations.
- Once disease is diagnosed, doctor generally knows:
 - Its cause
 - How disease is likely to run its course
 - What most appropriate treatment is

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Are mental illnesses like other diseases?

- Mental illnesses cannot be confirmed by objective laboratory tests or body imaging.
- Diagnosis in mental illness does not lead to an understanding of cause, of the course of the illness, or of the most appropriate treatment.
- Some (e.g., Thomas Szasz) have argued that mental illnesses are not diseases because of the above problems.

Sociological perspective

- Mental disorders are type of deviant behavior, not a disease process.
- Those who are seen as mentally ill are those who violate social rules, don't behave appropriately.
- Individuals who become labeled as mentally ill are those not powerful enough to resist such labels.

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How can mental illness be measured?

- Some researchers (sociologists, public health specialists, social workers) prefer to study how mental illness develops in communities, rather than its manifestations in those who are being treated for mental illness.



What causes mental illness?

- No one really knows. Research so far is inconclusive.
- Research is being carried out from diverse perspectives:
 - Psychological
 - Biological
 - Sociological



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Biological, developmental, or social?

- Causes are complex, involving some combination of biological vulnerability, environmental conditions, social stressors, social network and supports, psychological orientations, and learned behavior.

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Possible biological causation:

Factors examined by researchers:

- Genetics
- Neurochemistry
- Viral causation

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Possible environmental/social causation:

Factors examined by researchers:

- Chronic strains in the environment
 - Poverty
 - Poor living conditions
 - Dangerous neighborhoods
 - Overwhelming role responsibilities
- Negative life events—stress and coping
 - Natural disasters
 - Unemployment
 - Adjusting to new environments and roles

Disease or problem in living?

- Some problematic behaviors are given the status of disease in DSM:
 - Alcohol abuse and dependence
 - Drug abuse
 - Conduct disorders in children
- They may not really fit into the disease model
- It may be more valid to consider them as problems in living

Public definitions of mental illness

- Most people who seek treatment for mental disorders do so because they feel distressed.
- Some people, however, feel they do not need help but are identified by others (e.g., family, friends, police, schools, employers). Evaluators have to make difficult judgments in such cases.

- Mental health consists in mood and behaviour appropriate to the situation based upon
- INSIGHT
- UNDERSTANDING
- INTELLIGENCE
- PREVIOUS EXPERIENCE

- The behaviour will be culturally determined and appropriate to the norms of the society. Thus the response to the death of a severely handicapped child by a mother in Europe may be quite different to that of a refugee mother in Afghanistan with such a child to care for.

The behaviour, the response may be different but in each case quite appropriate

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- It is then helpful to try to define mental illness and measure the size and shape of the problem, to identify the determinants, to provide rational therapy and effective prevention.

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- Mental illness is becoming a greater problem in health care
 - perhaps because of
 - The particular pattern of modern urban life-work pressures, social demands, the fear of failure, unemployment, loneliness.....



In Summary

- The burden of poverty-2 billion people in the world live on less than 2\$ per day
- The increasing proportion of elderly people in the population with problems around depression, anxiety and dementia



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- Mental illness is a major contributor to the Global Burden of Disease
 - Mental illness accounts for 12% of the disease burden of the world

- Mental illness is an increasing problem in prevalence and severity
- The % of Disability Lost Years from Mental illness is increasing
- In 1990-10% of all DALY's
- In 2000-12% of all DALY's
- In 2020-15% of all DALY's

Mental illness can be treated effectively

- At any one time 300-400 million people in the world have a significant mental illness i.e. 5%

- Human beings are a mix of Body-Mind-Spirit and health is maintaining a balance between the three. A disturbance in one may provoke imbalance and disturbance in other parts of the triad.

A Classification

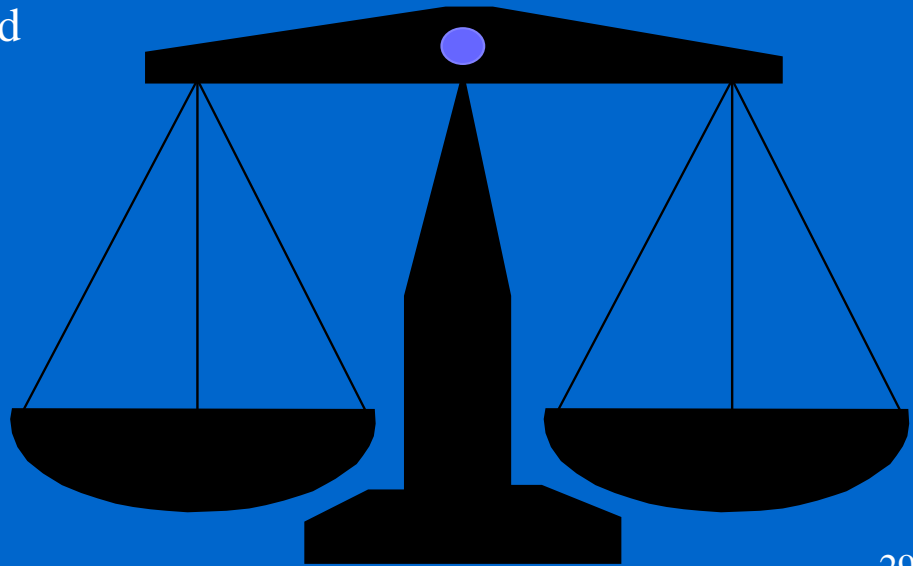
- Affective Disorders
 - Anxiety, depression, mania, obsessional disorders
- Schizophrenia
 - Simple, Hebephrenic, Catatonic, paranoid
- Organic states
 - Delirium, dementia
- Personality Disorder
 - Abnormal personality, Psychopathy

Substance abuse problems

Drugs, alcohol

Learning disorders

Subnormality



Aetiology

Inheritance-Genetics/Intra-uterine environment
Schizophrenia, Huntington's

Upbringing

Mothering, education, parenting

Trauma/head injury

Infections-
HIV, Syphilis, CJD

Nutrition/PCM

Drug Abuse

Alcohol, Heroin etc

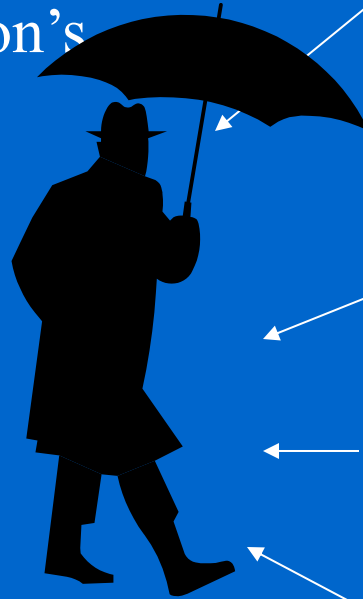
Neurological diseases

MS, Brain tumour

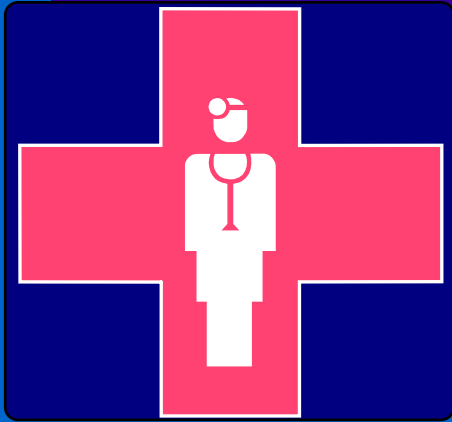
Biochemistry/metabolic

Porphyria, Diabetes

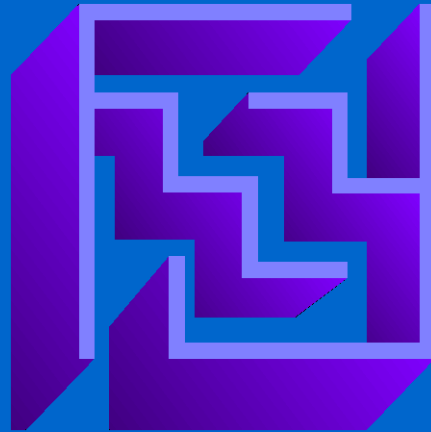
Vascular-CVA



Treatment and Care



Hospital Care



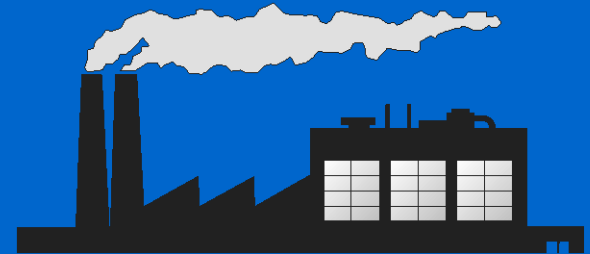
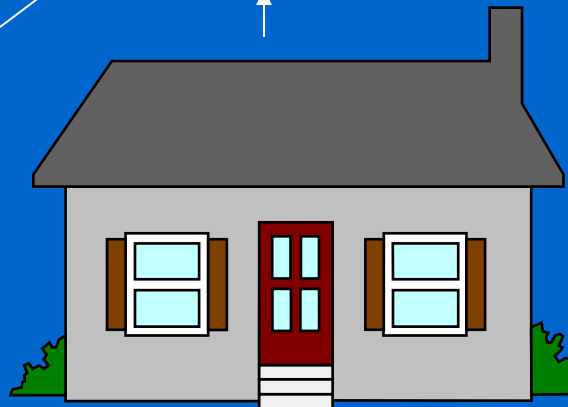
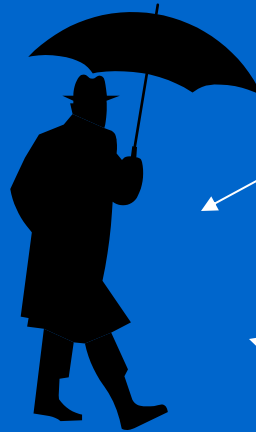
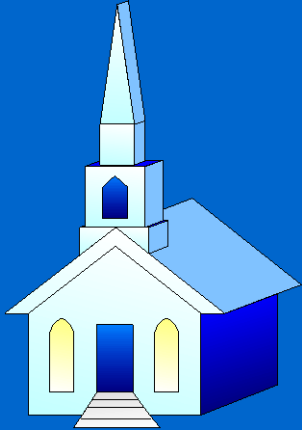
Community Care



Preventive Networks

Church, Family, Home, Friends,

Work



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Mental Handicap/learning disability



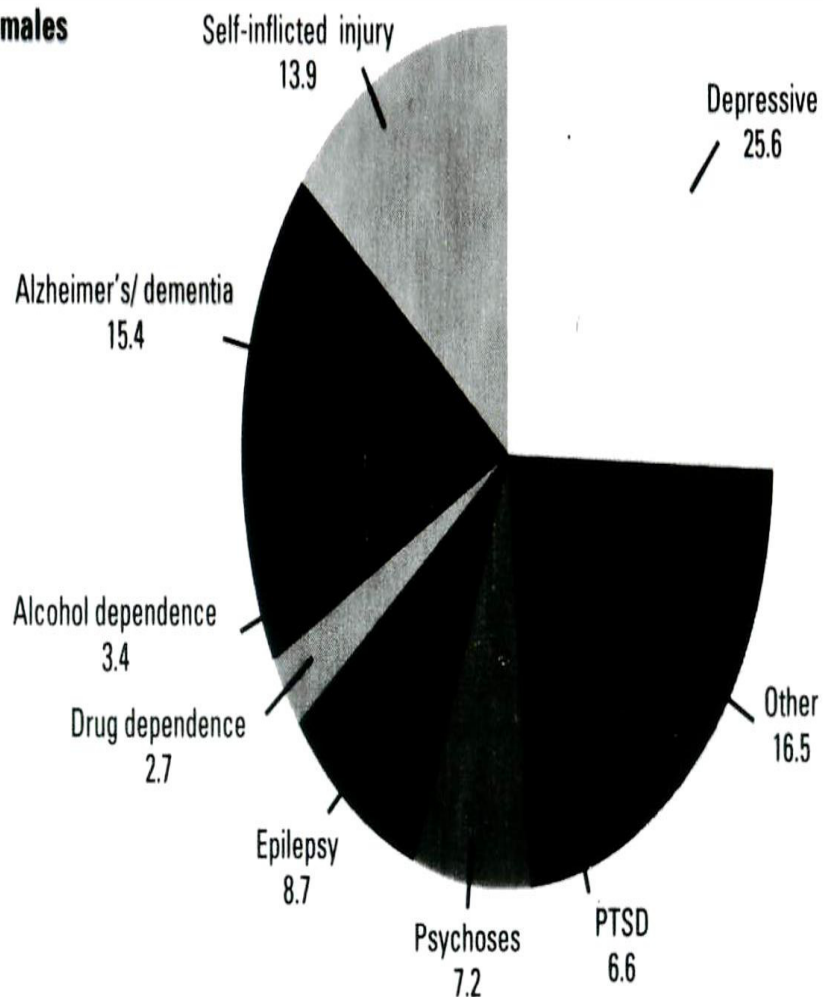
The mind of a young child in the body of an adult

- Mental handicap or learning disability is about those people in the lowest 3% of the IQ curve.
- The incidence of severe Mental Handicap is 3 per 1,000 ($\text{IQ} < 50$) and may be the consequence of genetic abnormality, chromosome disorders or severe brain damage.

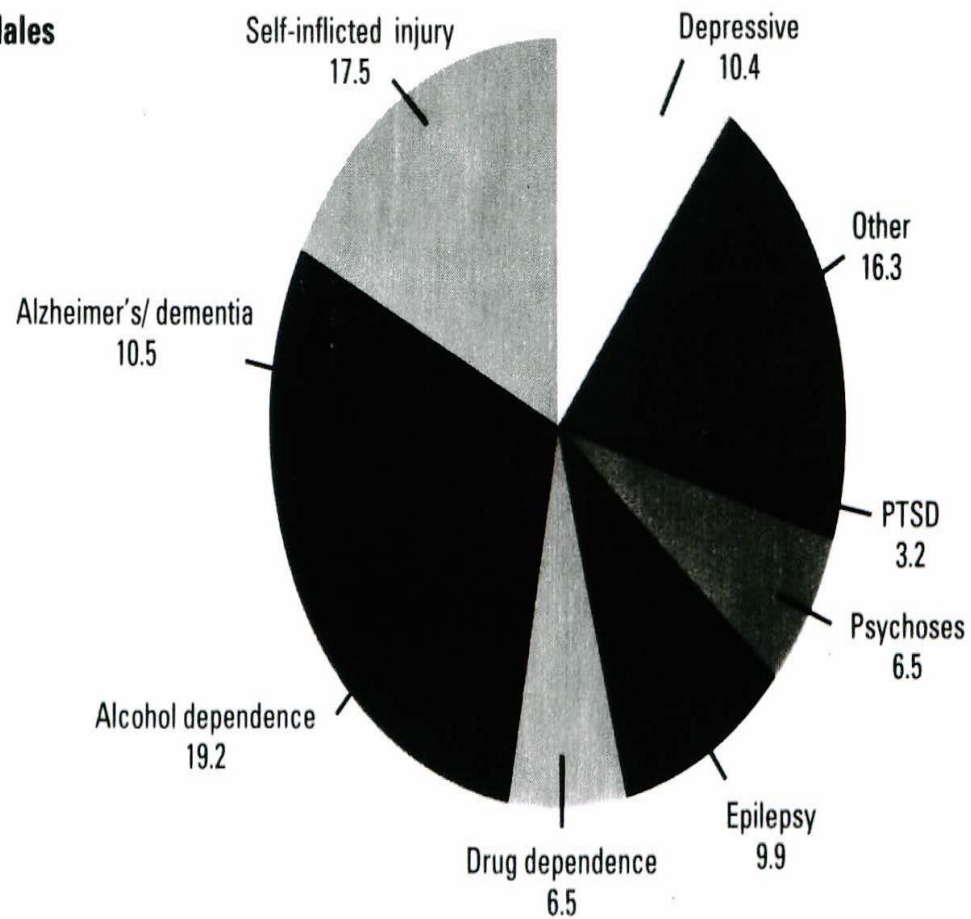
Gender Differences in Mental Health Problems Worldwide

Percentage of DALYs* Lost

Females



Males

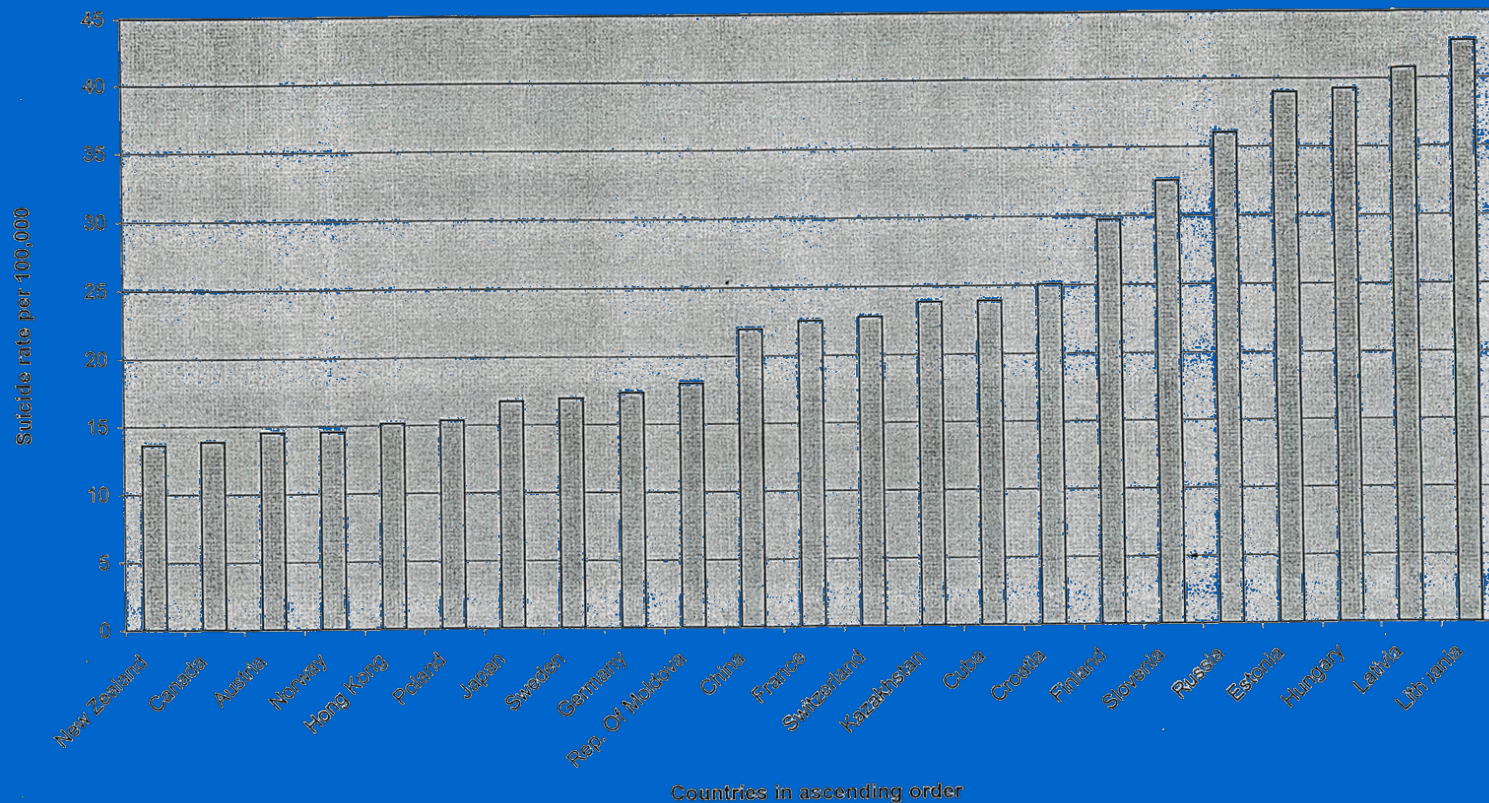


Adapted from The World Bank, 1993a

*DALY - Disability Adjusted Life Year

Suicide Rates in the World

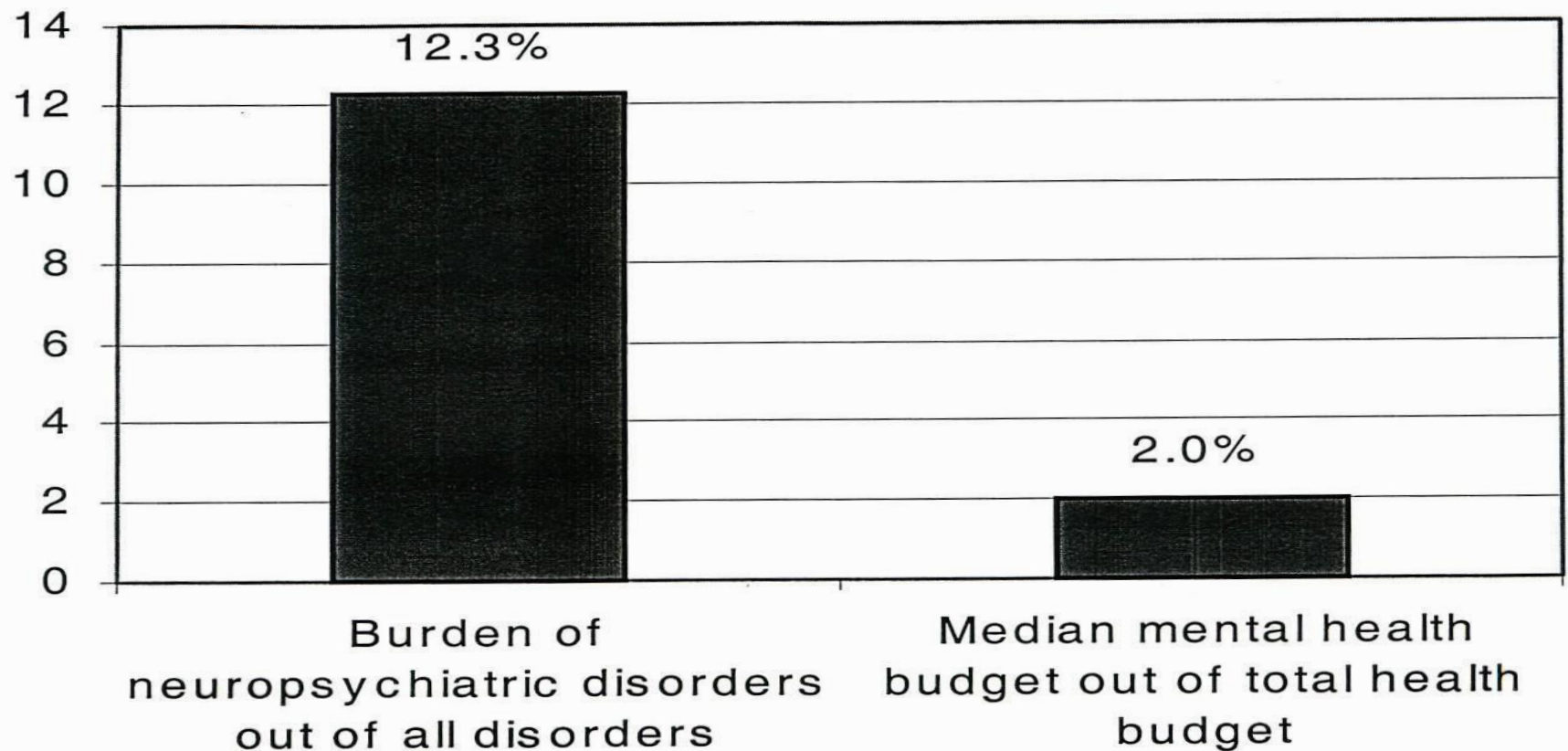
Suicide rates (Total) in the World (high rates)



Relationship of Suicide and Mental Illness

- According to US psychiatrists, 90% of those who commit suicide have a diagnosed mental illness, most often major depressive disorder. This is disputed.

Burden vs. Budget

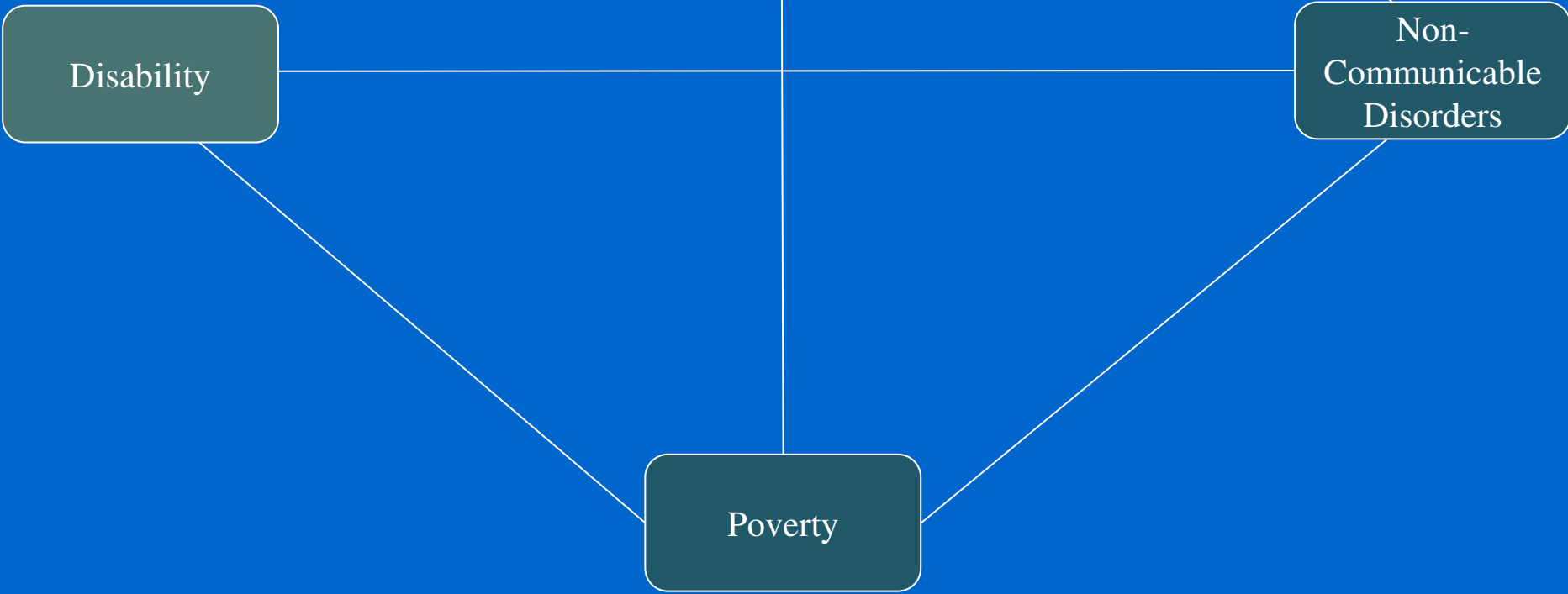
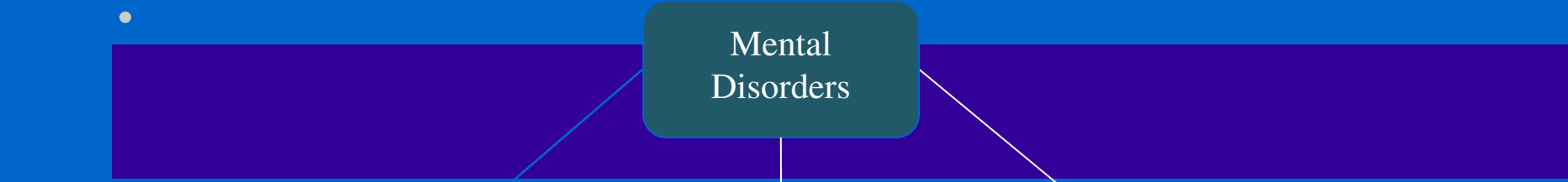


Mental Disorders

Disability

Non-Communicable Disorders

Poverty

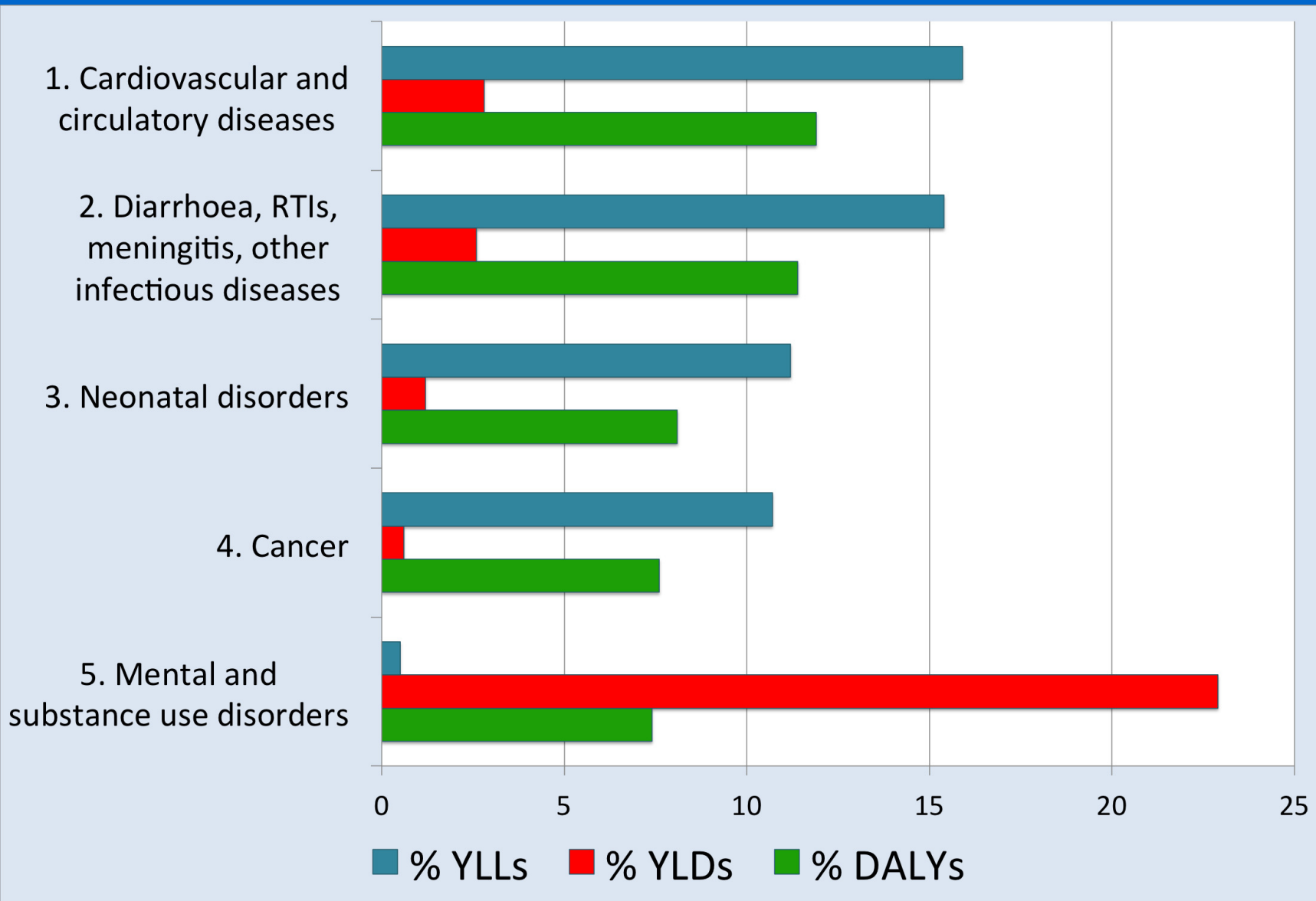


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- YLLs: Years of life lost

YLDs = Years Lived with Disability

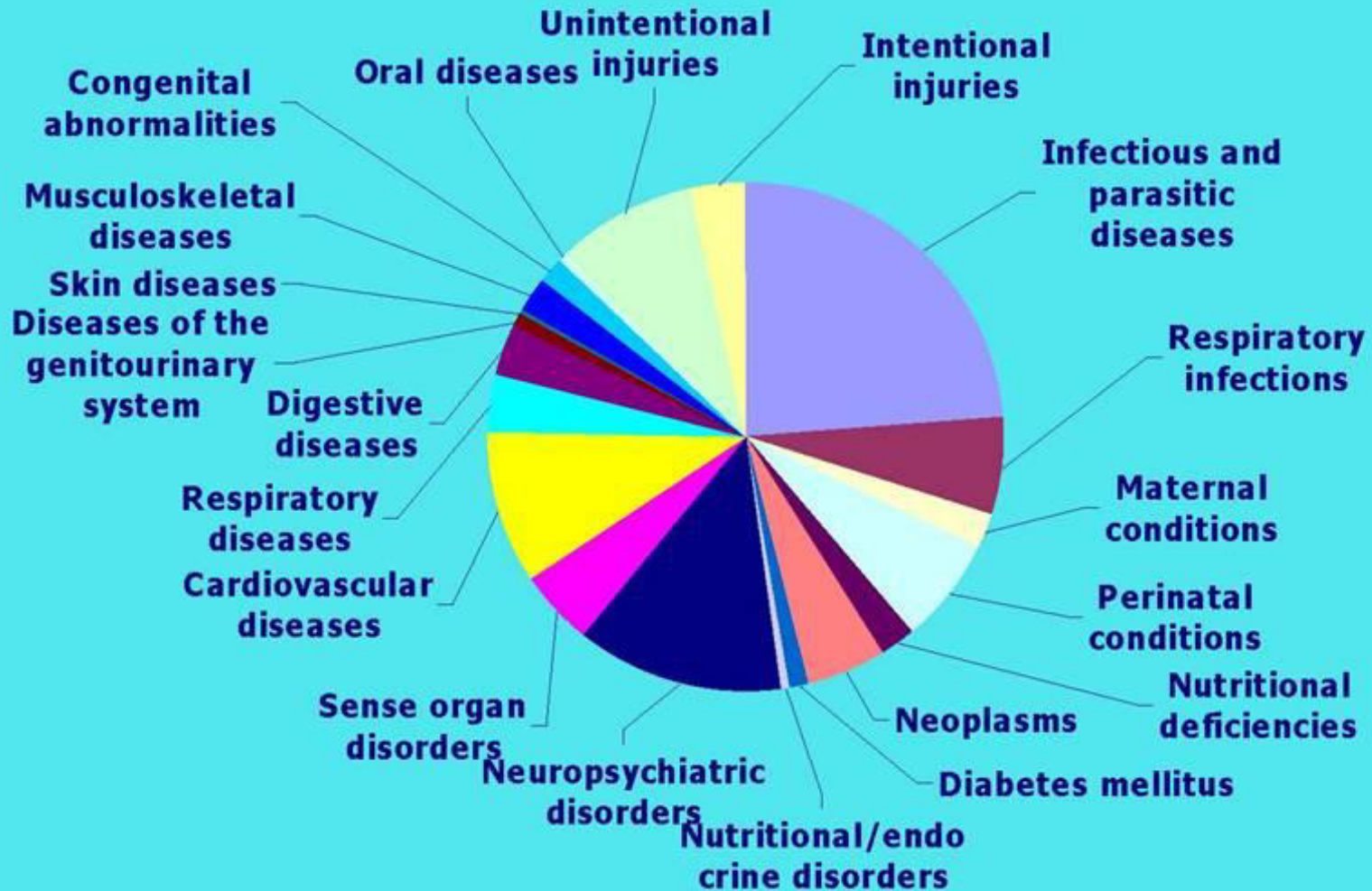
DALY : disability-adjusted life years

- the effect of age-weighting on years of life lost due to death at each age as well as the different effect on short- and medium-term disability were taken into consideration.

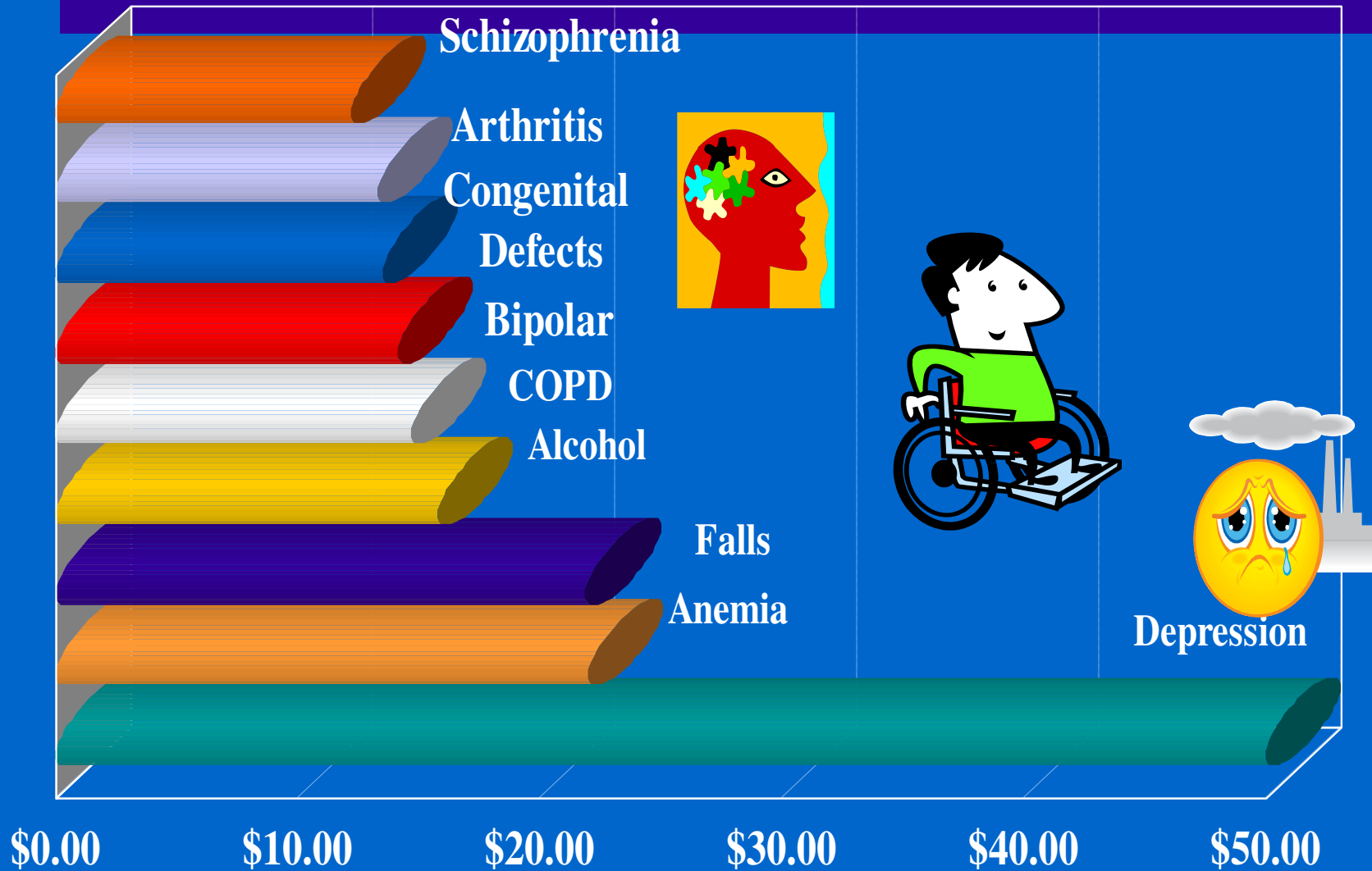


THE WORLDWIDE BURDEN

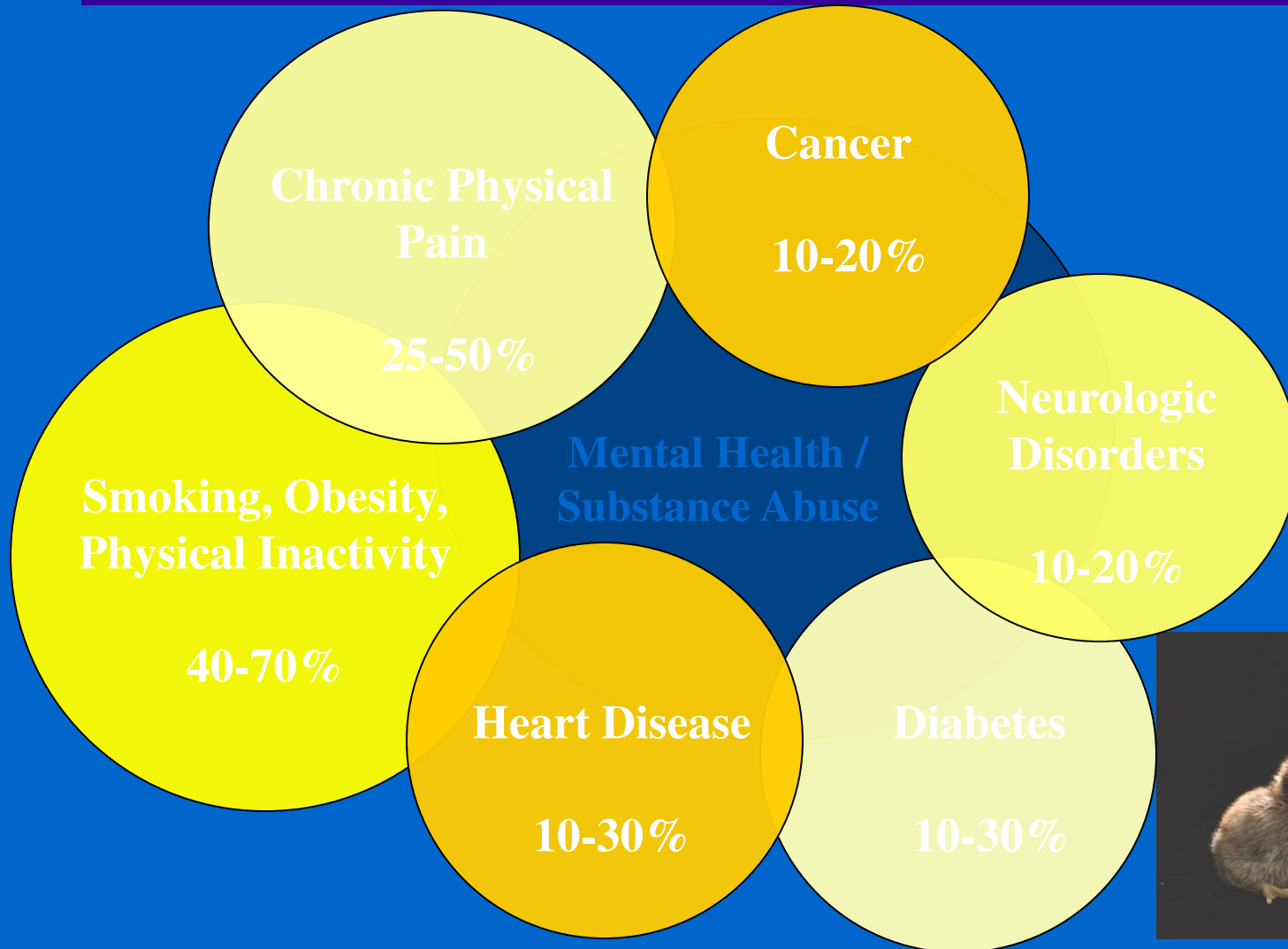
GLOBAL BURDEN OF DISEASE, DALYS, 2002



Leading Causes of Disability Around The World (Cost in Billions of US Dollars)



∴ Mental Disorders are Rarely the Only Health Problem



Improving Care for Depression

Common

10% in primary care, more common in patients with chronic medical illnesses

Disabling

#2 cause of disability (WHO)

Expensive

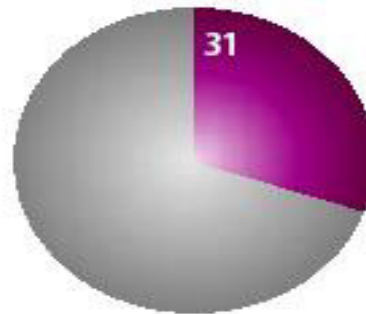
50-100% higher health care costs
(ED, inpatient, outpatient, pharmacy)

Deadly

Over 30,000 suicides / year



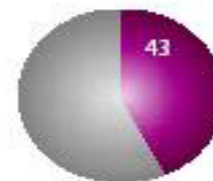
Neuropsychiatric disorders account for nearly one-third of the disability in the world.



This disability is present in every region of the world.



Africa



Europe



The Americas



South-East Asia



Eastern Mediterranean



Western Pacific

Increasing Burden of Noncommunicable Diseases and Injuries

- Change in rank order of DALYs for the 15 leading causes

1999 Disease or Injury

1. Acute lower respiratory infections
2. HIV/AIDS
3. Perinatal conditions
4. Diarrhoeal diseases
5. Unipolar major depression
6. Ischaemic heart disease
7. Cerebrovascular disease
8. Malaria
9. Road traffic injuries
10. Chronic obstructive pulmonary disease
11. Congenital anomalies
12. Tuberculosis
13. Falls
14. Measles
15. Anaemias

2020 Disease or Injury

1. Ischaemic heart disease
2. Unipolar major depression
3. Road traffic injuries
4. Cerebrovascular disease
5. Chronic obstructive pulmonary disease
6. Lower respiratory infections
7. Tuberculosis
8. War
9. Diarrhoeal diseases
10. HIV
11. Perinatal conditions
12. Violence
13. Congenital anomalies
14. Self-inflicted injuries
15. Trachea, bronchus and lung cancers

DALY = Disability-adjusted life year

Source: WHO, Evidence, Information and Policy, 2000



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“An estimated 400 million people alive today suffer from mental or neurological disorders or from psychosocial problems related to alcohol and drug abuse.

Many of them suffer silently and alone. Beyond the suffering and beyond the absence of care lie the frontiers of stigma, shame, exclusion and, more often than we care to know, death.

Our advocacy effort will concentrate on reducing stigma associated with mental ill health and neurological disorders and on raising awareness about the many effective, affordable treatments that are available but underused, both in developing and industrialized countries.”

***Dr Gro Harlem Brundtland, Director General WHO
Geneva, 12 February 2001***

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لن نغفل الصحة النفسية

精神卫生：
停止排斥—勇于关爱

Santé mentale:
Non à l'exclusion, oui aux soins

Mental Health:
Stop exclusion – Dare to care

Охрана психического здоровья:

откажитесь от изоляции - окажите помощь

Salud mental:
Sí a la atención, no a la exclusión

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World Health Report 2001



Messages (1-3)

 Mental health is relevant to all of health.

 Mental disorders are real, diagnosable, common and universal. If left untreated, they can produce suffering and severe disability in individuals, and major social and economic losses.

 **Mental disorders are treatable.** Prevention and treatment are possible and feasible, but currently most sufferers are unreached.

World Health Report 2001

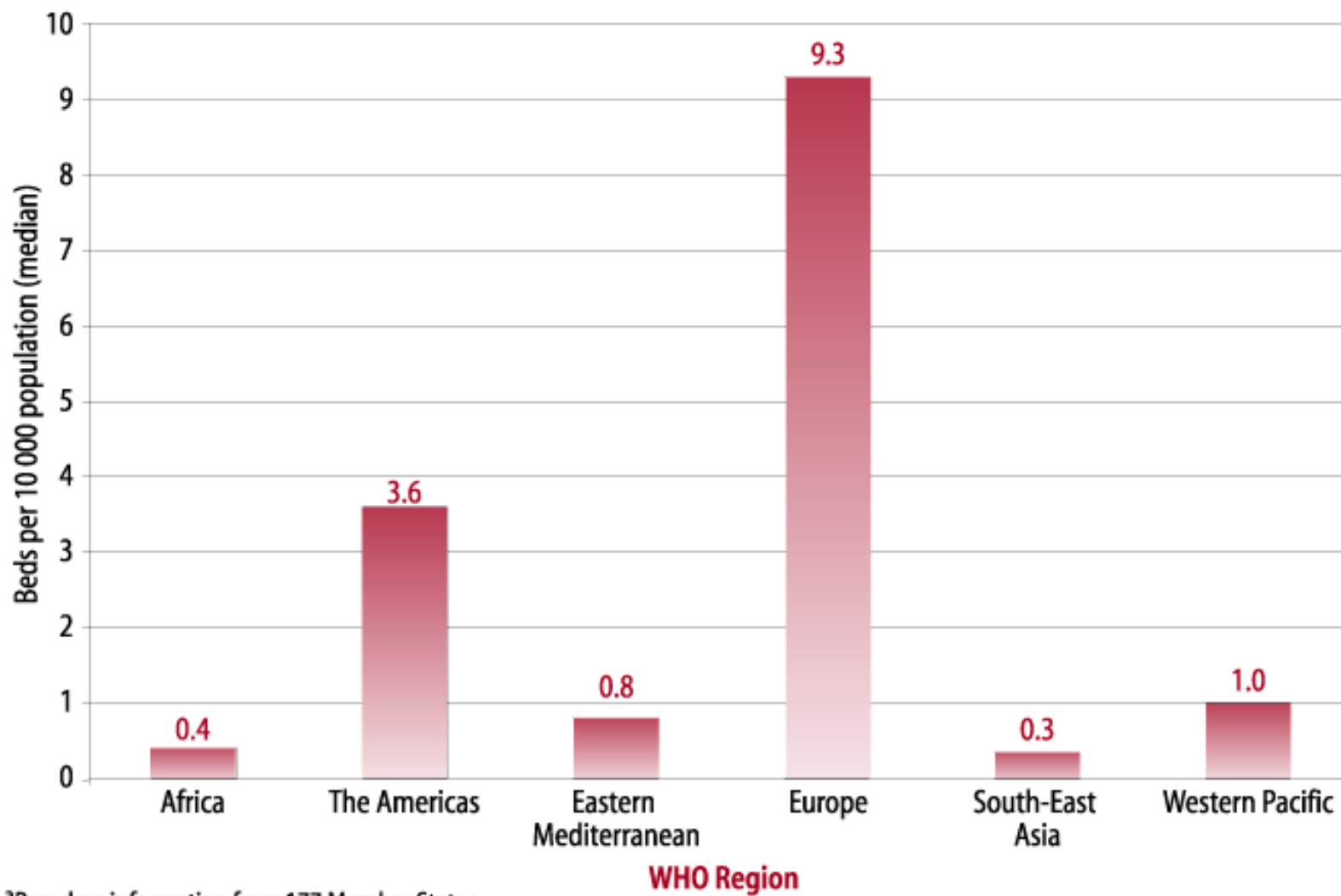


Recommendations

1. Provide treatment in primary care
2. Make psychotropic medications available
3. Give care in the community
4. Educate the public
5. Involve communities, families, and consumers
6. Establish national policies, programs, and legislation
7. Develop Human resources
8. Link with other sectors
9. Monitor community mental health
10. Support more research.



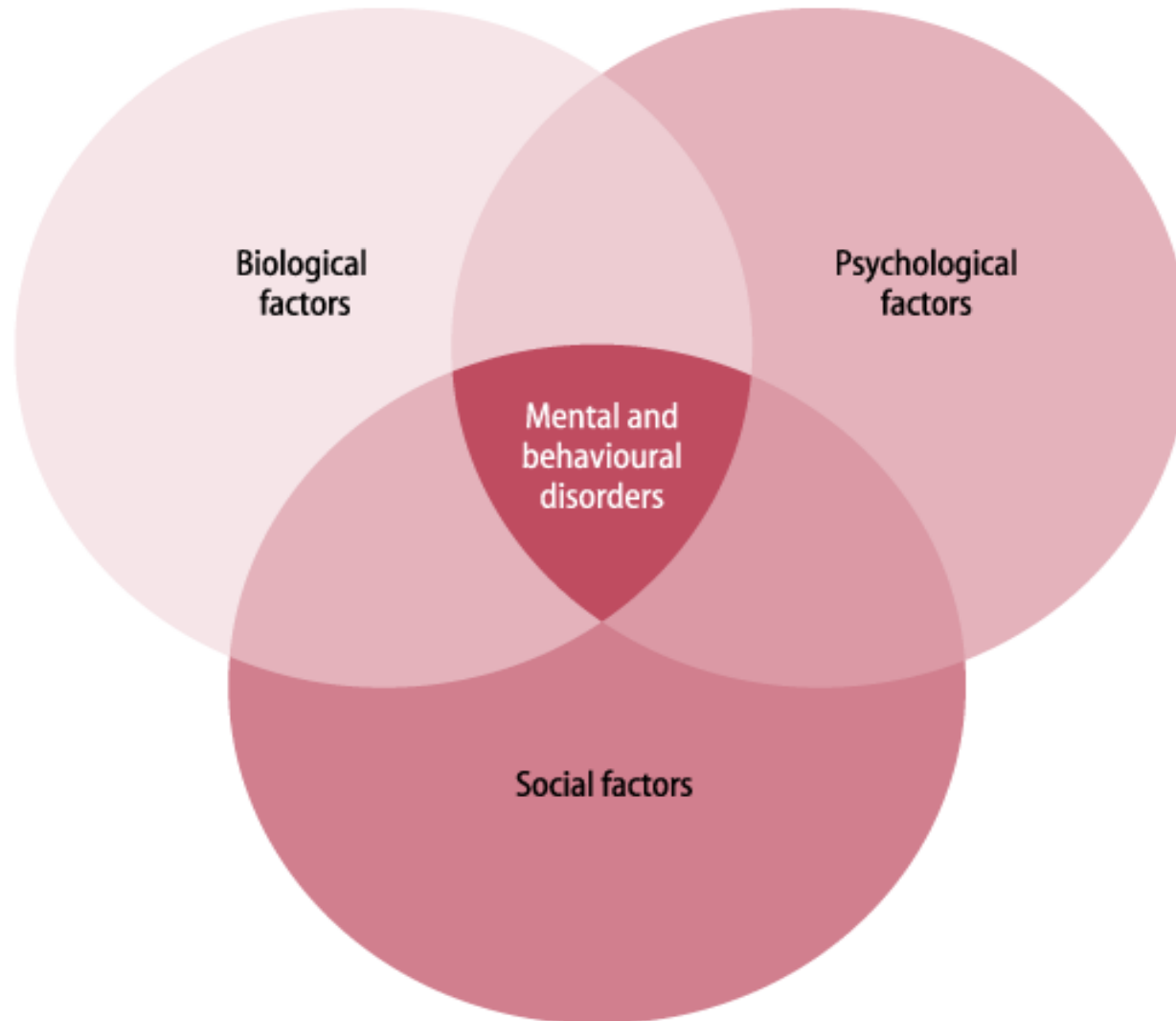
Figure 4.3 Psychiatric beds per 10 000 population by WHO Region, 2000^a



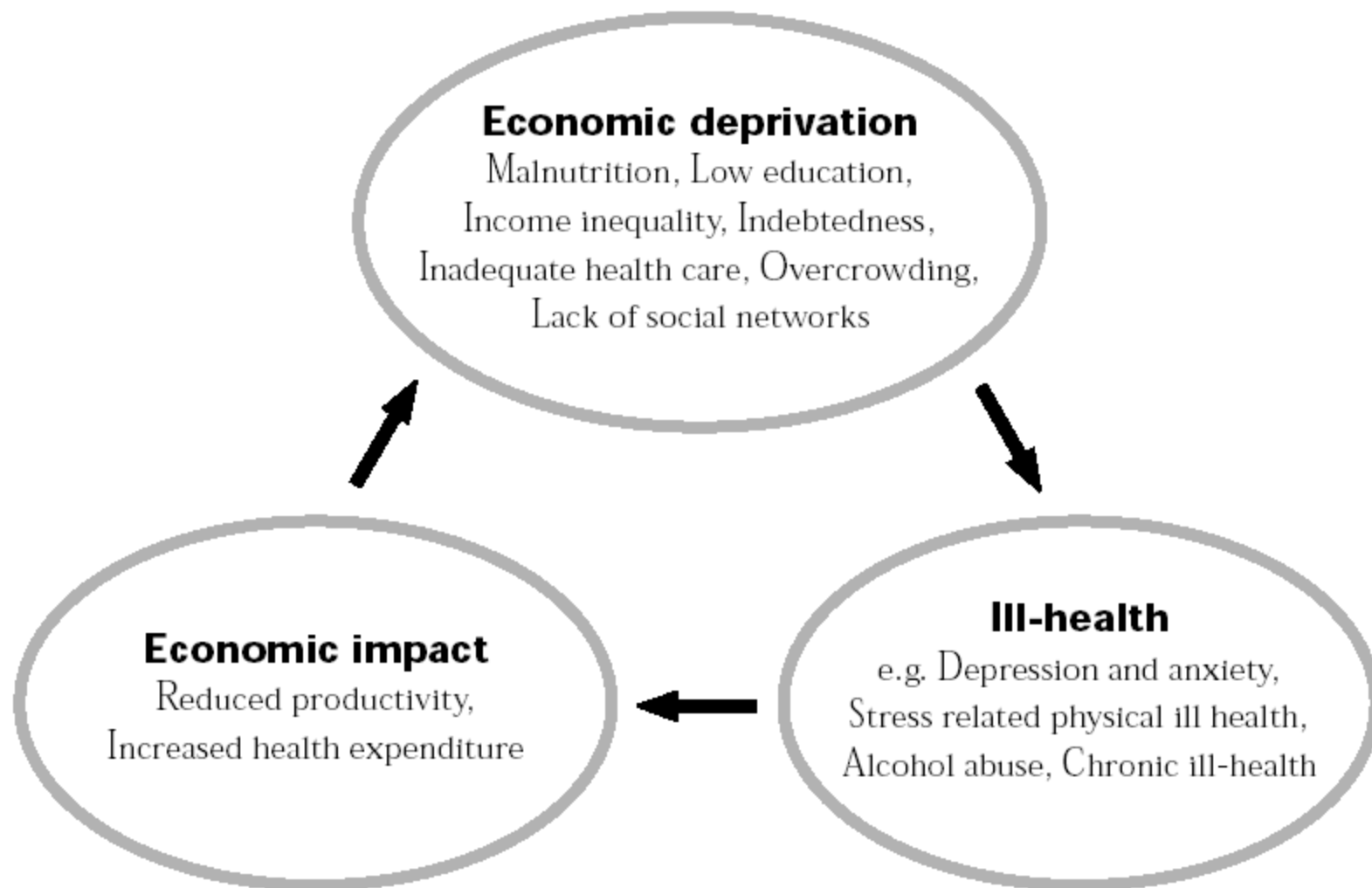
^aBased on information from 177 Member States.

Source: *Mental health resources in the world. Initial results of Project Atlas* (2001). Geneva, World Health Organization.

Figure 1.1 Interaction of biological, psychological and social factors in the development of mental disorders



The vicious cycle of impoverishment and mental disorder:



نعم بحمد الله

