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MENTAL ILLNESS AND ITS PREVENTION

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■ “If you talk to God, you are praying. If God talks to you, you have schizophrenia.”
(Thomas Szasz)

Mental Health

- Mental health refers to our **cognitive, behavioral, and emotional** wellbeing –
- Mental health can affect daily life, relationships, and even physical health.
- Mental health also includes a person's ability to **enjoy** life - to attain **a balance** between life activities and efforts to achieve **psychological resilience**.

According to World Health Organization

Mental health is defined as

- 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,
- and is able to **make a contribution** to his or her community."

Normality

- Normality is defined as behavior that can be normal for an individual (intrapersonal normality) when it is consistent with the most **common behaviour for that person**.
- Normal is also used to describe individual behaviour that conforms to the most **common behaviour in society** (known as conformity).
- Definitions of normality **vary by person, time, place, and situation** – it changes along with changing societal standards and norms

Mental Health Model of Normality

- Mental Health Model of Normality suggests following criteria for what might constitute normal psychological health (not abnormal)
- Positive self-esteem,
- strong self-identity;
- Ability to cope with stressful situations;
- Autonomy & independence;
- Ability to maintain healthy interpersonal relationships;
- Capacity for personal growth & self-actualisation;
- Realistic perception & contact with reality.

Abnormality

- Abnormality is the significant deviation from commonly accepted patterns of behavior, emotion or thought,

Mental disorder

- Mental illness, also called mental health disorders, refers to a wide range of mental health conditions
- a mental health concern becomes a mental illness **when ongoing signs and symptoms cause frequent stress and affect your ability to function.**
- — disorders that affect your **mood, thinking and behavior.**

MODES OF CLASSIFICATION

- **Functional disorders**

- *Psychotic Disorders*

- Schizophrenia, manic-depressive

- *Neurotic Disorders*

- Anxiety, Obsessive-Compulsive, Depression, etc.

- Character Disorders*

- Sociopathic, antisocial personality

- **Organic Disorders** (brain damage, head injury, aging, drug abuse, etc.)

Types of classification systems

- Diagnostic and Statistical Manual of Mental Disorders (DSM)
- International Classification of diseases (ICD)

Difference between DSM and ICD 10

ICD	DSM
<p>Official world classification</p> <ul style="list-style-type: none">• Intended for use by all health practitioners• Special attention given to primary care and low- and middle-income countries• Published in many languages	<p>US classification (but used in many other countries)</p> <ul style="list-style-type: none">• Used primarily by psychiatrists• Focused mainly on secondary psychiatric care in high-income countries• Published only in English
<p>ICD contains diagnoses of other illnesses. Major focus on clinical utility (planned for ICD-11) with reduction of number of diagnoses</p> <ul style="list-style-type: none">• Provides diagnostic descriptions and guidance but does not employ operational criteria	<p>DSM is only related to psychiatric diagnosis.</p> <p>Tends to increase the number of diagnoses with each succeeding revision</p> <ul style="list-style-type: none">• Diagnostic system depends on operational criteria using a polythetic system for most conditions (i.e. combination of criteria that need not all be the same)

Common disorders

- The most common types of mental illness are
 - *Anxiety*
 - *Depression*
 - *Bipolar Disorder*
 - *Schizophrenia*
 - *PTSD*

Common disorders

- *Eating Disorders*
- *ADD/ADHD*
- *Borderline Personality Disorder*
- *Schizoaffective*
- *Obsessive Compulsive Disorder*

Prevalence

- **One in four people** in the world will be affected by mental or neurological disorders at some point in their lives.
- Around **450 million people** currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.
- Treatments are available, but nearly two-thirds of people with a known mental disorder **never seek help from** a health professional.

Prevalence

- In the United States, in 2015, an estimated 9.8 million adults (over 18) had a serious mental disorder.
- That equates to 4.8 percent of all American adults.
- Almost 1 in 5 Americans experiences mental health problems each year (18.5 percent)

Prevalence

- The World Health Organization is currently undertaking a global survey of 26 countries in all regions of the world, based on ICD and DSM criteria.
- **anxiety disorders are the most common** (prevalence in the prior 12-month period of 2.4% to 18.2%)
- and **mood disorders next most** (12-month prevalence of 0.8% to 9.6%),
- while substance disorders (0.1–6.4%) and impulse-control disorders (0.0–6.8%) were consistently less prevalent.^[6]

Causes of Mental Disorders

- BIOLOGICAL CAUSES
 - Genetic causes
 - Organic illness
 - Substance abuse
- PSYCHO SOCIAL CAUSES
 - Social and financial problems
 - Physical illness
 - Lack of social support networks
 - Family history of stress or family discord

Prevention of Mental disorders

- Increasing awareness regarding mental health issues.
- Increasing government funding in to mental health provision.
- Reducing stress
- Improving quality of life (through education and employment)
- Preventing sales of drugs of abuse

Prevention of Mental disorders

- Provision of counselling services at schools and work places.
- Regular screening and early treatment of mental illnesses.
- Preventing childhood trauma.
- Teaching parents healthy parenting styles.
- Reducing crimes and terrorism

THANK

YOU