

Empowering People for Mental Health – A Literature Review

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Abstract: The global burden of mental disorders is on the rise every day. The mental health resources available to meet these demands are scarce. While treatment of all those with identified mental illness itself is questionable, prevention of mental disorders is foreseen as a challenge to mental health care delivery system. Though many strategies were tested, community based programmes involving local community people were found to be effective by many researchers. Local adaptation of such interventions is put forth as a key to the preventive mental health efforts.

Keywords: Mental Health, Mental illness, Mental Health Care Delivery, Mental Health Resources

I. INTRODUCTION

Prevention of mental disorders is a public health priority. The concept of prevention in psychiatry covers a wide range of measures for primary, secondary and tertiary prevention. Our current knowledge and practice about preventive and promotive mental health is limited because mental health was considered as one of the determinants of health. Recent understanding of bio-psycho-social etiologies of mental illness offers a special opportunity to build collaborative efforts.¹

This paper presents the current scenario of mental health care delivery system and emphasizes the need for empowering people for mental health through initiating innovative mental health interventions of preventive effort that are cost effective and culturally suitable for Indian population.

II. MAGNITUDE OF MENTAL ILLNESS

About 14% of the global burden of disease has been attributed to neuropsychiatric disorders. These disorders include depression and other common mental disorders, alcohol and substance use disorders and psychoses. But the interaction between mental health and physical health is poorly understood. This leads to under estimation of burden of mental illness². There were a number of difficulties faced in defining mental health and illness, making a diagnosis, picking up a

research sample, limited mental health manpower, inadequate knowledge, lack of multiple sources for data collection, underreporting of patients, stigma, lack of financial resources and low priority of mental health in the health policy were reported as the factors associated with under reporting of mental illness.³

A cross sectional study was undertaken to assess the psychiatric morbidity among the adult population of selected Taluk of Udipi District, Karnataka. A sample of 193 adults was interviewed and a proportion of mental illnesses in that population was determined to be 39.9%. Socio-demographic factors such as age group, poverty level, single individuals, lack of education, unemployed and housewives, single livelihood and family history of mental illness were statistically associated with the psychiatric morbidity.⁴

A meta-analysis of 174 studies conducted globally from 1980 to 2013 reported that one in five persons (17.6%, 95% confidence interval: 16.3%-18.9%) experienced Common Mental Disorders (CMDs) within one year and the lifetime prevalence of CMDs was 29.2% (25.9%-32.6%). The studies which were conducted before 2000 reported a comparatively a lower prevalence of CMDs. This underreporting can be attributed to multitude of factors such as very high patient loads, poor undergraduate training of physicians in Psychiatry, stigma associated with mental illness and frequent somatic presentation of CMDs.⁵

High magnitude of mental illness especially in low-income and middle-income countries was consistently reported in literature^{1,5} that demands the review and restructuring of existing mental health delivery system worldwide.

III. MENTAL HEALTH CARE DELIVERY SYSTEM

Mental health resources in any country include the policy, infra structure, mental health services, community resources, human resources and funding.⁶ The World Health Report 2006 focused that health work force must aim at providing universal access to health care and social protection the entire population of the country. It also emphasized that effective

Mental Health Journal Literature Review

**Alexandre Peixoto de Queirós,
Ricardo Marques, António José**



Mental Health Journal Literature Review:

A Handbook for the Study of Mental Health Teresa L. Scheid, Eric R. Wright, 2017-06-08 The third edition of A Handbook for the Study of Mental Health presents a comprehensive review of the sociology of mental health

Introducing Mental Health Nursing Richard Lakeman, 2020-07-25 Introducing Mental Health Nursing offers a systematic overview of both the science and the art of caring for people experiencing mental health problems It addresses the attitudes knowledge and skills required to provide care for service users across all health care settings from specialist mental health services to general hospitals and community care The authors place the service user at the centre of all aspects of mental health care and emphasise the importance of the therapeutic relationship as the cornerstone of good mental health nursing practice Emphasis is placed on the role of the nurse as an intrinsic member of the mental health team and nurses are encouraged to think critically about the perspectives that they bring to their practice The second edition has been fully revised and updated with increased focus on Indigenous social and emotional well being as well as two new chapters on Recovery and Cultural Safety A must have book for undergraduate nursing students new graduates and professionals changing specialties or simply wishing to refresh their mental health nursing knowledge This is a brave and dignified text beautifully written and conceived and given the current texts available a must for any serious undergraduate nursing program in an Australian university David Buchanan De Montfort University Leicester United Kingdom I recommend this text to all students of nursing whether you intend to pursue a career in this speciality or if you simply desire to provide the best care possible in any field of practice Associate Professor Stephen Elsom RN PhD Director Centre for Psychiatric Nursing The University of Melbourne *The Criminalization of Mental Illness* Risdon N. Slate, Jacqueline K.

Buffington-Vollum, W. Wesley Johnson, 2013-10-03 For a myriad of reasons the criminal justice system has become the de facto mental health system This book explores how and why this is the case Sensationalized cases often drive criminal justice policies that can sometimes be impulsively enacted and misguided While there are chapters that examine competency insanity and inpatient and outpatient commitment the primary focus of the book is on the bulk of encounters that clog the criminal justice system with persons with mental illnesses pwmi Criminal justice practitioners are often ill equipped for dealing with pwmi in crises However via application of therapeutic jurisprudence principles some agencies are better preparing their employees for such encounters and attempting to stop the inhumane and costly recycling of pwmi through the criminal justice system Coverage runs the gamut from deinstitutionalization to specialized law enforcement responses to mental health courts to jails and prisons to discharge planning diversion and reentry Also criminal justice practitioners in their own words provide insight into and examples of the interface between the mental health and criminal justice systems Throughout the book the balance between maintaining public safety and preserving civil liberties is examined as the state s police power and parens patriae roles are considered Reasoned collaborative approaches for influencing and informing

policies that are often driven by crises are discussed this book also reflects more psychological underpinnings than the 1st edition as one of the co authors new to this edition is a forensic clinical psychologist The following Teaching Materials are available electronically on a CD or via email Please contact Beth Hall at bhall@capress.com to request a copy and specify what format is needed Teacher s Manual with notes and extensive test bank in Word pdf formats Test bank is also available in separate files by chapter in Word and Blackboard formats Other LMS formats may be available let me know what you need Upon adoption only the following are also available 3 Videos Upon adoption only One video illustrates Crisis Intervention Team scenarios another explores PTSD and the third video is of a lecture author Risdon Slate gave to law enforcement in training that describes his own personal story PowerPoint slides will be available upon adoption Email bhall@capress.com for more information I am so grateful that I have decided on this book and the resources are amazing Joseph C Marinello lecturer in the Department of Criminal Justice and Criminology UNC Charlotte on classroom adoption of second edition Notorious criminal cases tend to drive public opinion and policy when it comes to how our criminal justice system deals with persons with mental illnesses Drs Slate and Johnson s book is a far brighter star to steer by By most accounts including the US Department of Justice our criminal justice system is in crisis In The Criminalization of Mental Illness the authors explain how our justice system has failed persons with mental illnesses the public and its own self interests But rather than place blame the authors focus on illuminating the history and anatomy of the problem and offering real solutions Because they are based on careful scholarship their proposals are authoritative and make sense But it is their informed empathy for all the players involved in the tragedy not just persons with mental illnesses that makes this book a must read for anyone involved in the criminal justice system or simply interested in knowing the truth of how it is broken and can be fixed Xavier F Amador Ph D Adjunct Professor Columbia University Author of the National Best Seller I am Not Sick I Don t Need Help and I m Right You re Wrong Now What The book confronts myths and social political policy failures directly and with great honor recognizes those advocates whose work has moved social justice and mental health policy forward Their dedication and passion to the subject of promoting human rights and recovery is evident in every word It is a masterful relevant and inspiring work Ginger Lerner Wren the nation s first mental health court judge and member of the President s Commission on Mental Health This book provides extraordinary insights into the manner by which people with mental illness are processed through the criminal justice system I thoroughly enjoyed this work and would recommend it to anyone who has an interest in issues involving mental illness and the criminal justice system I have seen a few books in this area but have never found one quite as comprehensive and well researched It is without exception one of the best academic books that I have read in many years Penn State Altoona Professor Robert M Worley in his book review for The Southwest Journal of Criminal Justice Fall 2008 This is a highly insightful and important book which corrections staff academics students and the general public should know about Ken Kerle Ph D American Jail Association Overall this very readable book provides a good survey of

the various sectors of the criminal justice system and their response to the substantive changes that have affected persons with mental illness during the recent past These authors provide a valuable guide for mental health professionals interested in appropriate treatment and placement of persons with mental illness Frederick J Frese Ph D Psychiatric Services A Journal of the American Psychiatric Association Without a doubt it is the most comprehensive explanation of what has happened between the two systems during the past 40 or so years It explains not only the crisis that exists and how we got here but some interesting and innovative ways that local governments are providing solutions More important than the chronicling of the impact of this social crisis it demonstrates with pointed examples how the two systems intertwine with well intentioned judicial and treatment policies No matter how you view the issue of the mentally ill in prison the book demonstrates that the person left out of the discussion is the defendant offender patient Corrections Today **Psychiatric & Mental Health**

Nursing Katie Evans, Debra Nizette, 2016-10-04 Psychiatric and Mental Health Nursing has established itself as Australia and New Zealand's foremost mental health nursing text and is an essential resource for all undergraduate nursing students This new edition has been thoroughly revised and updated to reflect current research and changing attitudes about mental health mental health services and mental health nursing in Australia and New Zealand Set within a recovery and consumer focused framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with consumers and their families Visit evolve.elsevier.com for your additional resources eBook on Vital Source Resources for Students and Instructors Student practice questions Test bank Case studies Powerful consumer story videos 3 new chapters Physical health care addresses the physical health of people with mental health problems and the conditions that have an association with increased risk of mental health problems Mental health promotion engages with the ways in which early intervention can either prevent or alleviate the effects of mental health problems Challenging behaviours presents a range of risk assessments specifically focused upon challenging behaviours Now addresses emerging issues such as The transitioning of mental health care to primary care The development of peer and service user led services accreditation and credentialing Mental Health Nurse Incentive Program Living with Chronic Illness and Disability Esther Chang, Amanda Johnson, 2021-10-12 Fully updated and refreshed to reflect current knowledge data and perspectives

Mental Health Outcome Measures Michele Tansella, Graham Thornicroft, 2001 Guides the reader through the minefield of mental health outcome measurement **Mental Health Outcome Measures** Graham Thornicroft, Michelle Tansella, 2010-09 This new edition charts the increased range of mental health outcome domains that are now measurable while reflecting a new emphasis on positive outcomes and recovery and the central role of the service user's experience

Handbook of Research on Solving Modern Healthcare Challenges With Gamification Alexandre Peixoto de Queirós, Ricardo Marques, António José, 2021-01-22 While many fields such as e learning business and marketing have taken

advantage of the potential of gamification the healthcare domain has just started to exploit this emerging trend still in an ad hoc fashion Despite the huge potential of applying gamification on several topics of healthcare there are scarce theoretical studies regarding methodologies techniques specifications and frameworks These applications must be examined further as they can be used to solve major healthcare related challenges such as care plan maintenance medication adherence phobias treatment or patient education Handbook of Research on Solving Modern Healthcare Challenges With Gamification aims to share new approaches and methodologies to build e health solutions using gamification and identifies new trends on this topic from pedagogical strategies to technological approaches This book serves as a collection of knowledge that builds the theoretical foundations that can be helpful in creating sustainable e health solutions in the future While covering topics such as augmented and virtual reality ethical issues in gamification e learning telehealth services and digital applications this book is essential for research scholars healthcare computer science teachers and students pursuing healthcare computer science related subjects enterprise developers practitioners researchers academicians and students interested in the latest developments and research solving healthcare challenges with modern e health solutions using gamification **Research Grants Index** National Institutes of Health (U.S.). Division of Research Grants,1968 **Handbook of Dual Diagnosis** Johnny L. Matson,2020-07-24 This handbook addresses behavior problems and mental health disorders in persons with intellectual disabilities It provides an overview of the history of dual diagnosis and related theories ethics diagnostic systems mental health disorders and challenging behaviors The handbook examines general clinical issues such as the effects of cognitive performance on the choice of assessment and treatment methods service delivery systems education models risk factors functional assessment and structured interviews Chapters provide a much needed reference for practitioners and practitioners in training The applied focus of the book continues with assessment diagnosis sections of mental health disorders and challenging behaviors In addition chapters describe treatments for discrete mental health and behavior problems such as intellectual disabilities severe psychopathology autism ADHD substance abuse and aggression Topics featured in this handbook include Genetic disorders and dual diagnosis Assessment of anxiety in persons with dual diagnosis Aging with intellectual disabilities Feeding problems and assessment in individuals with dual diagnosis Pica in individuals with intellectual disability Treatment of social skills in dual diagnosis The Handbook of Dual Diagnosis is an essential reference for researchers graduate students clinicians and related therapists and professionals in clinical child and school psychology child and adolescent psychiatry social work developmental psychology behavioral therapy rehabilitation pediatrics and special education Sociology of Mental Disorder William C. Cockerham,2020-12-29 The eleventh edition of Sociology of Mental Disorder presents the major issues and research findings on the influence of race social class gender and age on the incidence and prevalence of mental disorder The text also examines the institutions that help those with mental disorders mental health law and public policy Many important updates are new to this edition DSM 5 is thoroughly covered

along with the controversy surrounding it Updated review of the relationship between mental health and gender A revised and more in depth discussion of mental health and race Problems in public policy toward mental disorder are covered International trends in community care are reviewed Updates of research and citations throughout

Psychiatric and Mental Health Nursing Ruth Elder,Katie Evans,Debra Nizette,2013 The new edition of Psychiatric and Mental Health Nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice Mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders The holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness

Providing Mental Health Services to Youth where They are Harinder S. Ghuman,Mark D. Weist,Richard Milford Sarles,2002 First Published in 2002 Routledge is an imprint of Taylor Francis an informa company

Design for Mental and Behavioral Health Mardelle McCuskey Shepley,Samira Pasha,2017-05-18 Studies confirm that the physical environment influences health outcomes emotional state preference satisfaction and orientation but very little research has focused on mental and behavioural health settings This book summarizes design principles and design research for individuals who are intending to design new mental and behavioural health facilities and those wishing to evaluate the quality of their existing facilities The authors discuss mental and behavioural health systems design guidelines design research and existing standards and provide examples of best practice As behavioural and mental health populations vary in their needs the primary focus is limited to environments that support acute care outpatient and emergency care residential care veterans pediatric patients and the treatment of chemical dependency

Research Handbook of Academic Mental Health Marissa S. Edwards,Angela J. Martin,Neal M. Ashkanasy,Lauren E. Cox,2024-10-03 There has been much recent commentary regarding a crisis in academic mental health and wellbeing This Research Handbook showcases cutting edge studies and insightful narratives on the wellbeing of doctoral students early career researchers and faculty members illuminating the current state of academic mental health research Importantly authors also offer potential solutions to the increasingly poor mental health reported by those working and studying in the higher education sector

Research Anthology on Mental Health Stigma, Education, and Treatment Management Association, Information Resources,2021-02-05 In times of uncertainty and crisis the mental health of individuals become a concern as added stressors and pressures can cause depression anxiety and stress Today especially with more people than ever experiencing these effects due to the Covid 19 epidemic and all that comes along with it discourse around mental health has gained heightened urgency While there have always been stigmas surrounding mental health the continued display of these biases can add to an already distressing situation for struggling individuals Despite the experience of mental health issues becoming normalized it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and

discussed in ways that are beneficial for society and those affected Along with raising awareness of mental health in general there should be a continued focus on treatment options methods and modes for healthcare delivery The Research Anthology on Mental Health Stigma Education and Treatment explores the latest research on the newest advancements in mental health best practices and new research on treatment and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health The chapters will cover new technologies that are impacting delivery modes for treatment the latest methods and models for treatment options how education on mental health is delivered and developed and how mental health is viewed and discussed It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children and adults from all ethnicities and socio economic backgrounds and in a variety of professions including healthcare emergency services and the military This book is ideal for psychologists therapists psychiatrists counsellors religious leaders mental health support agencies and organizations medical professionals teachers researchers students academicians mental health practitioners and more

Guide to Publishing in Psychology Journals Robert J. Sternberg,2000-08-28 A complete guide to writing psychology articles for publication

Occupational Therapy in Psychiatry and Mental Health Rosemary Crouch,Vivyan Alers,2014-07-30 Comprehensive and informative the extensively revised fifth edition of Occupational Therapy in Psychiatry and Mental Health is an accessible overview of occupational therapy in psychiatry providing key information on a range of international models of occupational therapy as well as their practical applications The fifth edition includes Case studies throughout to illustrate application of theory to practice Coverage of key concepts and issues in occupational therapy New material on emerging areas of practice Comprehensive information on assessment and treatment for children adolescents and adults covering key mental health conditions Occupational Therapy in Psychiatry and Mental Health is an ideal resource for students in occupational therapy newly qualified and experienced practitioners and other allied health professionals seeking an up to date globally relevant resource on psychiatry and mental health care

[Social Perspectives in Mental Health](#) Jerry Tew,2004-12-15 The book offers new practice frameworks that help to make sense of people s mental distress and recovery in relation to their social experience It explores the impact of social factors such as power abuse ethnicity gender and sexual orientation on the causes and experiences of mental health problems

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