

Global Psychiatry

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Talk plan

- Briefing origin of Global Psychiatry and mental health from concept to discipline
- Core features of Global Psychiatry & Mental Health
- Determinants and barriers in the context of Global Mental Health
- Major Actions of Global Mental Health
- Global Mental Health Movement and its activities
- Stating the major influences of global mental health research on the existing systemic approaches and the dominant themes of mental health
- Concluding notes

Introduction

Global Psychiatry is a concept

- 1970s:Idea develop after emerging phenomenologically based psychiatric classifications which emphasis on psychopathology as primary basis for taxonomy and clinical Dx

Introduction

Global Psychiatry is a concept

- 1994: Conceived from the findings of interdisciplinary research- Emile Kraepelin's Java study of cross-cultural epidemiological research
- Subsequent years: Comparative studies of biomedical perspectives of psychiatric disorders across cultures- largely between western and non-western societies

Introduction

Global Psychiatry is a concept

- Conflict between relativist vs universalist perspectives
- Each of the above approach has strengths and weakness proved from research derivatives
- Conflict resolution: Diversity within unity or specificity within generalability
- Development of new cross-cultural psychiatry or culturally sensitive psychiatry

Introduction

Global Psychiatry is a Movement

- Despite of local influences on how mental disorders are experienced, explained, and acted upon, these disorders affect people in all cultures and societies
- That mental disorders are huge causes of human sufferings
- Rights of the people with mental disorders are grossly neglected in almost all the ways

Introduction

Global Psychiatry is a Movement

- No health without mental health
- Needs to establish mental health for all and rights of mentally ill people
- Platform of mental health for all around the Globe

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Evidence demonstrating the strong associations between mental disorders and social disadvantage-poverty, violence, gender disadvantage, and conflicts and disasters.
- Development of the **DALY** (disability-adjusted life year), a metric that reflects the contribution of a disorder or disease to disability and mortality

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Increasingly significant cross-national epidemiological research revealed the staggering impact of mental disorders—notably, depression, alcohol use, and schizophrenia—were leading causes of the global burden of disease and that this burden resulted from their high prevalence, chronic or relapsing course, onset early in life, and impact on disability and, to a lesser extent, mortality.

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- A related body of evidence demonstrated the intimate interrelationships between physical health problems and mental disorders, each fuelling the other and producing worse outcomes for both, leading to the slogan “no health without mental health.”

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Findings demonstrate the efficacy and cost-effectiveness of a range of pharmacological and psychosocial treatments for mental disorders in LAMICs
- Similar interventions develops and restructuring of services is perceived in non-LAMICs

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Evidence demonstrating the systematic denial and abuse of the basic right to a life with dignity for people with mental disorders worldwide—in particular, those living with psychoses or mental disabilities, whether residing in hospitals or living in their own communities
- This prompted Kleinman, an icon of global mental health, to declare this last situation as a “failure of humanity.”

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Treatment gap- exists around the Globe. Roughly 3 of 4 in LAMAICs, 20% in non-LAMICS
- Grave shortages and iniquitous distribution of global mental health resources
- Well identified barriers to scaling up services for mental disorders

Introduction

Global Psychiatry is a discipline

Key factors that contributes to developing this discipline

- Advocacy and field trial of Non-specialist based Mental Health Services(Patel V)
- Development of alternative services that are feasible, affordable and practicable to reduce the treatment gap

Global Psychiatry/Global Mental Health

Definition

Global mental health is an evolving field of research and practice that aims to alleviate mental suffering through the prevention, care and treatment of mental and substance use disorders, and to promote and sustain the mental health of individuals and communities around the world

Global Psychiatry/Global Mental Health

It is a hybrid discipline formed by many disciplines including:

- neuroscience
- genomics
- social sciences (especially psychology, medical anthropology and sociology)
- epidemiology
- health services research, and
- implementation science

Global Psychiatry/Global Mental Health

Core features

- It prioritizes **equity**
- **Advocacy** in the dissemination and translation of evidence into actionable policies and plans for communities, health systems and policy-makers to implement

Global Psychiatry/Global Mental Health

Goals

- Synthesizing the global evidence on what treatments should be scaled up through primary care
- Building the evidence base on how these treatments should be delivered in resource constrained settings
- Establishing a social movement to mobilize resources and political will
- Setting the priority agenda for research

Global Psychiatry/Global Mental Health

Goals

- Targeting sensitive periods of development by investing in the mental health and wellbeing of young people
- Application of innovative approaches to extend mental health care
- Call for more financial investment in the sustained implementation of preventive measures and treatment interventions as well as in research across the relevant disciplines

Global Psychiatry/Global Mental Health

Shared determinants

- Poor investment in mental health care
- Inadequate attention to prevention as well as treatment of mental disorders
- Insufficient human resources
- Limited access and quality of care

Global Psychiatry/Global Mental Health

Shared determinants

The single largest barrier to scaling up efficacious treatments for mental disorders is the enormous scarcity and inequality in the distribution of skilled human resources in low-resource settings

This vast disparity in relative numbers hides equally massive within-country disparities

Global Psychiatry/Global Mental Health

Shared determinants

- Racial and other forms of discrimination
- Gender inequality
- Poverty
- Unplanned rapid urbanization
- Global economic downturns
- Forced migration
- Complex humanitarian emergencies due to natural disasters and conflicts

Global Psychiatry/Global Mental Health

Shared determinants

- Deficits in quality education
- Inadequate investment in early child development
- Lack of safe and affordable housing

Global Psychiatry/Global Mental Health

3 major global barriers

- Pervasive **stigma** against those who are living with mental disorders—which affect virtually every domain of their lives
- Mental health community's relatively **weak engagement** with the agenda of global mental health
- **Imperfections in current state of knowledge** about the nature of mental disorders and the **armamentarium** of effective treatments

Global Psychiatry/Global Mental Health

Major actions

Synthesizing Evidence on What Should Be Scaled Up

- The Mental Health Gap Action Programme (mhGAP)

Building Evidence on How Scaling Up Can Be Achieved

- Task Shifting- the strategy of rational redistribution of tasks among health workforce teams
- Task Sharing-collaborative model of care where qualified health workers share specific tasks with health workers having less training and fewer qualifications in order to make more efficient use of the available human resources

Global Psychiatry/Global Mental Health

Major actions

The Mental Health Gap Action Programme (mhGAP)

- WHO's flagship program on mental health launched in 2008
- producing evidence-based guidelines for managing mental, neurological, and substance use disorders by nonspecialist health workers in routine health care settings

Global Psychiatry/Global Mental Health

The Mental Health Gap Action Programme (mhGAP)

- Eight groups of “priority conditions” were identified using an established set of criteria, including burden and impact.
- These conditions were depression, schizophrenia, and other psychotic disorders (including bipolar disorder); suicide prevention; epilepsy; dementia; disorders due to use of alcohol and illicit drugs; and mental disorders in children

Global Psychiatry/Global Mental Health

The Mental Health Gap Action Programme (mhGAP)

- A two-year process—led by a core team in WHO, supported by an international Guidelines Development Group—produced guidelines using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) methodology
- The guidelines were packaged together as a 100-page manual- the mhGAP–Intervention Guide (mhGAP-IG)

Global Psychiatry/Global Mental Health

The Mental Health Gap Action Programme (mhGAP)

- The guidelines cover all aspects of care, from specific pharmacological, psychological, and social interventions, to general principles of care, including those related to autonomy and dignity.
- The mhGAP provides a robust foundation for scaling up by answering the key question of what should be scaled up

Global Psychiatry/Global Mental Health

The Mental Health Gap Action Programme (mhGAP)

- The mhGAP-IG has been evaluated in Ethiopia, Jordan, Nigeria, and Panama as part of mhGAP implementation
- Evaluation is going in many countries with local modifications
- Concurrently, it is implementing in other LAMICs and Non-LAMICs

Global Psychiatry/Global Mental Health

Major actions

Fixing research priorities

- Translating the knowledge of efficacious treatments into improved clinical practice ultimately, into improved health outcomes in entire populations (Discovery and delivery research)
- Implementation research
- Developing research questions emerging from a priority-setting exercise

Global Psychiatry/Global Mental Health

Major actions

Fixing research priorities

- Nosological research- redefined disorders with the aim of increased diagnostic validity
- Research on causal mechanism to improve classification system

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health

- The Movement for Global Mental Health, launched in October 2008
- The Movement is a coalition of individuals and institutions committed to collective actions
- The Movement aims to improve the availability, accessibility and quality of services for people with mental disorders worldwide – especially in low- and middle-income countries – by scaling up services based in scientific evidence and human rights

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health

- To achieve this aim, the Movement is building a coalition whose diverse members share a common goal
- Members can simultaneously support their own activities and strengthen the Movement

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health

- The website of the Movement is www.globalmentalhealth.org plays a central role as a virtual headquarters
- Any individual and any institution that share these goals can become a member through the site, which also includes a wide range of resources submitted by members for sharing, such as packages of care, human rights stories, and advocacy articles

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health

- In early 2009, a profile of the Movement was added to the social-networking site Facebook, expanding the Movement's online presence.
- In 2010, the Movement established voluntary secretariat- first in Melbourne, then Cape Town and so on

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health

- Major examples of the Movement's activities include
 - ✓ hosting biennial summits as a platform for members to meet face-to-face and to share their experiences and initiate new collaborations
 - ✓ developing a Capacity Building Atlas for Global Mental Health (<http://www.globalmentalhealth.org/cbatlas.html>), which provides information on relevant training programs

Global Psychiatry/Global Mental Health

Major actions

Building a Coalition for Mental Health:

- Major examples of the Movement's activities include
 - ✓ partnering with the **Lancet**, an institutional member of the Movement, to prepare and launch the series of six articles on global mental health published in **October 2011;35**
 - ✓ partnering with the **World Federation for Mental Health**, another institutional partner, in support of its Great Push for Mental Health global campaign

Global Psychiatry/Global Mental Health

Major actions

Addressing the “Grand Challenges in Global Mental Health”

- A “grand challenge” in the context of global health is a specific barrier that, if addressed, would help to improve the lives of those affected by a health problem
- The goal of identifying these challenges is to develop interventions that, if successfully implemented, would have a high likelihood of feasibility for scaling up and having a significant impact

Global Psychiatry/Global Mental Health

Major actions

Addressing the “Grand Challenges in Global Mental Health”

The leading **five** challenges are:

- Reduction of disease burden
- Impact on equity,
- Immediacy of impact
- Feasibility-focused on improving access to evidence-based care

Global Psychiatry/Global Mental Health

Major actions

Addressing the “Grand Challenges in Global Mental Health”

Other Challenges are:

- Building the mental health skills of all health care personnel
- Improving understanding of the root causes of mental disorders
- Exploring protective factors for mental disorders
- Advancing knowledge that can lead to more effective prevention and early interventions

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Task Sharing and task shifting to extend human resources for mental health to close the treatment gap become a popular method for addressing shortages of specialist health resources
- Develop and evaluate mental health interventions for delivery by nonspecialist health workers and to determine how such task-shifted interventions could be integrated within routine health care delivery systems

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Breaking down traditional biomedical walls of disciplines and top-down services that are neither affordable nor practical
 - ✓ Best example is mhGAP
 - ✓ Others are integrative services
- Involvement of the patient group force in intervention

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Lay people or community health workers can be trained to deliver psychological and psychosocial interventions for people with depressive and anxiety disorders, schizophrenia, and dementia in a diverse range of LAMICs
- Role of mental health specialists are extending well beyond the specialist role. They provide continuing supervision, quality assurance, and support to the nonspecialist health workers

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Task sharing is well tested depression management in primary care in developed countries. More and more such trials in going on for anxiety & suicide prevention
- Initiatives for integrating mental health into global health priorities via community-based platforms both in and outside of the health care sector
- Translational continuum from discovery to policy research are observed

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Increasing need to enable family and community environments that support mental health
- Increasing understanding of adaptive and resilient responses to daily life stressors
- Initiating research for cross-national evidence on factors underlying mental health disparities

Influence of global mental health research on the existing systemic approaches and the dominant themes of mental health

- Emphasis on translational medicine-translating basic science discoveries into “products”
- Increased understanding between efficacy and effectiveness trials
- Awareness about deference between the formulation of clinical guidelines and the delivery in routine clinical practice
- Initiatives for investment in mental health
- Increased participation of the community, leveraging global relationship, easy access and sharing of information and research findings

Conclusions

- Global psychiatry and mental health is the discipline that seeks to address one of the most neglected global health issues of our time
- It is also one of the most exciting and dynamic disciplines of global health, with a growing legion of advocates, donors, commitments, and initiatives

Conclusions

- The field offers a transnational community for diverse stakeholders with distinct perspectives who value its aims
- The field still has a long road ahead strewn with challenges
- We need to join, nurture and enriched the Global Psychiatry and Mental Health

Raise the voice for Global Mental Health

*Evidence based Medicine for Value Based
Practice*

*Quality Mental Health for more and More
People*

Let's start today, tomorrow might be too late



Questions

- What are the goals of global psychiatry?
- Write down the major shared determinants in the context of global mental health. What are the major three barriers of mental health around the globe?
- List the major action plans of global psychiatry.
- Summarize mental health gap action plan(mhGAP).
- What is mhGAP? Mention its implement status in Bangladesh.
- Compare and contrast task shifting and task sharing.
- List the grand challenges in global mental health.

Questions

- Mention the key strategies of reducing treatment gap with reference to LAMICs.
- What are the priority research areas in the context of global mental health?
- Mention the major influential changes in the current dominant themes of mental health services and research.
- Write down the major goals of global mental health movement. Mention the major notable activities of the movement.