



Gizelda Zubi

**Sometimes I wonder what
goes on in that head of yours**

Perspectives on mental health

Mental Health



Defining symptom of depression



Anhedonia

What is the impact of poor mental health?

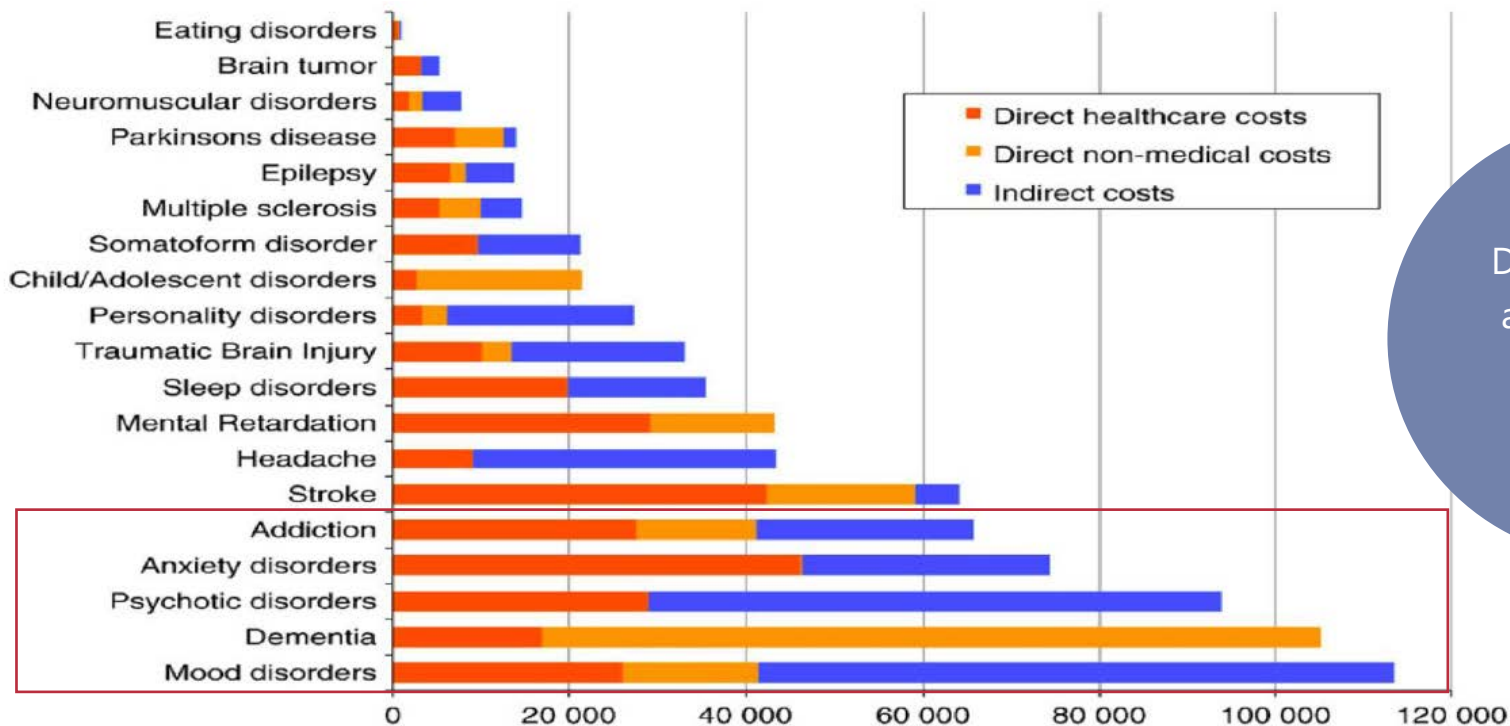


Decrease in
mental and
physical
health

Increase in
suicide risk

Decrease
in quality of
life

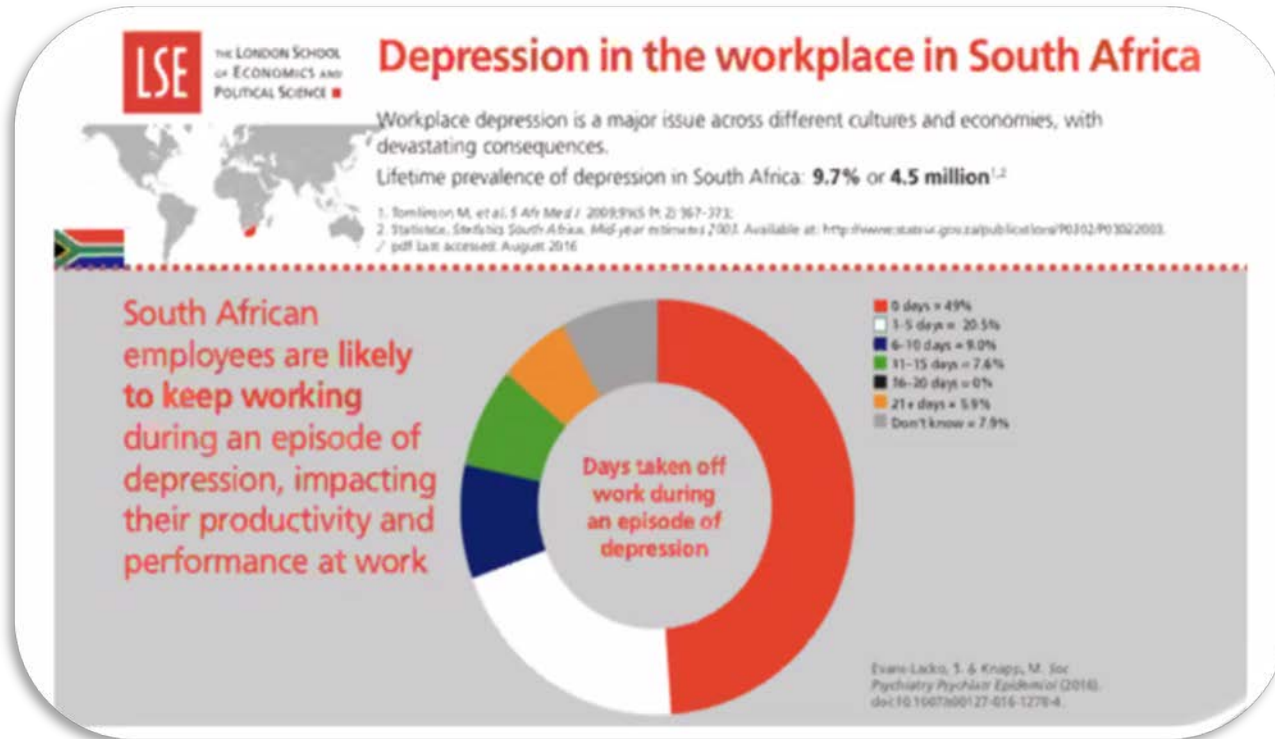
What is the impact of poor mental health?



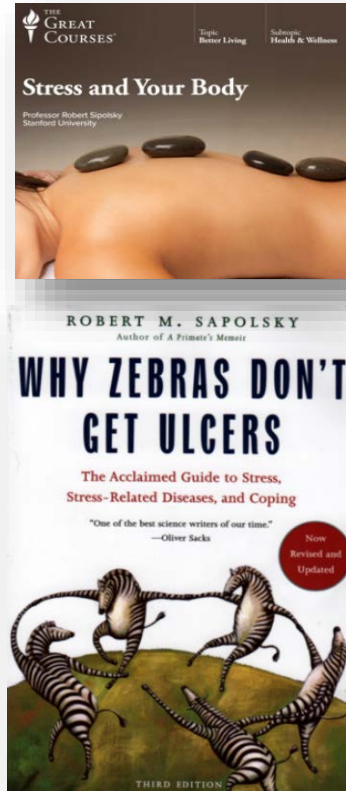
Depression and anxiety exhibit high levels of indirect costs

Source: Cost of disorders of the brain in Europe 2010
European Neuropsychopharmacology (2011)

What is the impact of poor mental health?



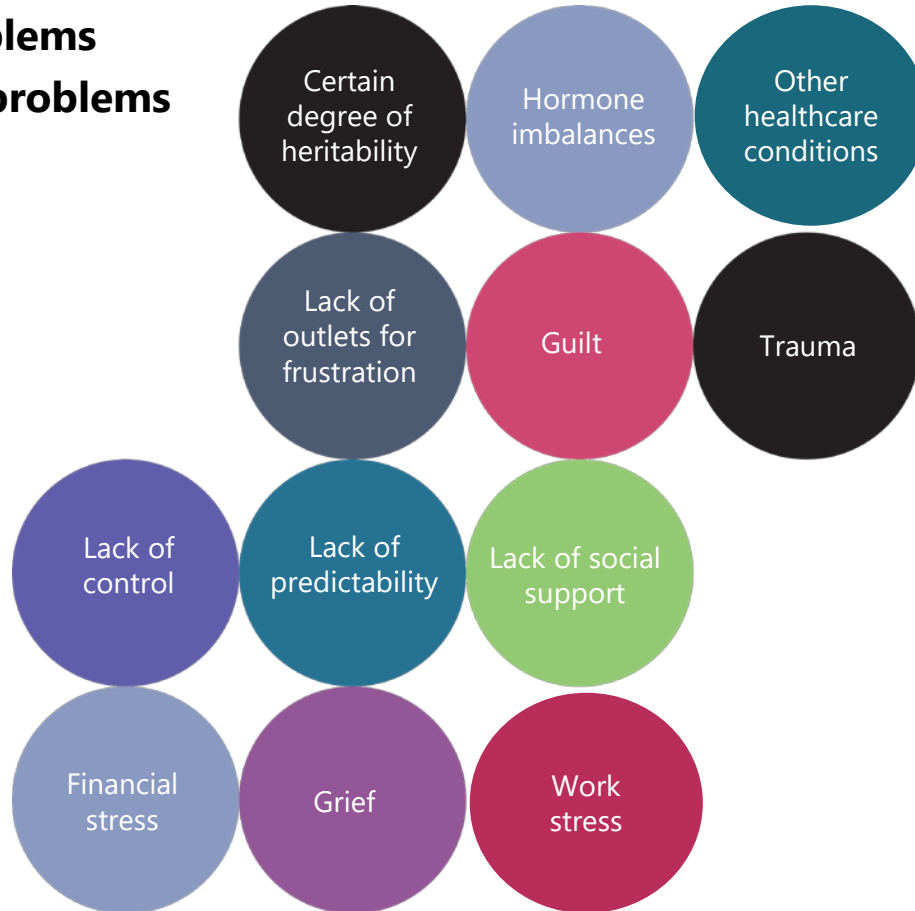
Robert Sapolsky



Biological problems

Psychological problems

Just problems



Causes of anxiety and depression

Lack of
outlets for
frustration

Lack of
control

Lack of
predictability

Lack of
social
support

Impact of social support

Both social isolation and loneliness are associated with increased mortality

Social isolation, loneliness, and all-cause mortality in older men and women

Andrew Steptoe, Aparna Shankar, Panayotes Demakakos, and Jane Wardle

PNAS April 9, 2013 110 (15) 5797-5801; <https://doi.org/10.1073/pnas.1219686110>

Edited by Kenneth Wachtler, University of California, Berkeley, CA, and approved February 15, 2013 (received November 12, 2012)

Social integration is associated with lower risk of physiological dysregulation

Social relationships and physiological determinants of longevity across the human life span

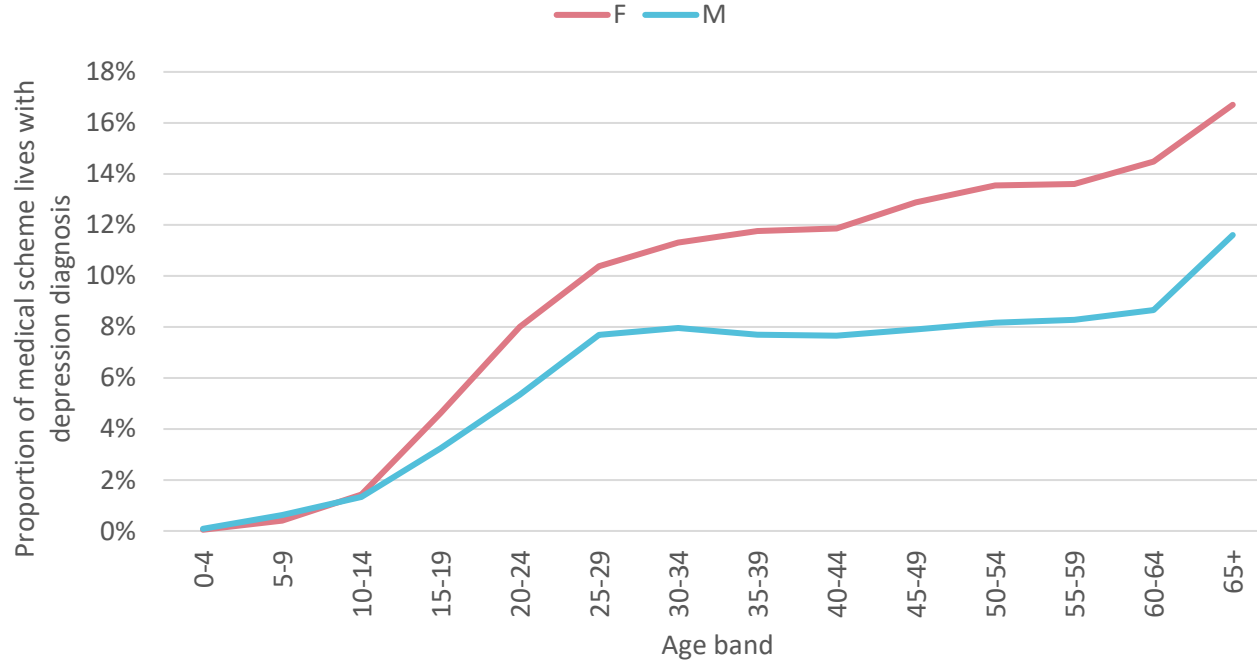
Yang Claire Yang^{a,b,c}, Courtney Boen^{a,b}, Karen Gerken^{a,b}, Ting Li^d, Kristen Schorpp^{a,b}, and Kathleen Mullan Harris^{a,b,1}

Greater perceived quality of network associated with better health



Who is impacted?

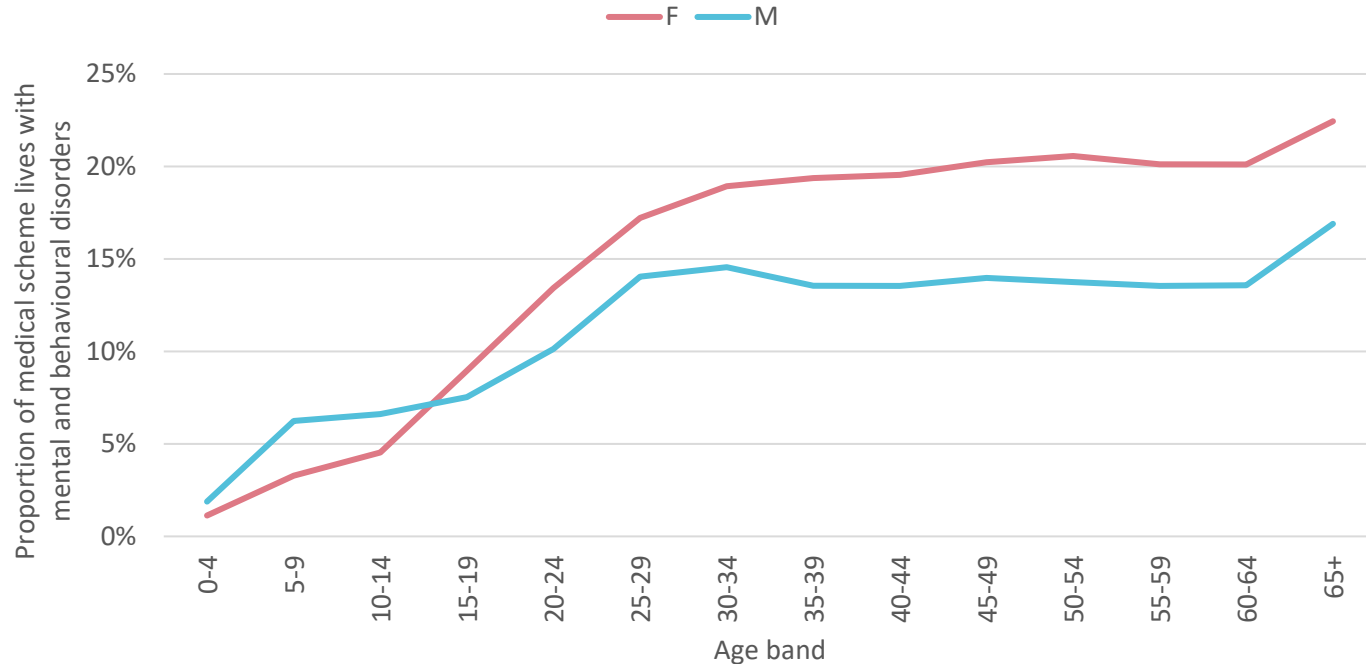
Who is impacted by depression



Percentage of women with depression is almost twice that of men with depression

Women have higher rates of depression compared to men and the gap increases with age

Who is impacted by mental and behavioural disorders

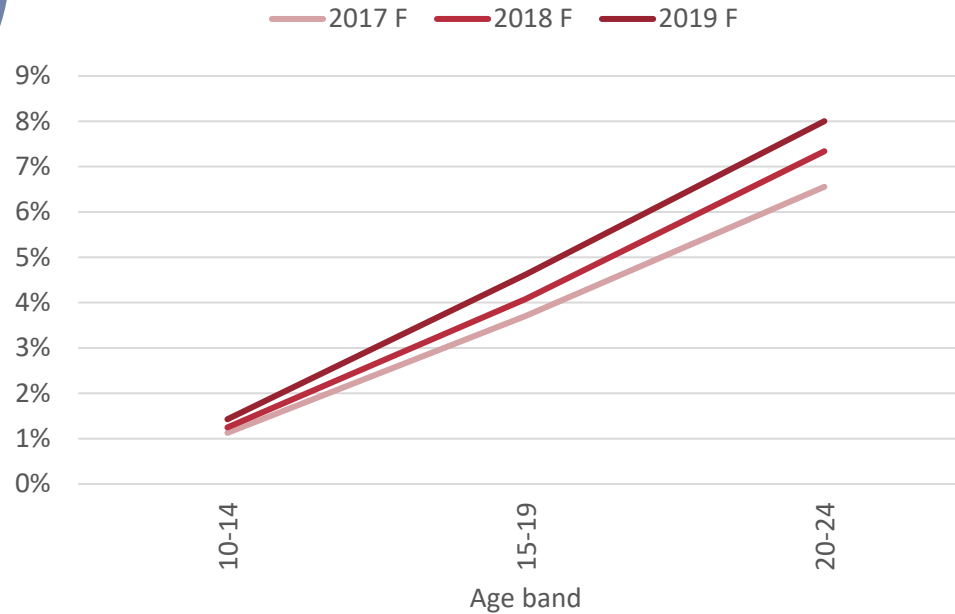


Similar trends are observed when considering all mental health or behavioural disorders, except more boys tend to be diagnosed with hyperactivity disorders

Are levels of poor mental health increasing?

Considering the period over 2012 to 2019, observe an increase of 4% p.a on average in lives with poor mental health

Average increase of 10% for age groups below



International literature suggests higher increases for adolescents and young adults, girls in particular

Within medical schemes, over recent years, we observe more consistent increases for young females



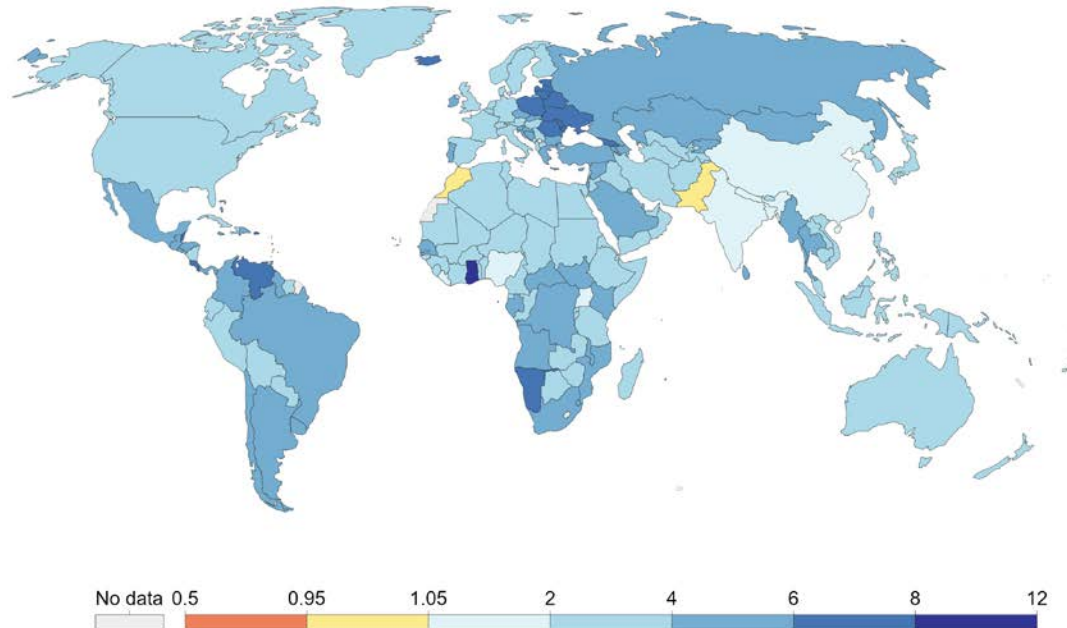
A 25x25 grid of black dots. The word "Suicide" is centered in a light blue font. Several dots are colored: a pink dot at (3, 7), a light green dot at (2, 15), a light blue dot at (4, 18), a light green dot at (6, 22), a light blue dot at (8, 24), a pink dot at (10, 3), a light green dot at (12, 17), a light blue dot at (14, 19), a pink dot at (16, 23), a light green dot at (18, 16), a light blue dot at (20, 21), a pink dot at (22, 4), a light green dot at (24, 14), and a light blue dot at (26, 20). The grid is otherwise empty.

Suicide

Mental health is deadly serious

Male-to-female ratio of suicide rates, 2017

The ratio of male to female suicide rates. A ratio greater than one indicates suicide rates are higher in men.



Men are more likely to commit suicide, however research shows that women are more likely to make attempts

SA men four times more likely to commit suicide than women, WHO report finds

SA Depression and Anxiety Group calls for better education, improving prevention measures, and ending stigma about phenomenon on World Suicide Prevention Day

Source: IHME, Global Burden of Disease

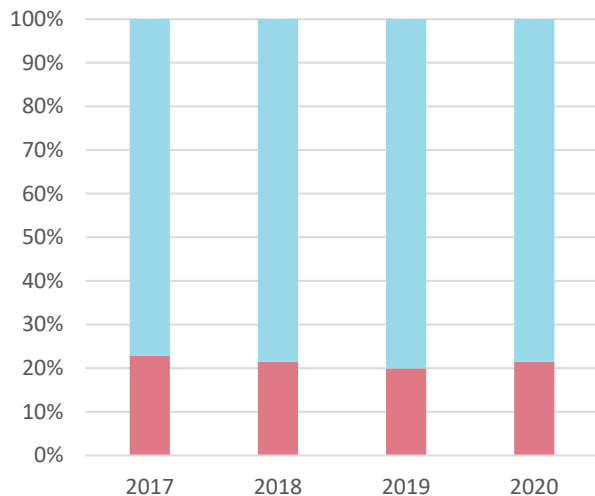
Note: To allow comparisons between countries and over time this metric is age-standardized.

OurWorldInData.org/suicide • CC BY

Distribution of self-harm across genders

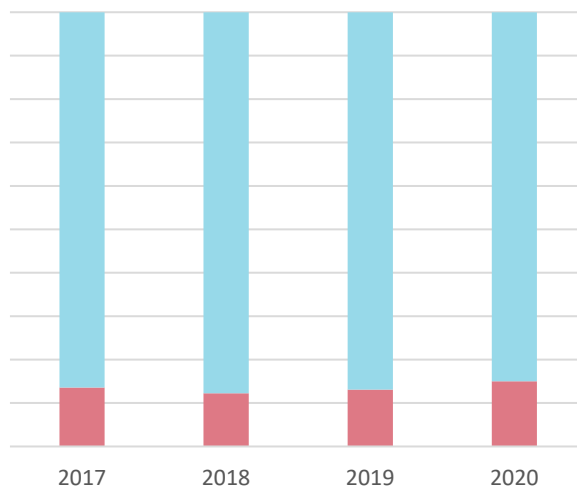
Alcohol
use/dependence/intoxification

F M



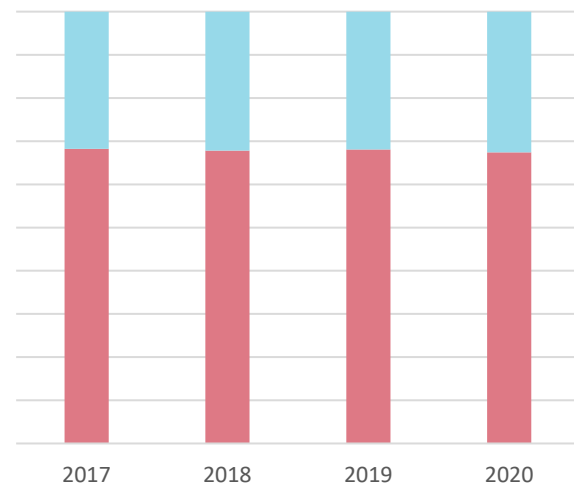
Drug
use/dependence/intoxification

F M



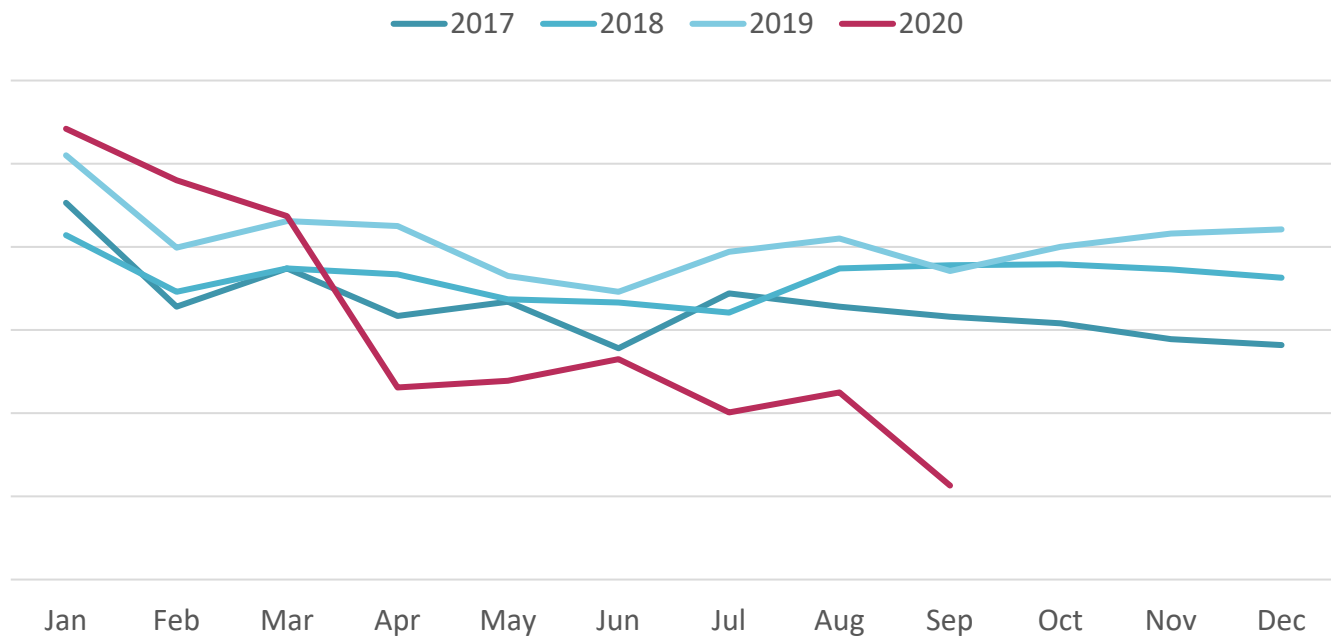
Injury/Poisoning/Toxic effects

F M



Men are more likely to abuse alcohol and drugs
Women are more likely to induce self-harm
through toxic substances


Admissions for alcohol & drug dependence and poisoning (self-harm)



Below pre-Covid levels with no indications of increases just yet

Mental health is deadly serious

We do not yet see increases in admissions for self-harm, however international research suggests it is not unreasonable to expect increases in future

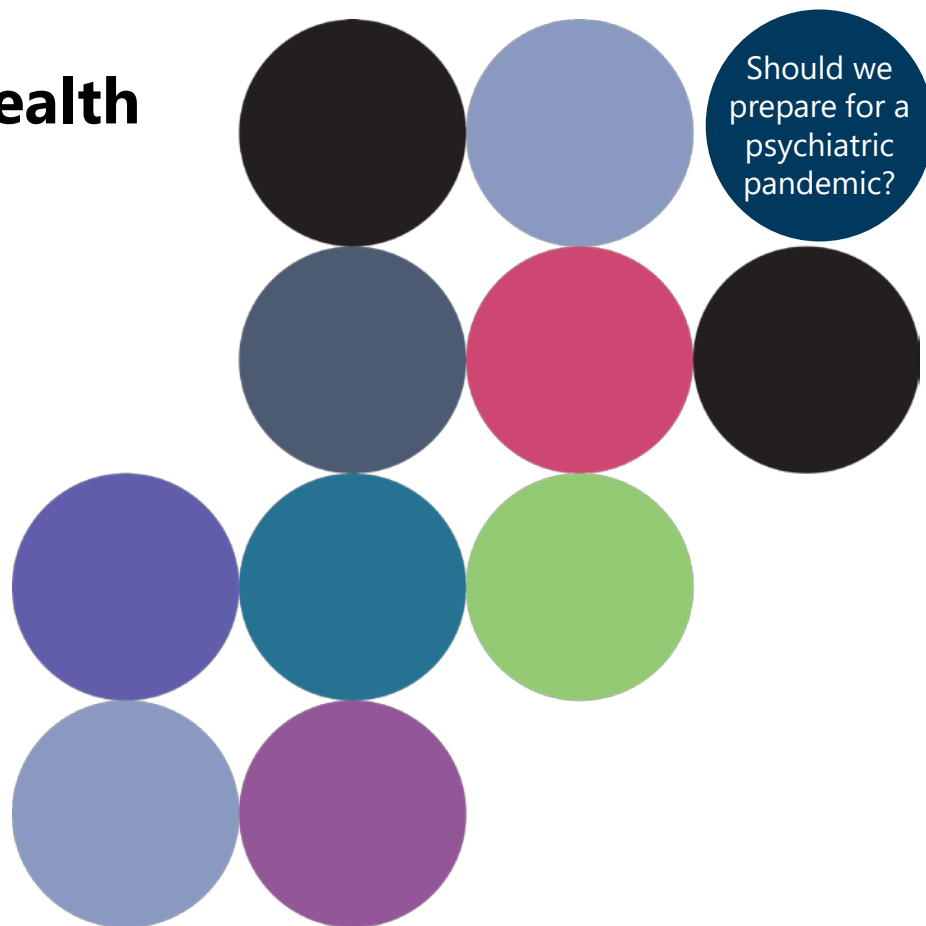


Suicide
mortality
increases
during
economic crisis

Unemployment
duration
is an important
risk factor

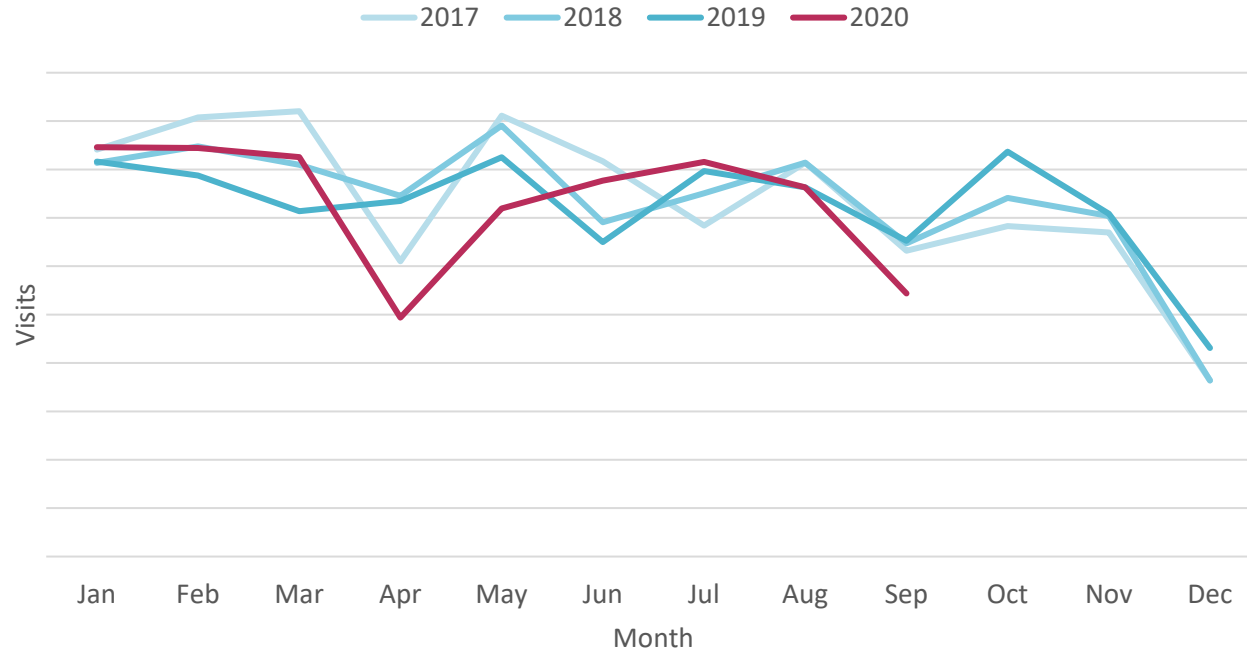
*Source: Impact of economic crisis on cause-specific mortality in South Korea
Young-Ho Khang, John W Lynch and George A Kaplan*

Mental Health



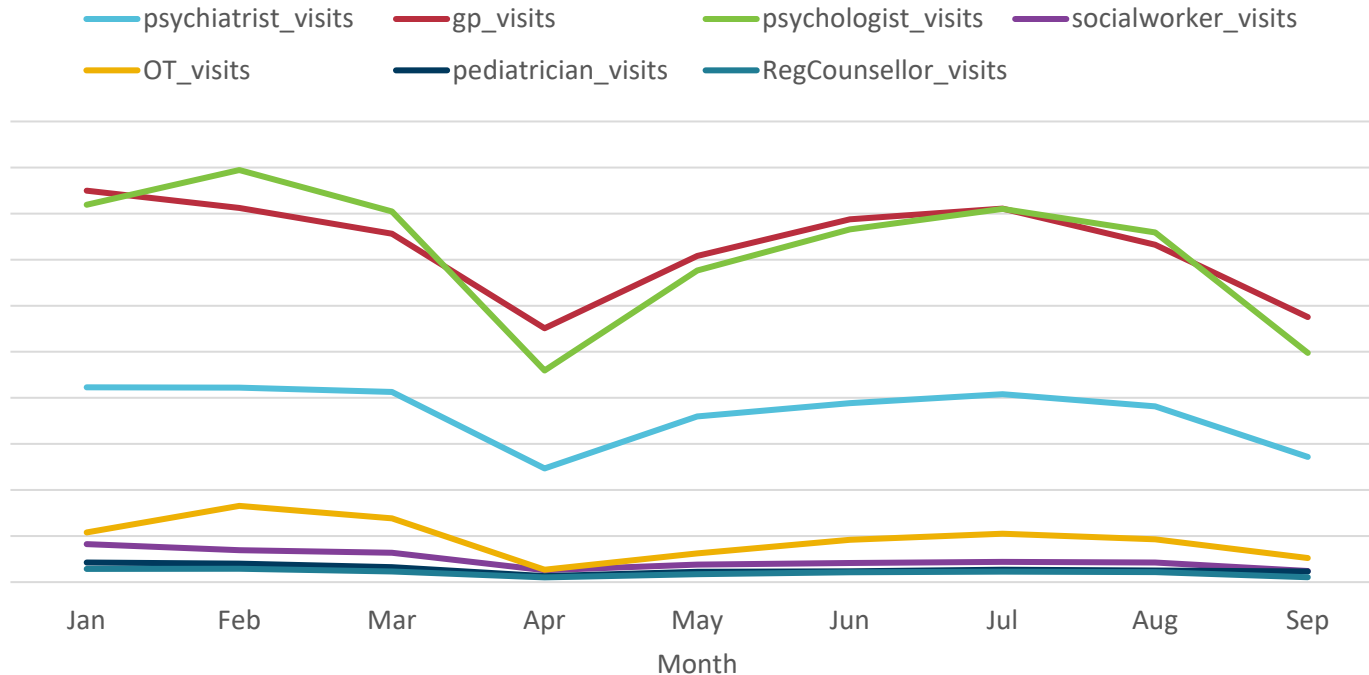
Should we
prepare for a
psychiatric
pandemic?

Mental health visits during 2020



Visits in June and July are closer to pre-COVID levels but don't appear as high as one might expect

Mental health visits during 2020

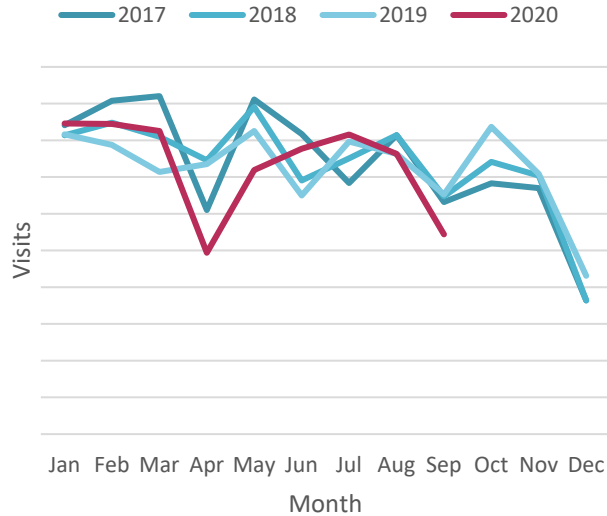


Similar trends across most disciplines, GPs are well utilised and are pivotal in helping to manage mental health issues

Mental health visits during 2020

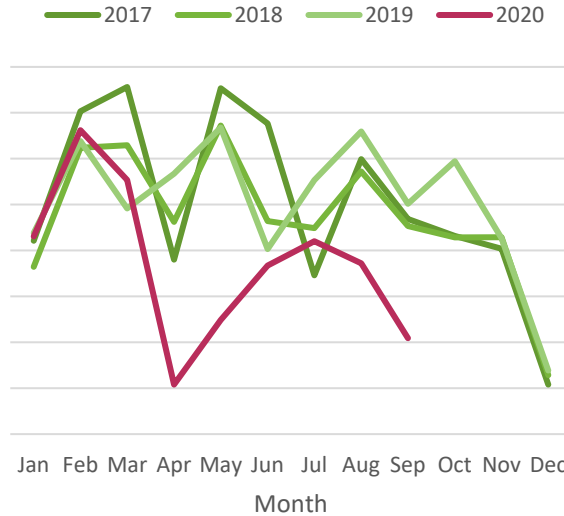
Better placed to use telehealth

Psychiatrists

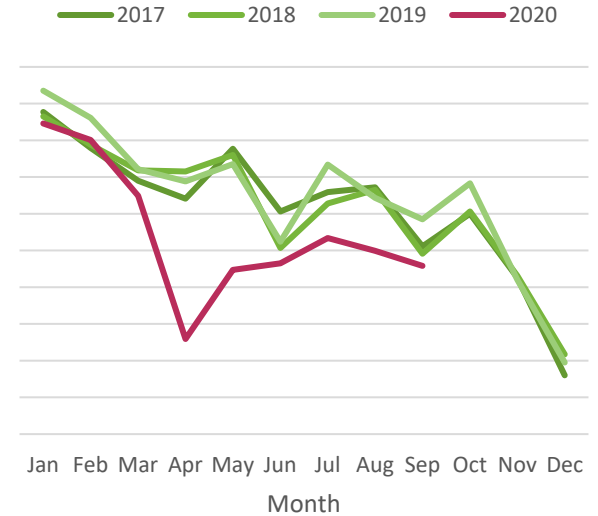


More typical of face-to-face treatment

OTs

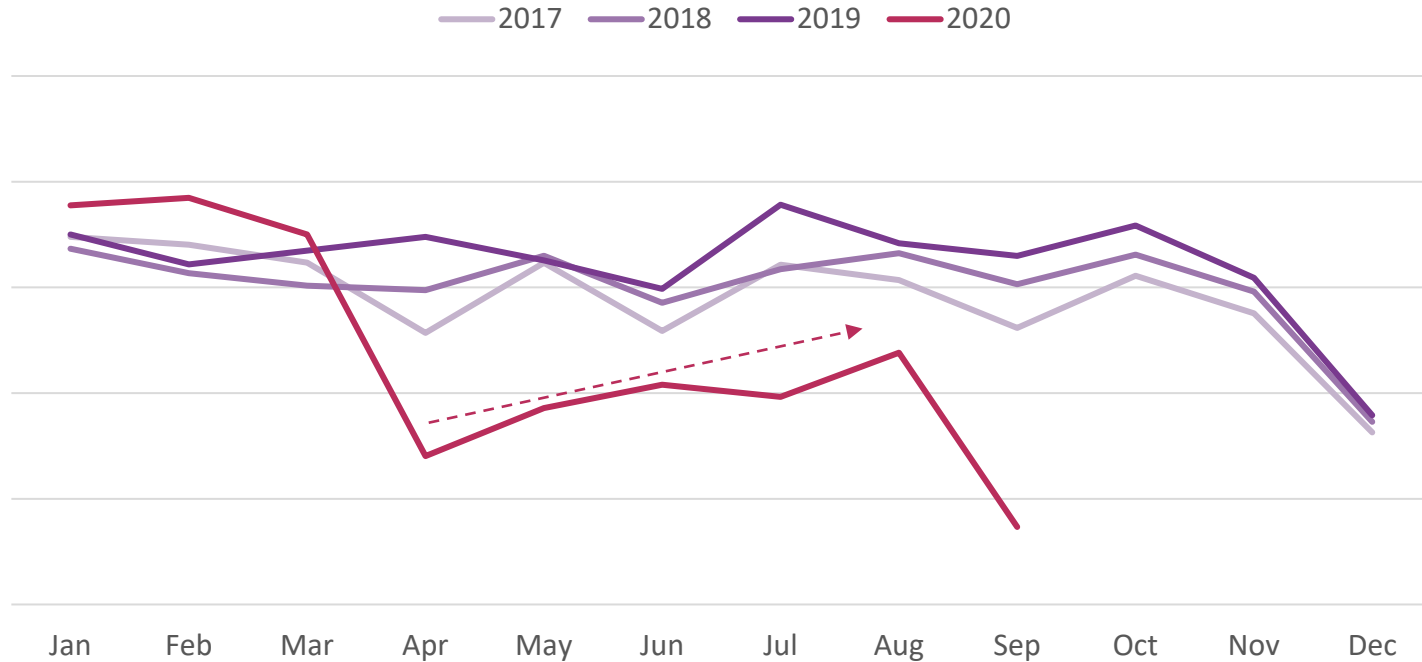


Pediatrician



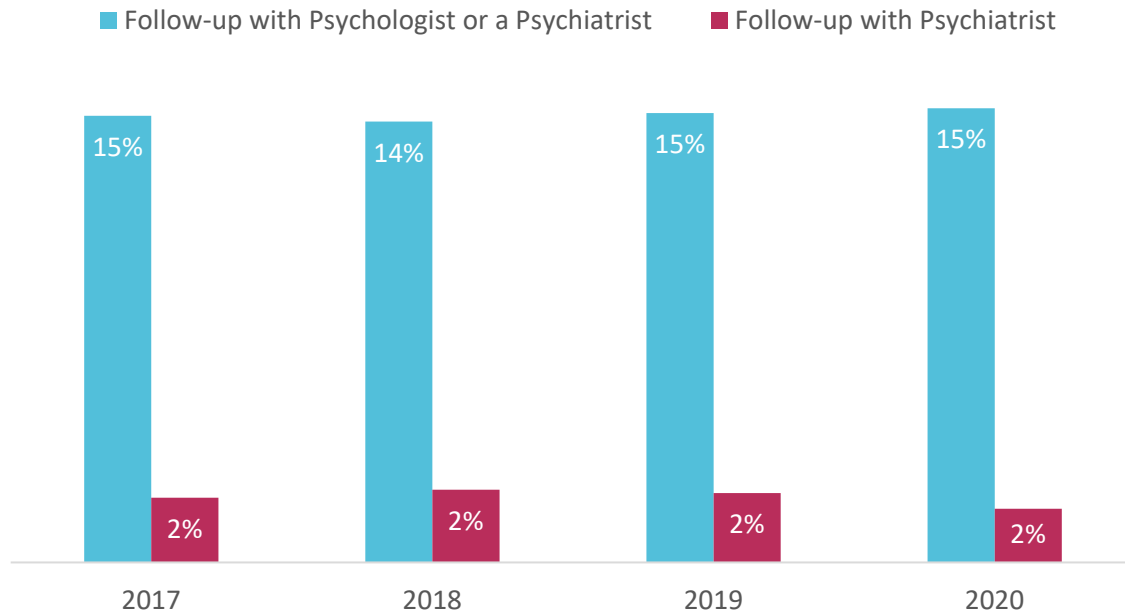
Compared to historical years and pre-Covid, disciplines more typical of face-to-face interactions have experienced a sharper decline in visits since Covid-19

Mental health admissions during 2020



Those suffering from mental health issues appear to have avoided hospital care in 2020. Recent admissions do show an increasing trend and we might expect further increases by year-end, but still unclear whether this would be more than pre-Covid levels

Follow-up consultations on discharge



Poor co-ordination of care received in-hospital and out-of-hospital could lead to relapses

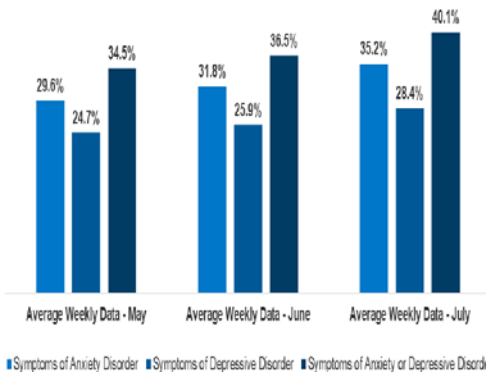
30-day follow-up consults occur for only a small proportion of those admitted for mental health issues

Whilst higher need for mental health services does not yet appear to manifest in claims, there are some warning signs of utilisation to come



Figure 1

Average Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic, May-July 2020



Number of surveys indicating an increase in self-reported anxiety and depression

SOUTH AFRICA

Covid fallout for SA's mental health

SADAG's **helpline** call volumes have doubled to about 1,400 people a day since the coronavirus pandemic lockdown began in March.

The suicide helpline has seen a 63% increase with more than 65,000 people reaching out, she said.

Psychiatrist Frans Korb, chairperson of the SA Mental Health Alliance, said: "Researchers are almost expecting a Tsunami of psychiatric disorders [from Covid-19]."

The Way Forward



The Way Forward |

A broad range of ages are impacted by mental health issues, there are prominent gender differences

There are warning signs suggesting an increase in mental health issues is to be expected

Consider how out of hospital benefits could be enhanced and monitored through mental health programmes

Appropriate discharge planning and follow-ups post-discharge

Some problems are difficult to solve



Need up-skilling
and re-skilling
for new jobs,
career
counsellors,
return to work
plans

Social
support

What about prevention?

Predicting of who
may be at risk

We need
stimulation , we
love stress of
right kind

Promotion of
mental health
wellness can
occur inside and
outside health
system

What about prevention and stress management

Proliferation of apps and self-help resources, however the number of people suffering from poor mental health still seems to be increasing ?

