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Religion and mental health: A discussion of how religion impacts mental health/Bio-Psycho-Social mode of treatment

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The poster presentation is based on a research of how religion impacts mental health. The positive and negative effects of belief on emotional well-being. The purpose is to share my research report and to open up a discussion of how people view religion when it comes to their emotional health. The idea is to shift the way neuropsychiatric illnesses like depression and anxiety are Perceived and treated from strictly analyzing chemicals to a more holistic approach that looks at person's unique genetic makeup and life style. In the past 25 years, we have learned a tremendous Amount about the mechanisms in the brain that regulate emotional behavior. We can track the effects of different medicines on the brain and then their short comings when it comes to patients who Are treatment resistant. As science continues to advance, America's biopharmaceutical companies are working to develop medicines these diseases into manageable conditions. Researchers are studying biomarkers and the ways current medicines impact the pathology of the brain. Despite that progress, far too mny people still suffer with mental illness in silence, while too many other seek treatment only to find insufficient remedies. It is time to think outside the box to bring the balance back in life.

Biography

Rahila Qazi, MD is a Board Certified in General Adult Psychiatry, Board Certified in Child and Adolescent Psychiatry at (American Board of Psychiatry and Neurology - ABPN) Assistant Professor, at Indiana University School of Medicine Medical Director, Universal Health, LLC, Staff Psychiatrist, Meridian Health Services.

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