

Novel Insights into the Epidemiology and Prevalence on Mental Health Care

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DESCRIPTION

Mental health affects cognition, perception, behaviour and includes emotional, psychological, and social well-being. People and societies operate at their best when they are in a condition of mental health. That's where people can manage the pressures of daily living, produce useful work, and support their local communities. Neurological disorders and mental health issues can have an impact on a person's ideas, feelings, actions, and interpersonal relationships. These include conditions like depression, bipolar affective disorder, schizophrenia, anxiety disorders, dementia, and drug use disorders, among many others, that have a high disease burden. Although these conditions can be encountered independently, they frequently co-occur with other noncommunicable diseases like cancer, diabetes, cardiovascular disease, and respiratory illnesses.

Epidemiology

Mental illnesses are more common than physical illnesses like cancer, diabetes, or heart disease. More than 26% of all Americans over the age of 18 meet the criteria for having a mental disorder. There are 450 million people suffering from a mental illness globally, according to data currently accessible. Major depression is the fourth-leading cause of disease among the top 10 worldwide. By 2029, it is anticipated that mental disease would dominate all other types of sickness worldwide. Each year, ten to twenty million people attempt suicide, and one million people actually succeed. According to a World Health Organization (WHO) assessment, the global cost of mental illness was estimated to be close to \$2.5 trillion in 2010 (two-thirds of which came from indirect expenditures), and it is expected to rise to over \$6 trillion by 2030. According to data from the WHO, roughly half of the world's population suffers from a mental disease that has an influence on their on their relationships,

capacity to function in daily life, and ability to feel good about themselves. The physical and emotional well-being of a person are related. Problems include the inability to make wise decisions and substance use disorders can result from poor mental health.

Person's quality of life may be reduced by having a poor mental health, but it may also be improved. Pro-social behaviours like stress management and physical health are linked to emotional capacity, according to a growing body of research. They also came to the conclusion that those who are unable to express their thoughts are more prone to engage in antisocial behaviours, which are signs of one's mental health and repressed emotions and include physical altercations, substance misuse, and alcoholic issues. Anyone with mental illness, whether they are adults or children, may experience worsening symptoms if they are socially stigmatised.

Worldwide prevalence

A person's mental health can be thought of as existing on a continuum with a wide range of potential values. This definition of mental health emphasizes emotional stability, the ability to lead a rich and creative life, and the adaptability to handle life's unavoidable challenges. Mental wellbeing is seen as a good quality. Some debates are framed in terms of happiness or contentment. Several therapeutic programmes and self-help books promote methods, ideologies, and practices that are hailed as successful for enhancing mental wellness. Positive psychology is becoming more prevalent in the field of mental health.

Concepts based on anthropological, educational, psychological, theological, and sociological views are typically included in a holistic model of mental health. Also, there are models that serve as theoretical stances in the fields of personality, social, clinical, health, and developmental psychology.

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