

Comprehensive study of well-being throughout life: Physical activity and nutrition influences

# Evolution of Jorm's concept of mental health literacy; implications for well-being

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Grupo de Investigación: CTS436



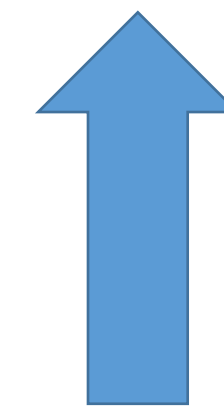
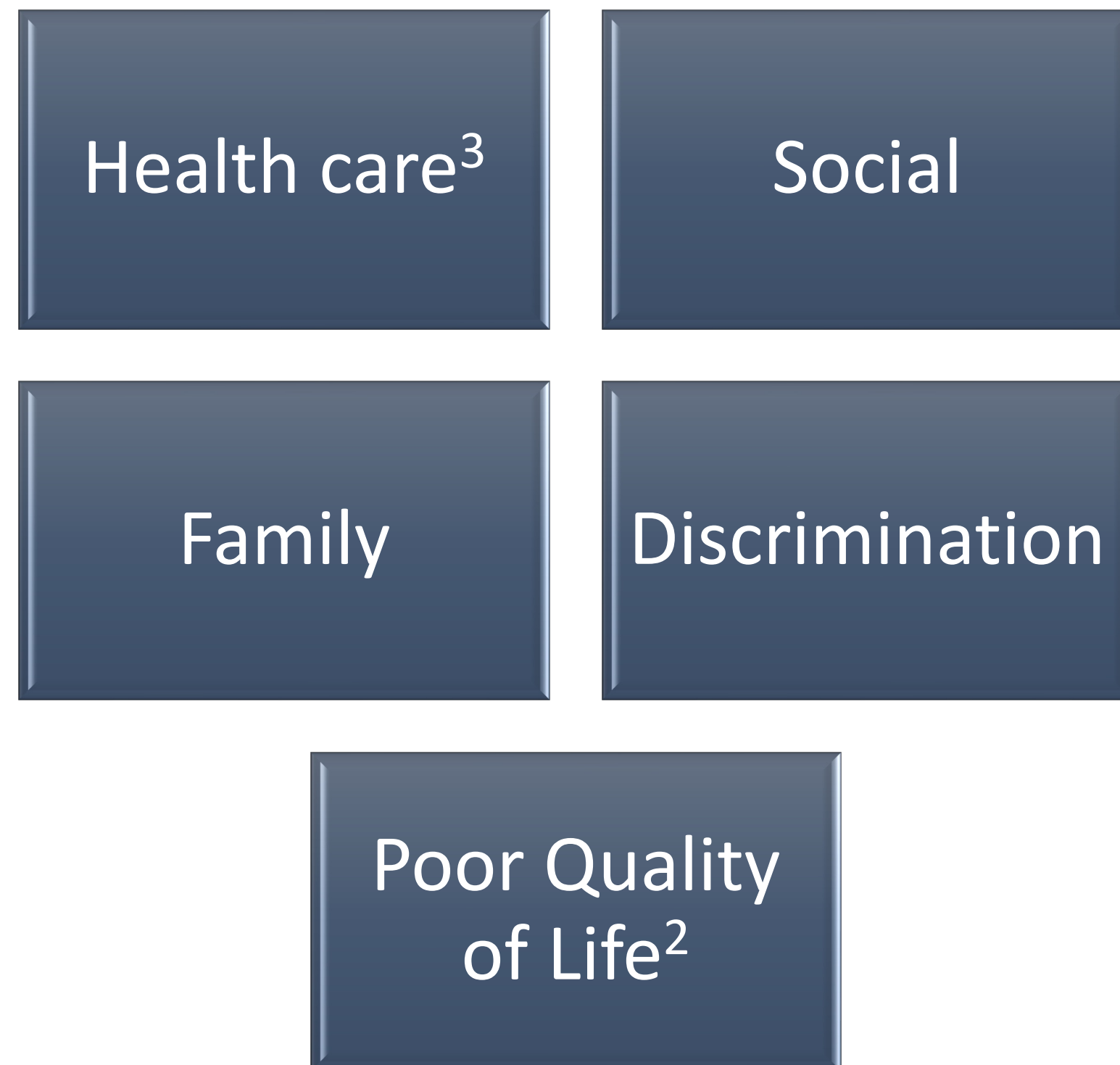
*Psychosocial and Trascultural Aspects of Health and Illness*



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# INTRODUCTION

## Mental Health Problems



Increased risk of physical disease<sup>4</sup>

Reduced access to adequate health care



# INTRODUCTION

- Hypertension
- Tardive Dyskinesia
- Hepatitis C
- Diabetes
- Cardiovascular diseases

- Life expectancy 15-20 years shorter
- > Unnatural death (accidents, suicide)
- Cardiovascular diseases

## Pre-existing Mental Disorder<sup>6</sup>

- Higher odds of advance stage cancer at diagnosis
- Risk or worse cancer survival
- Severe mental illness – greater risk for cancer disparities

- Comorbidity diabetes<sup>3</sup>
- Anxiety
- Cardiovascular conditions<sup>4</sup>
- Suicide

Highest prevalence of comorbid chronic physical illnesses  
(Hypertension, Diabetes mellitus, Stroke, Nephritis, Chronic kidney disease, Cancer)

1. Onyeka, I. N., Collier Høegh, M., Nâheim Eien, E. M., Nwaru, B. I., & Melle, I. (2019). Comorbidity of physical disorders among patients with severe mental illness with and without substance use disorders: a systematic review and meta-analysis. *Journal of Dual Diagnosis, 15*(3), 192-206.

2. Nielsen, R. E., Banner, J., & Jensen, S. E. (2021). Cardiovascular disease in patients with severe mental illness. *Nature Reviews Cardiology, 18*(2), 136-145.

3. Sartorius, N. (2018). Depression and diabetes. *Dialogues in clinical neuroscience, 20*(1), 47-52.

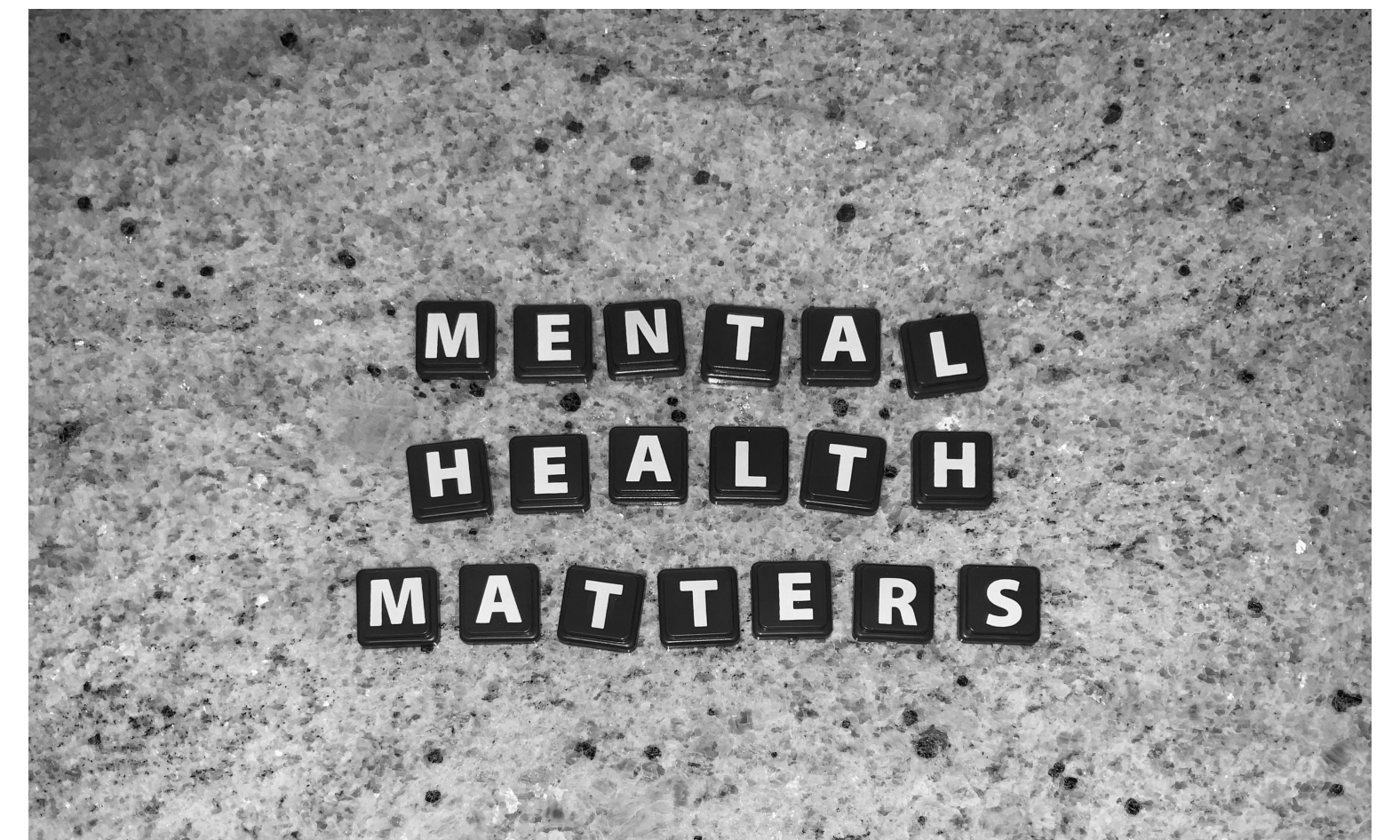
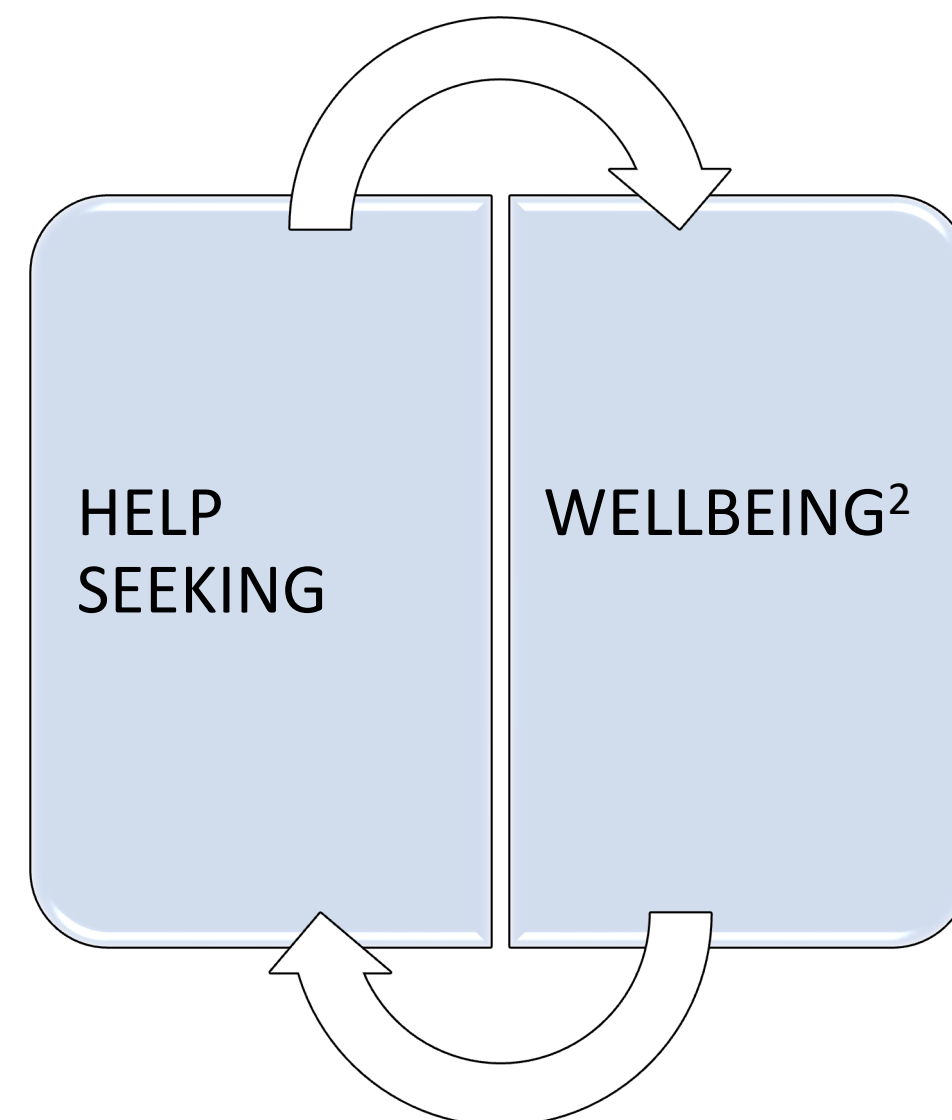
4. Glassman, A. H. (2007). Depression and cardiovascular comorbidity. *Dialogues Clin Neurosci, 9*, 9-17.

5. Davis, L. E., Bogner, E., Coburn, N. G., Hanna, T. P., Kurdyak, P., Groome, P. A., & Mahar, A. L. (2020). Stage at diagnosis and survival in patients with cancer and a pre-existing mental illness: a meta-analysis. *J Epidemiol Community Health, 74*(1), 84-94.

6. Davis, L. E., Bogner, E., Coburn, N. G., Hanna, T. P., Kurdyak, P., Groome, P. A., & Mahar, A. L. (2020). Stage at diagnosis and survival in patients with cancer and a pre-existing mental illness: a meta-analysis. *J Epidemiol Community Health, 74*(1), 84-94.

# INTRODUCTION

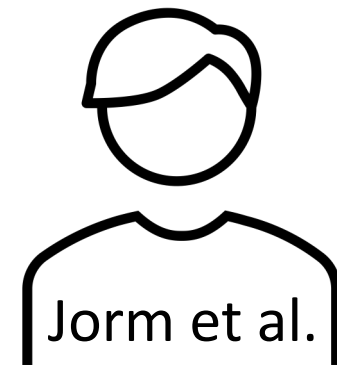
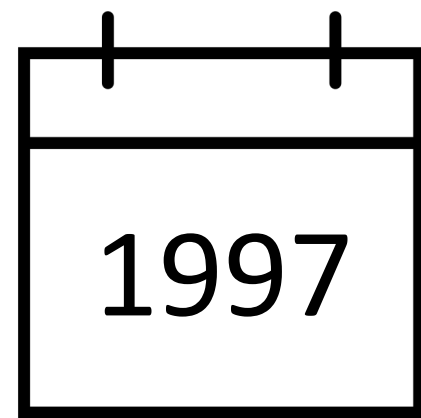
## NO HELP-SEEKING



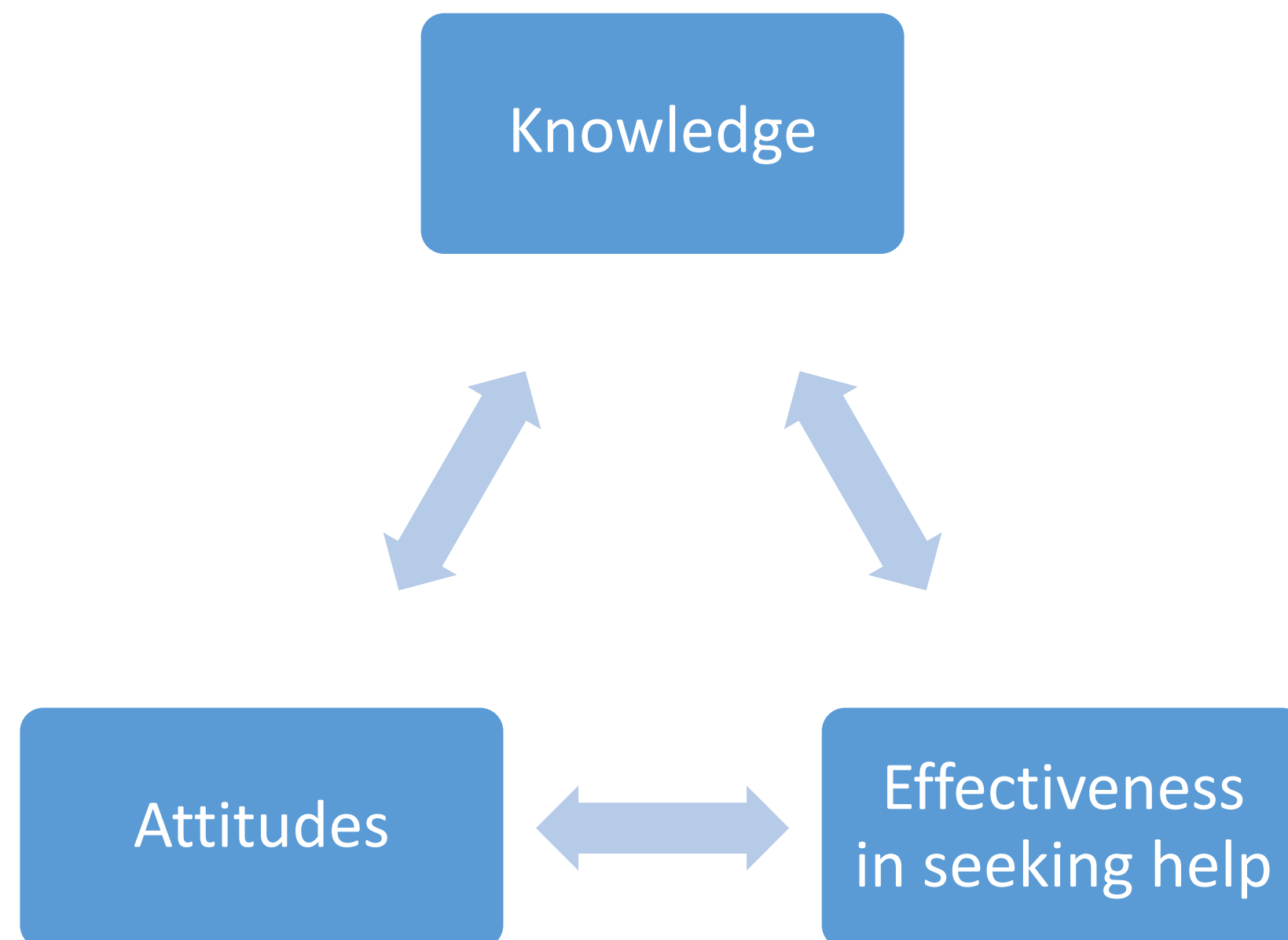
### RELATED FACTORS<sup>1</sup>:

- Desire to handle the situation on one's own
- Low perception of needing help
- Low mental health literacy
- Economic factors
- Stigma

# INTRODUCTION



A set of "knowledge and beliefs about MHP that helps in their recognition, management or prevention"<sup>1</sup>.



**Lack of consensus<sup>2</sup>**

**Methodological issues**

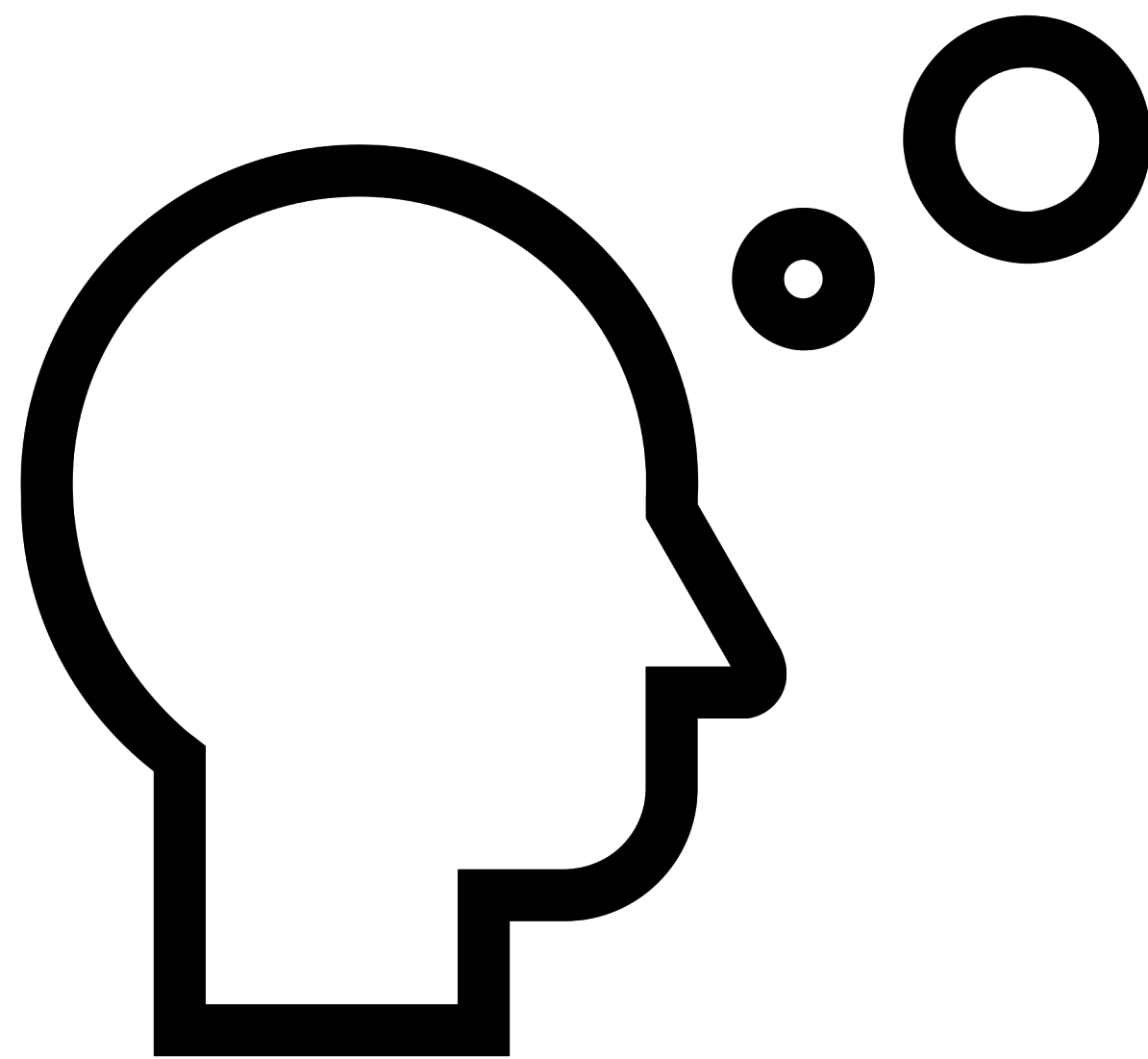


1. Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). "Mental health literacy": A survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. Medical Journal of Australia, 166(4), 182-186. <https://doi.org/10.5694/j.1326-5377.1997.tb140071.x>

2. Wei, Y., McGrath, P. J., Hayden, J., & Kutcher, S. (2015). Mental health literacy measures evaluating knowledge, attitudes and help-seeking: a scoping review. BMC psychiatry, 15, 291. <https://doi.org/10.1186/s12888-015-0681-9>

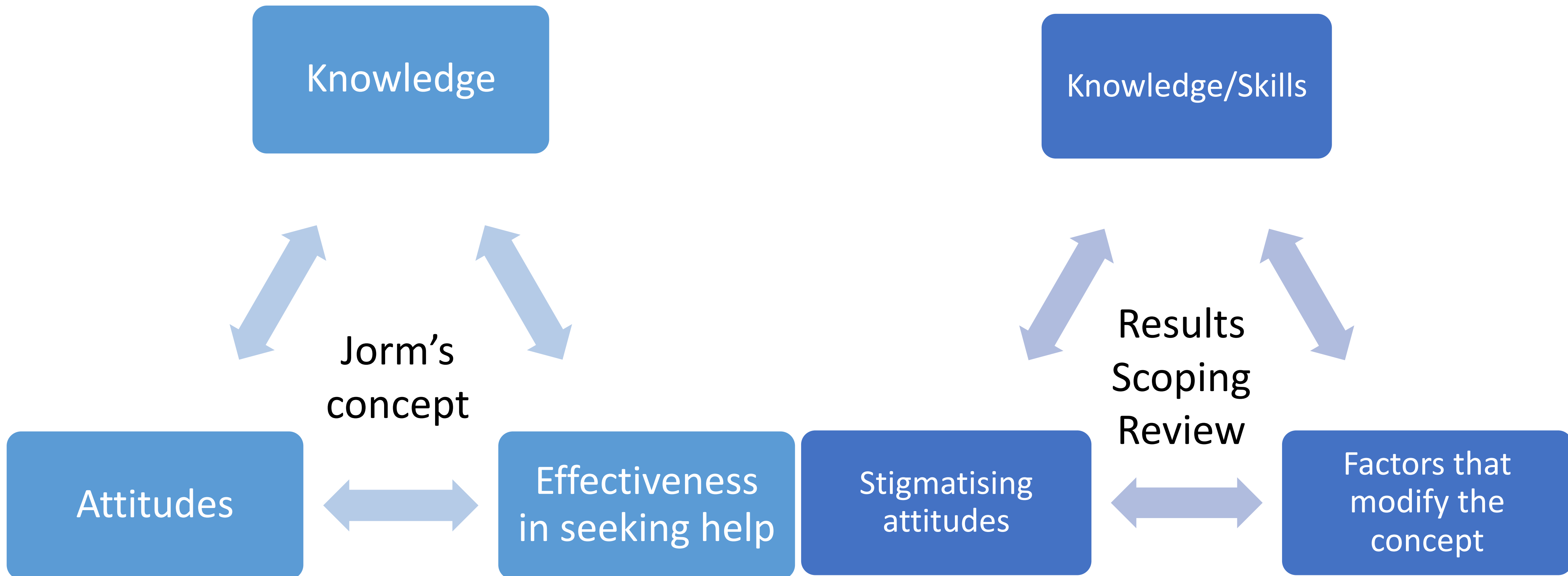
# AIM

With what types of factors has mental health literacy competence been commonly related?

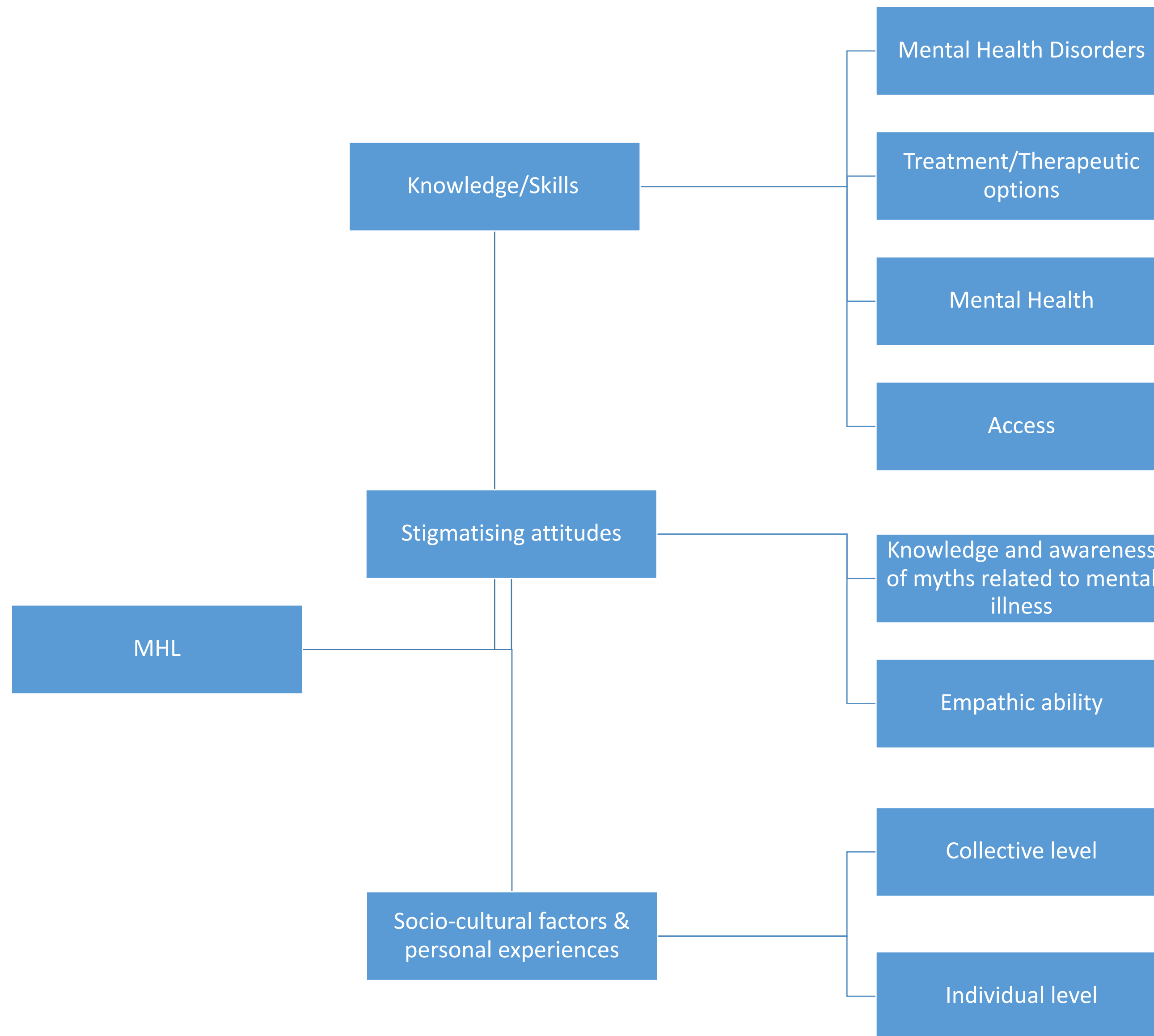


# RESULTS

## What is MHL?



# RESULTS



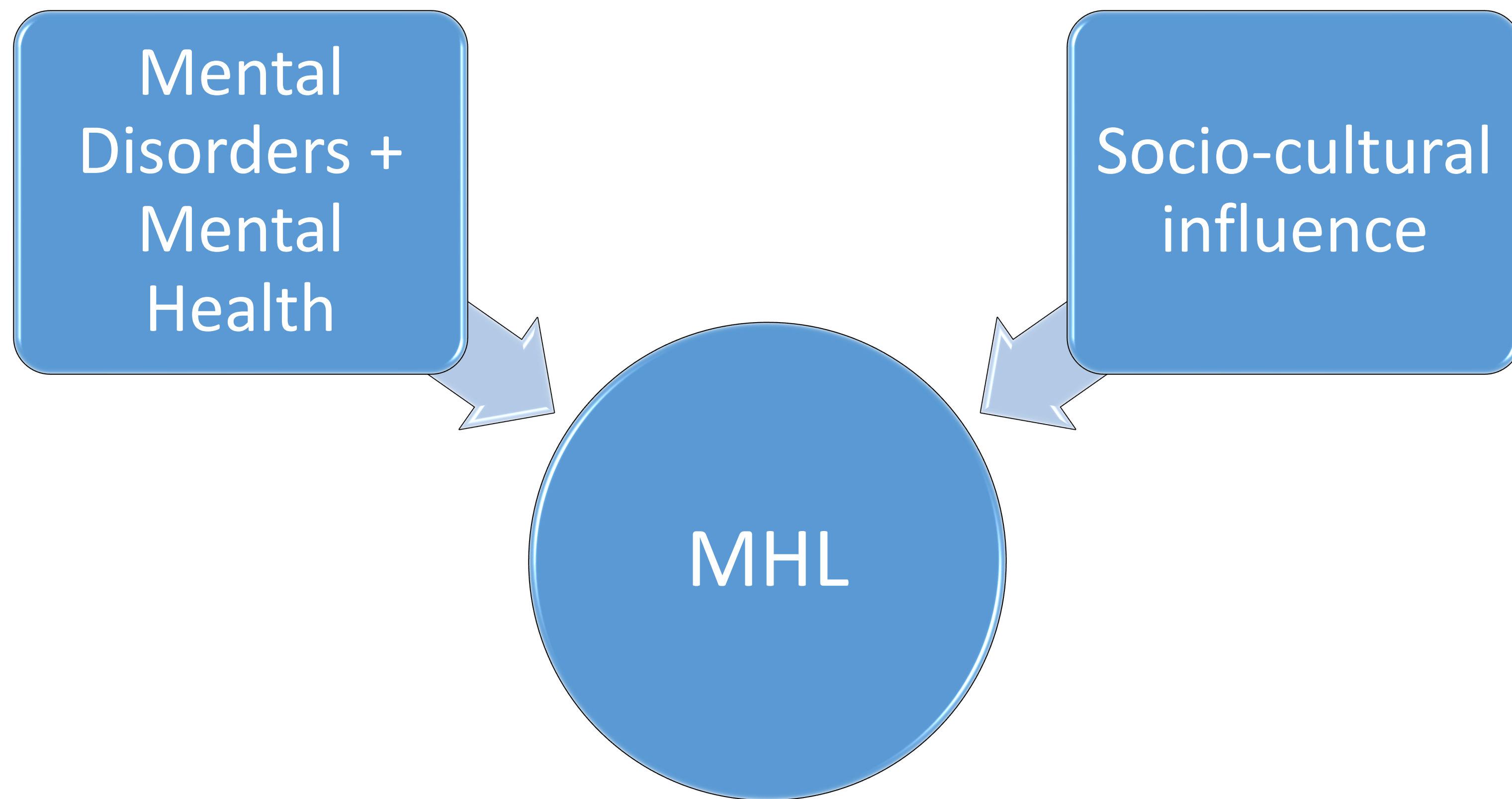
To establish whether a person is literate

# RESULTS

With what types of factors has mental health literacy competence been commonly related?



# CONCLUSION





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