

2.I. Workshop: Individuals in need of mental health interventions

Organised by: Public mental health section
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Mental health is fundamental to good health and wellbeing and influences social and economic outcomes across the lifespan. At least half of symptoms of mental disorders in adults start in between 15-25. It is estimated that 10-20% of individuals in this age group worldwide experience mental health problems. Yet, detailed knowledge of mental health of individuals aged 15-25 is still missing. Therefore prevention and mental health promotion strategies are needed.

Presentations will be followed by a panel discussion between speakers and the audience to further elaborate strategies of mental health promotion, intervention and care for this specific age group.

Key messages:

- Individuals aged 15-25 are vulnerable to mental disorders
- New concepts and strategies are needed for this specific group in different settings such as countries and families affected by economic crises

Mental health during an economic crisis in a metropolitan area of Portugal: individual and environmental factors

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Background

The mental health of the population is influenced by characteristics of the individuals and their place of residence.

The study aims to identify the determinants associated with poor self-assessed mental health in the Lisbon Metropolitan Area, Portugal, during an economic crisis.

Methods

A survey conducted in 2014-2015 in 4 counties of the Lisbon Metropolitan Area (a simple random sample of 1,066 adult individuals) collecting individual characteristics (biological, socio-economic, behavioural, health status) and contextual information (satisfaction with residential area, neighborhood social capital). Mental health measured according to the mental health and vitality scales of the SF-36v2. Binomial Logistic Regression Models were applied to identify the risk factors of poor mental health.

Results

33% reported poor mental health. Different individual and environmental factors are associated with poor self-assessed mental health. Biological factors (being a woman [OR = 2,50] and over 60 years [OR = 1,50]), socioeconomic factors (having low education [OR = 1,84] and unskilled manual work [OR = 1,52]), behaviour and health status factors (being physically inactive [OR = 1,58] and having hypertension [OR = 1,45]), financial factors (having low income [OR = 2,02] and having difficulties to pay expenses [OR = 2,56]) and contextual factors (being less satisfied with the local area characteristics [OR = 1,91] and living in places with low neighborhood social capital [OR = 2,10]) are risk factors for poor self-assessed mental health. The multiple model incorporating interaction amongst variables showed a good capacity for adjustment.

Conclusions

Individual and environmental factors influence self-assessed mental health. The magnitude of observed results points out a critical situation that can be explained by the current economic crisis in Portugal.

Key message:

- Individual and environmental factors are important determinants of self-assessed mental health in the Metropolitan Area of Lisbon

Children left alone as a public health concern: a case of Lithuania

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Background

Emigration and mental health have complex relations however it is one of the mental health risk factors. According IOM in 2015, 15,9% of all Lithuanians lived outside the country, every second emigrant left children with one of the parents or relatives. Left alone children suffer from mental disorders, leading to the need of public health interventions to improve their mental health state. Systematic approach and solid evidence is needed to evaluate the real burden of parental emigration on mental health of their left alone children.

Methods

Literature review and descriptive analysis of articles in the MEDLINE and Science Direct databases for mental health outcomes of left alone children were conducted.

Results

Most of research report negative outcomes of parental emigration on left alone child's mental health (increased risk of depression, conduct problems, anxiety disorders) including social issues (bullying at school, increased grief and hopelessness). Specifically for young children emigration may lead to shorter periods of breastfeeding, less attentive feeding and insufficient intake, which also affects mental health state. Lithuanian policy needs strategic and more adequate response to this growing public mental health risk. Effective evidence based public health interventions such as caregiver and child social support, more attentive care for health in educational institutions may reduce the risk of mental health problems for left alone children.

Conclusions

Parents emigration leads to negative mental health outcomes for their left alone children. The adequate emigrant policy and evidence based public health interventions are needed to respond mental health challenges of left alone children.

Key messages:

- Parents emigration is a risk factor for left alone children mental health state
- Effective support policy for left alone children should be based on evidence based interventions

Mental health promotion for young people in Lithuania

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Objective

Presentation aims to systematically overview mental health promotion intervention strategies for young people in Lithuania.

Background

Young people are particularly vulnerable to social risks compared to adults, especially in the context of historical and political changes. After 1990s Lithuanian transition economy was aggravated by psychosocial stress in society resulting in high prevalence harmful life experiences. 0.5 million of children and adolescents i.e. 18% of total population are exposed to risk factors such as emigration of parents, substance abuse, bullying, violence, suicide, institutionalization, reluctance to mental health services. 35% of them are yet under the risk of poverty. To strengthen the level of resilience,

mental health and wellbeing of young people effective mental health promotion is needed.

Methods

Systematic analysis of mental health promotion intervention strategies for young people implemented in Lithuania.

Results

An overview of systematic analysis of mental health promotion strategies and interventions in total – over 30 policy documents and nearly 20 interventions implemented from 2000 to 2015 were analyzed. Analysis framework included specific target groups of young people, milieu of implementation, intervention types, professionals included and outcomes reached. Mental health promotion needs more consistency in implementation.

Conclusions

Lithuania is adopting mental health promotion strategies for young people and integrating them into all policies yet practical implementation face barriers related to historical and political experience of the country.

Key messages:

- Children and adolescents in Lithuania are exposed to a substantial number of risk factors for their mental health
- Consistent and effective intervention strategies are in need to promote mental health and wellbeing of young people

A systematic concept analysis of mental health promotion

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Background

The aim of the study was to conduct a theoretical concept analysis to explore what is understood by the concept of mental health promotion in the literature. The analysis involved an in-depth exploration of the different definitions and understandings of mental health promotion, and examined and clarified the features and characteristics of the concept in order to provide greater clarity on the definition upon which well-grounded mental health promotion practice and evaluation research can be based.

Methods

The study employed an evolutionary model of concept analysis provided by Rodgers (1989). This approach provided a methodological approach to explore the nature of the concept of mental health promotion through inductive inquiry and rigorous analysis. A total of 29 scientific articles and policy documents were identified and analysed using Rodgers's method.

Results

The analysis provided information on the attributes, related concepts, antecedents, consequences and references of mental health promotion, indicating that the concept is a distinct concept comprising a unique set of attributes and characteristics. A concept mapping of mental health promotion was subsequently developed.

Conclusions

The evolutionary concept analysis of mental health promotion provided a systematic analysis of the definition and use of the

concept of mental health promotion. The analysis clarified and revealed unique aspects and characteristics of mental health promotion. The analysis and the concept mapping provide health professionals, policymakers and researchers with a context and framework, upon which well-grounded mental health promotion practice and evaluation research can be based.

Key messages:

- Mental health promotion is a distinct concept
- Concept mapping of mental health promotion offers a framework from which to plan, implement and evaluate mental health promotion practice