

## Early Identification and Management of Mental Disorders

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### ABSTRACT

Health includes both physical and psychological well-being. Health doesn't just mean the absence of disease but leading a normal happy and satisfying life without having chronic stress, tension, anxiety, and depression. Mental health issues are of great concern in the present time as many people and their families are suffering silently. The present paper reviews the early identification and management of mental disorders.

**Keywords:** *Mental Disorders, Prevalence, Identification, Preventive and Management Strategies*

**M**ental disorder can be a mental, behavioural and emotional disorder seriously interfering with major life activities and characterized by combination of abnormal thoughts, perceptions, emotions, associated with distress (WHO,2019). Health policies have recognized mental health as one of the priority areas and included it even in the sustainable developmental goals. According to Lancet Journal 2019, in their article on burden of mental disorders across the states of India stated that 197.3 million people in India had mental disorders in 2017 which includes 45.7 million with depressive disorder and 44.9 million with anxiety disorders. Celine (2014) in their study on mental disorder found that 30-44yrs age group most cases occurred and age and gender differences found in the occurrence of disorder with more females than males in 0-29yrs and 30-59 years it was more males and females had mental disorders. Regarding type of mental disorder, behavioural disorders due to psychoactive substances use were more among males, but females suffered from schizophrenia, delusion disorders, mood disorders, and stress-related disorders.

### **Etiology: Causative genetic factors**

The notion of the causative gene has been supplanted by that of genetic complexity, in which numerous genes work together with non-genetic factors to increase the risk of mental illness. Discoveries in genetics and neuroscience are likely to result in better models that better describe the complexity of the brain and behaviour, as well as their development. There will almost certainly be far-reaching repercussions for clinical practise. The complicated genetics of risk should rekindle research into the epidemiology and classification of mental diseases, as well as explain the intricate patterns of disease

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transmission within families. Knowledge of the timing and function of risk genes throughout brain development should not only aid in the knowledge of gene activity and function. (Hyman, 2000)

Mental illness have a tendency to run in families and biological related individuals are found to at risk for onset of mental disorders (Gottesman et al., 2010, Rasic et al., 2014). Polygenic risk scores investigations regularly demonstrate that integrating more weakly related genetic variants enhances the prediction of mental illness, implying that millions of genetic variations are involved in molding the risk for most mental disorders. (Dudbridge et al., 2013 Wray et al. 2014) These include both typical single nucleotide polymorphisms and uncommon structural variants such DNA deletions and insertions. In general, schizophrenia, bipolar disorder, and major depressive disorder share roughly two-thirds of genetic correlations. There are also parallels between autism, attention deficit hyperactivity disorder, and intellectual difficulties, which are caused by genetic variations. (Lancet 2013)

### *Causative Environmental factors*

Researchers have known since the 1960s that there is a substantial link between a bad social environment and mental disease. The majority of social causation research has been founded on the idea that a single environmental factor can explain the causation of a certain diagnosis, regardless of the exposed individual's long-term characteristics. As a result, social scientists have a tendency to focus on one part of the environment or one mental condition diagnosis at a time. The discovery of robust links between extreme unfavourable life experiences and depression was one of the study's highlights. (Brown, 1978)

Several environmental studies with longitudinal follow-ups have established both the long-term effects of childhood adversity and the strong temporal link between harsh life experiences and the onset of psychopathology in adulthood. Additional and diverse environmental risk factors have been identified through larger and more representative studies, including exposure to viral infections during pregnancy, vitamin D deficiency, growing up in an urban environment, ethnic minority status, childhood maltreatment, and bullying victimisation.

Environmental elements (e.g., green space, noise, air pollution, weather conditions, housing conditions) can either induce or protect mental diseases by facilitating stress reduction, mental healing, and so on. (Dzhambov A.M. et al., 2018, Helbich M. 2017) Natural catastrophes aren't the only events that might have a negative impact on mental health. Suicide mortality is increasingly being linked to daily meteorological conditions. (Deisenhammer, 2003)

According to Wang and colleagues, air pollution in China has a negative impact on depressive symptoms, whereas neighbourhood social capital appears to be protective. Aside from the social environment in the neighbourhood, tight family relationships are also important in the development of mental diseases.

### *Early Detection*

Early detection and intervention in individuals with mental disorder risk factors or subtle prodromal symptoms can improve disease progression and prevent adverse long-term sequelae. In the same way that a blood pressure test can discover probable cardiovascular risk factors, routine mental health screening in primary care can detect possible indications

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of depression and other mental illnesses. Routine mental health examinations are crucial for early detection and prognosis for persons suffering from mental illness.

A panel of mental health professionals from throughout the country compiled a list of 11 symptoms that may have an unmet mental health need in 2011. The purpose of this list is to help parents, teachers, and others who deal with understanding when professional programming is necessary.

The 11 action signs are as follows:

- For two weeks or longer, been depressed or withdrawn.
- Attempting to injure or kill yourself, or planning to do so
- Sudden, overpowering panic, frequently accompanied by a racing heart or rapid breathing.
- Multiple fights, the use of a weapon, or a strong desire to harm others
- Severe, out-of-control behaviour that has the potential to harm others.

### ***Management of mental disorders***

In a wide range of situations, psychotherapy is suitable and helpful. Even persons who do not have a mental health diagnosis may find psychotherapy beneficial in dealing with issues such as job loss, bereavement, or a family member's chronic illness. There is also a lot of use of group psychotherapy, couples therapy, and family therapy.

The majority of mental health professionals use one of six types of psychotherapy:

- Behavioral therapy is a type of counselling that focuses on
- Cognitive behavioural therapy (CBT) is a type
- Interpersonal counselling
- Psychoanalysis
- Psychotherapy that is supportive

### **Behavioral therapy is a type of counselling that focuses on**

Behavioral therapy entails a variety of therapies aimed at helping the individual unlearn maladaptive behaviours while acquiring adaptive ones. One example of a behavioural therapy is exposure therapy, which is commonly used to treat phobias. During exposure therapy, people are exposed to fearful objects, activities, or events in a safe environment.

### **Cognitive behavioural therapy (CBT) is a type**

Cognitive therapy aids in the identification of cognitive distortions and the understanding of how these distortions contribute to problems in one's life. People may, for example, think in all-or-nothing terms ("if I am not a total success, I am a complete failure"). The notion is that how people perceive experiences determines how they feel and behave. People learn to think about their experiences in new ways after identifying their underlying beliefs and assumptions, which reduces symptoms and improves behaviour and moods.

### **Interpersonal counselling**

Interpersonal therapy was developed as a brief psychological treatment for depression with the goal of improving a depressed person's relationship quality. It concentrates on the following points:

### Grief that hasn't been resolved

Conflicts that develop when people are required to fulfil responsibilities that are not what they expected (such as when a woman enters a relationship expecting to be a stay-at-home mother and finds that she must also be the major provider for the family). Social role transitions (such as going from being an active worker to being retired). Having a hard time interacting with other. The therapist teaches the person how to strengthen interpersonal relationships by overcoming social isolation and responding to people in a less habitual manner.

### Psychoanalysis

Sigmund Freud invented psychoanalysis in the early twentieth century, and it is the oldest form of psychotherapy. 4 or 5 times a week, the person lies on a couch in the therapist's office. During the week, he tries to say anything comes to mind—a technique known as free association. Much of the emphasis is on assisting the person in comprehending how old patterns of interaction recur in the present. The person's relationship with the therapist is an important aspect of this approach. Understanding how the past influences the present allows a person to develop new, more adaptable ways of operating in relationships and at work.

**Psychodynamic psychotherapy** is a type of psychotherapy that focuses on identifying unconscious patterns in current ideas, feelings, and behaviours.

### Psychotherapy that is supportive

The most prevalent type of psychotherapy is supportive psychotherapy, which is based on an empathetic and supporting relationship between the client and the therapist. It helps people to communicate their emotions, and the therapist assists with problem-solving. Primary care doctors may be able to use problem-focused psychotherapy, a type of supportive treatment, successfully.

## CONCLUSION

Early mental health detection programmes in schools, ranging from universal screening to complete clinical assessments, have the ability to speed up the process. Provision of mental health services to children who require assistance, with the goal of improving both mental health and academic performance. School psychologists can help with a variety of issues. Early mental health identification initiatives in schools have a critical role. The selection of effective prevention measures will determine the scope of the school-wide evaluation program. techniques and instrument selection that are in line with the program's objectives

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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