

Mental Health Crisis Impact

The MH Crisis Impact Study was financed by the Public Health Initiatives Programme (PT06), EEA Grants Financial Mechanism 2009-2014. The main goal of the study is to understand the effects of the economic crisis on mental health in Portugal. The study also aims at researching the determinants of mental disorders and use of mental health care services, as well as to propose new policies and assist the development of programmes and interventions aimed at the reduction of health inequalities and mental health problems linked with the economic crisis.

Study design

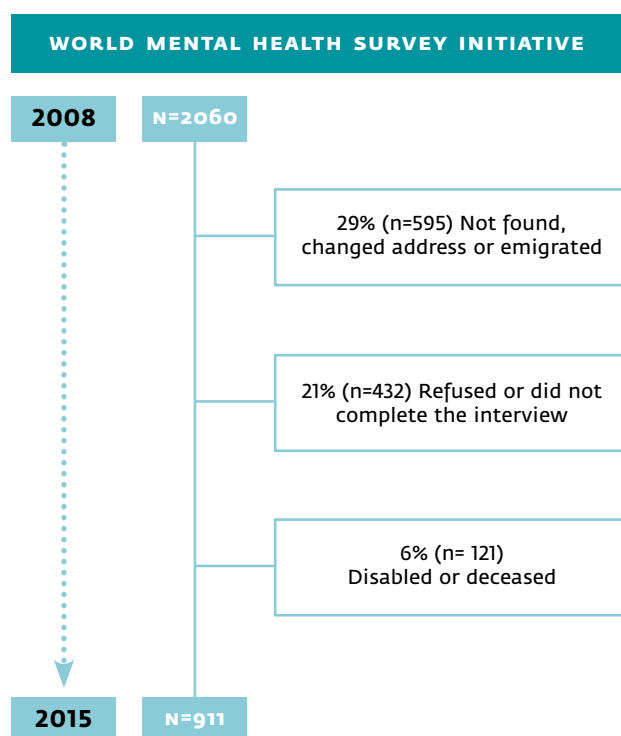
OBJECTIVES

1. To investigate the effects of the economic crisis on mental health and use of services in a subsample of the population studied in the World Mental Health Survey Initiative Portugal.
2. To explore the perceived effects of the economic crisis on mental health and use of health services among primary health care professionals and users.
3. To propose innovative policies aiming at the reduction of mental health inequalities and the promotion of equitable access to care.

1ST PHASE OF RESEARCH

National Mental Health Survey Follow-up (2015)

- Probability sub-sample of 911 participants of the National Mental Health Survey conducted in 2008
- The survey evaluated psychological distress (Kessler-10) and 30-day prevalence of common mental disorders (Major Depressive Episode and Generalized Anxiety Disorder), as well as demographic and socioeconomic factors, social support, perceived neighbourhood conditions, use of services and psychotropic medication. Other questions were included to capture in more detail the changes that occurred since 2008 in family, work, housing and use of services.



2ND PHASE OF RESEARCH

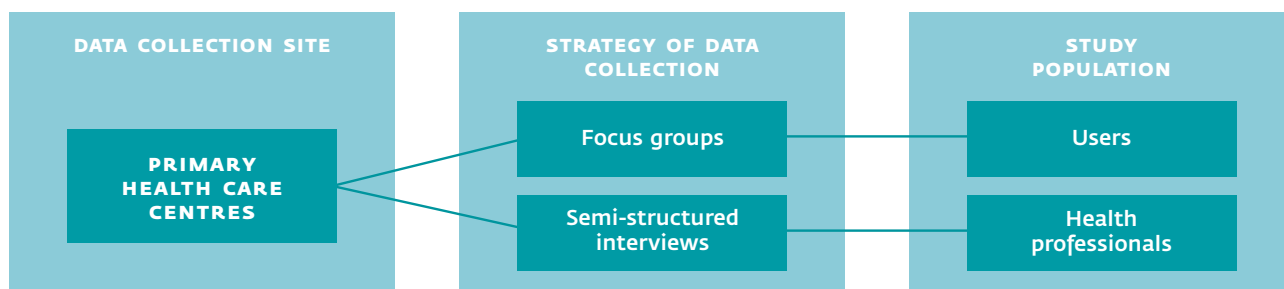
Qualitative Study

- ▶ The on-going qualitative study is being conducted in 3 Primary Health Care Centres.
- ▶ A geographical delimitation using key socioeconomic indicators was put in place to select primary health care centres in areas of higher probability of economic recession impact in the Lisbon Metropolitan Area (LMA).

3RD PHASE OF RESEARCH

Policy and recommendation

Epidemiological and qualitative data, obtained from the Portuguese context and from a comprehensive literature review on policies and interventions that have proved to be effective in reducing the impact of economic crisis on mental health, set the basis for development of new policies.



NOVA MEDICAL SCHOOL RESEARCH TEAM

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FUNDING

This project was granted by the Public Health Initiatives Programme (PT06), financed by EEA Grants Financial Mechanism 2009-2014

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