

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.

Preliminary results National mental health survey follow-up

1ST PHASE OF RESEARCH

Aims 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 conducted in 2008.

Includes modules to assess common mental disorders (CIDI-SC), psychological distress (Kessler-10), use of services and psychotropic medication, economic situation, social support, community involvement.

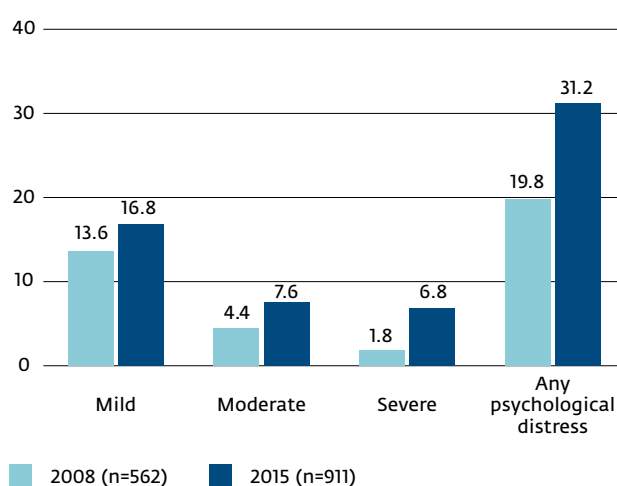
METHODS

1. Descriptive statistics were used to compare psychological distress (Kessler-10; cut-off >24) and use of any psychotropic medication between 2008 and 2015.

2. Chi-square tests were used to analyse the differences in the proportion of participants with or without Major Depressive Episode (MDE) and Generalized Anxiety Disorder (GAD) according to economic situation (financially deprived or not), social support and community involvement (0-100 score with the median as cut-off point; values below the cut-off indicate low social support and low community involvement).

RESULTS

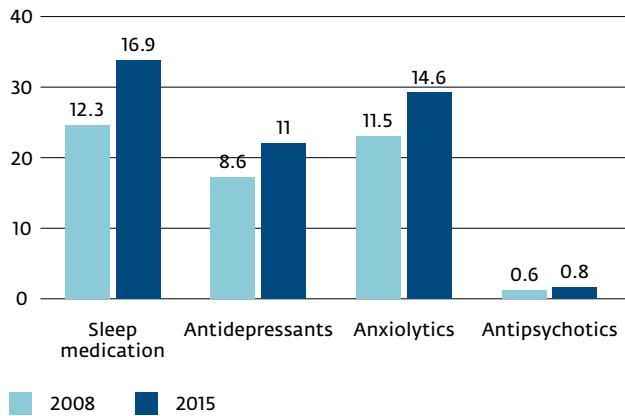
Psychological distress in 2008 and 2015 (Kessler-10)



RESULTS

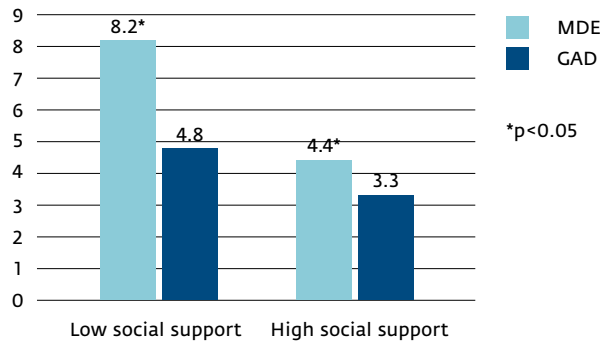
Increase in the prevalence of psychological distress using K-10 from 2008 and 2015, which appears to be particularly relevant in the severe distress group.

Use of psychotropic medication in 2008 and 2015



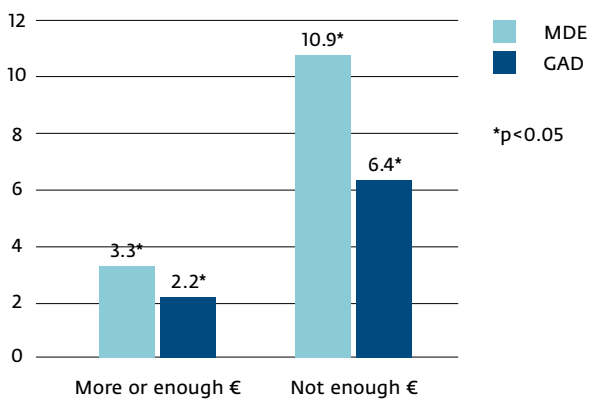
RESULTS
Overall increase in the consumption of psychotropic medication

Social support and common mental disorders (MDE and GAD)



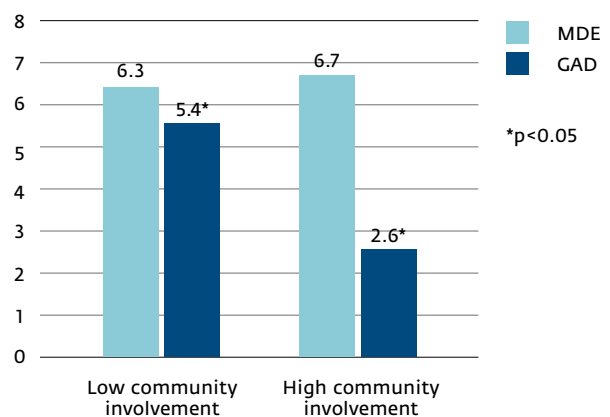
RESULTS
People with lower social support are more likely to have a diagnosis of MDE

Financial deprivation and common mental disorders (MDE and GAD)



RESULTS
People that report financial deprivation are more likely to have a diagnosis of MDE and GAD

Community involvement and common mental disorders (MDE and GAD)



RESULTS
People with higher community involvement are less likely to have a diagnosis of GAD

CONCLUSIONS

- The preliminary results suggest a deterioration of the mental health of the Portuguese population after the Economic Recession
- Financial deprivation appears to be related to both MDE and GAD
- Good social support and strong community involvement are related to better mental health outcomes

NOVA MEDICAL SCHOOL · PROJECT TEAM

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