

Poverty and Social Exclusion

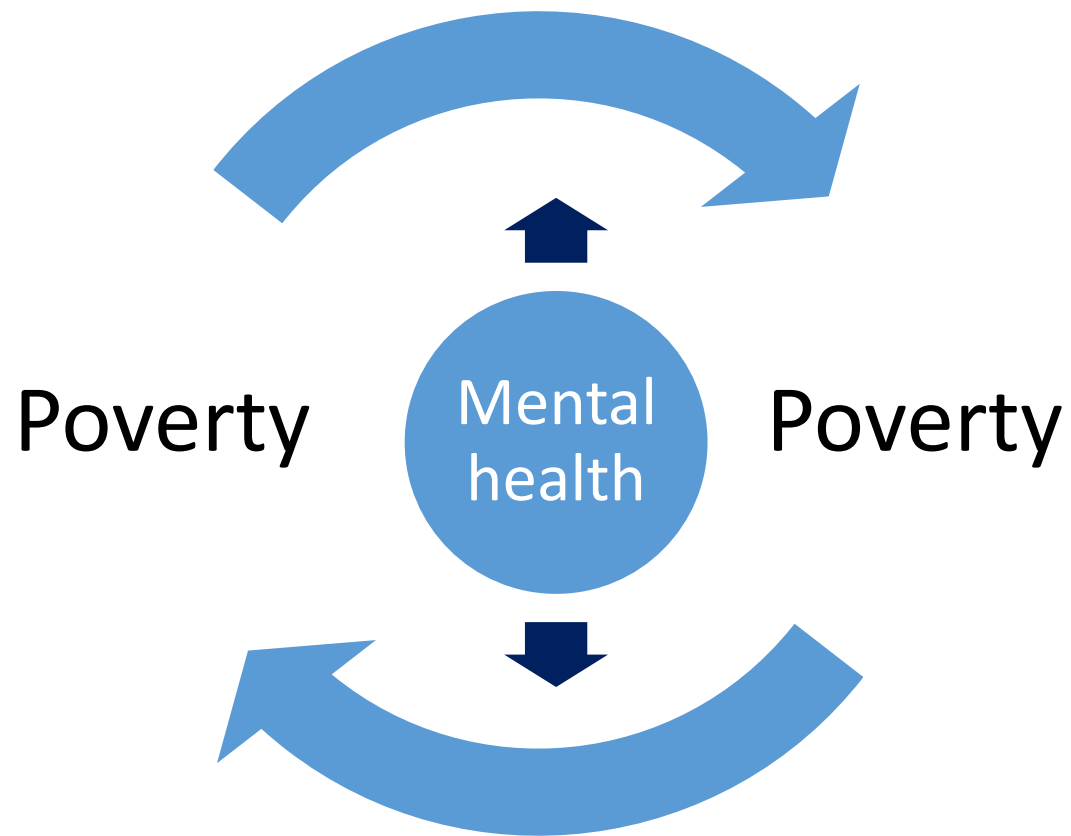
Amresh Shrivastava

Associate professor of psychiatry
The western university, London, Ontario

NO CONFLICT OF INTEREST

Learning objectives

1. Interface
2. Impact
3. Mechanism
4. Stigma
5. Interventions



1. Interface



**Stop exclusion
Dare to care**

WORLD HEALTH DAY 2001
World Health Organization




mhGAP Mental Health Gap Action Programme

**Scaling up care for
mental, neurological, and
substance use disorders**



One
billion in
21 Century

A close-up, slightly blurred photograph of a fountain pen with a silver nib and a dark barrel, resting on a white document. The pen is in the process of writing a signature in cursive. Below the signature, the word "signature" is printed in a smaller font. The background is a soft, out-of-focus light gray.

22,00 children die each day



80%
world's population
is below poverty line

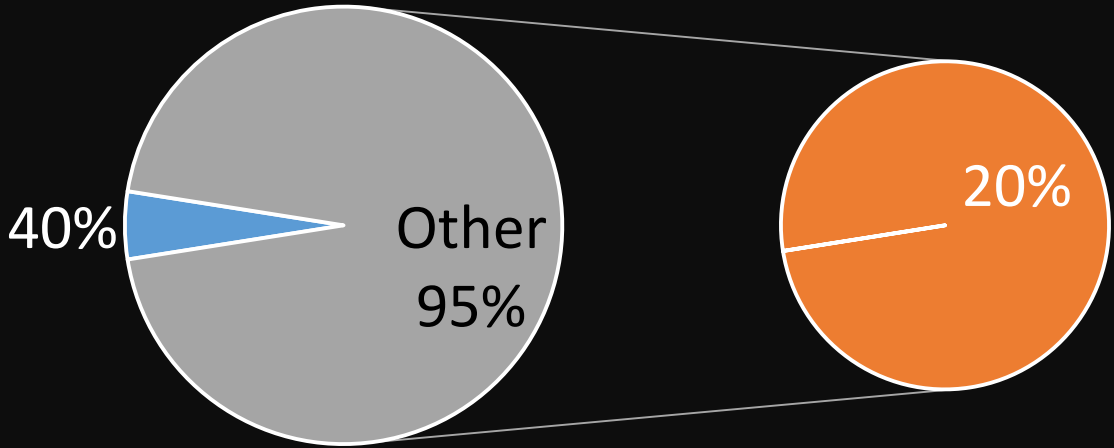
$\$/\%$

1/40

INTERFACE

World's Income

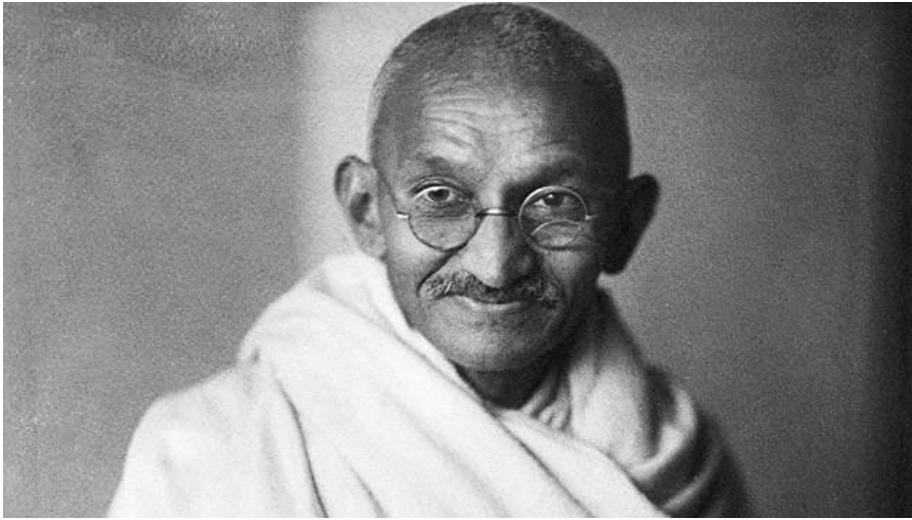
■ By 40% World's Population ■ By 20% Rich





Rich
Countries are
not Rich
For mentally ill patients

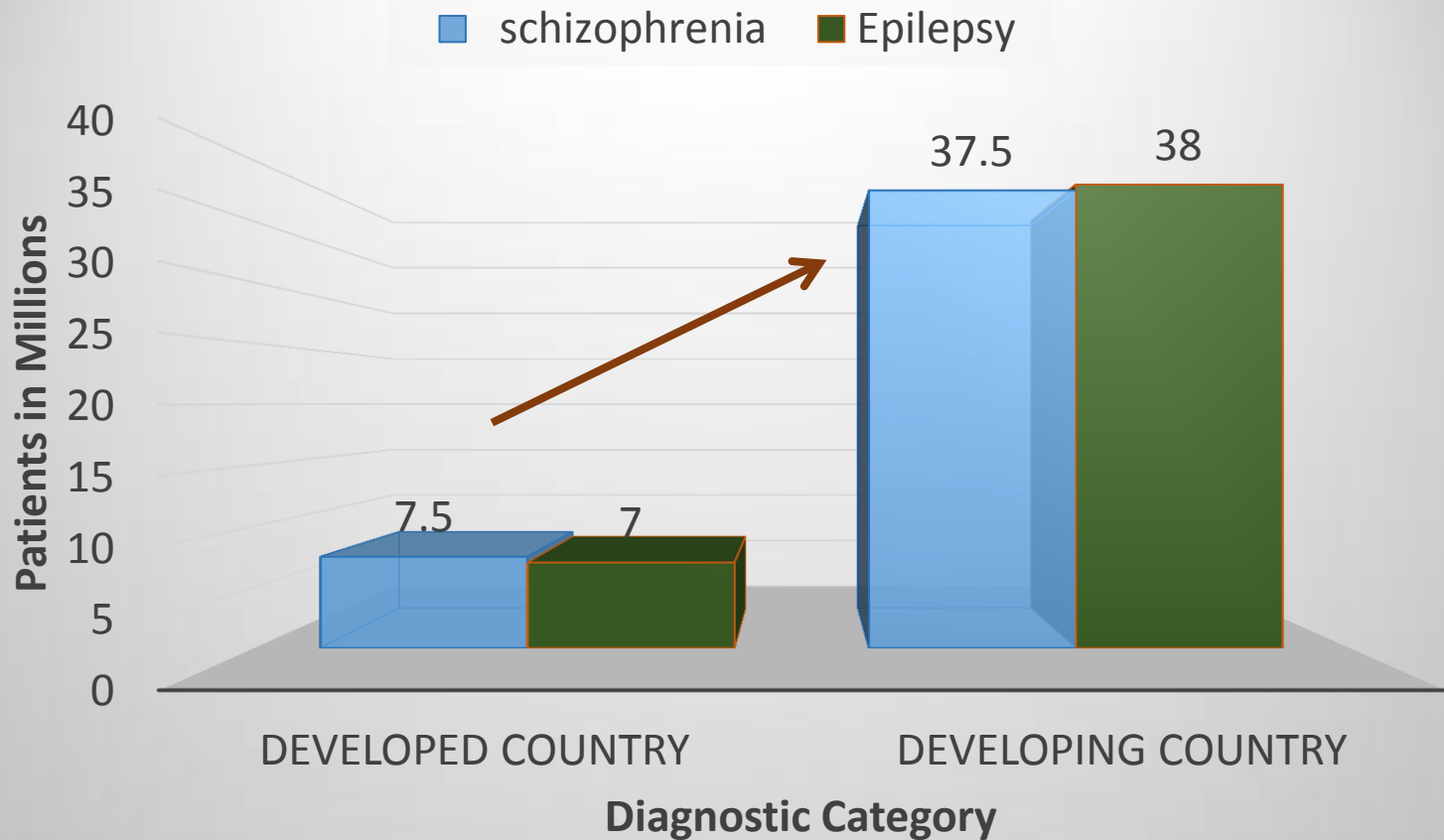
40% live in Poverty



"Poverty is the worst form
of violence." –
Mahatma Gandhi

Story of mentally ill in developing countries

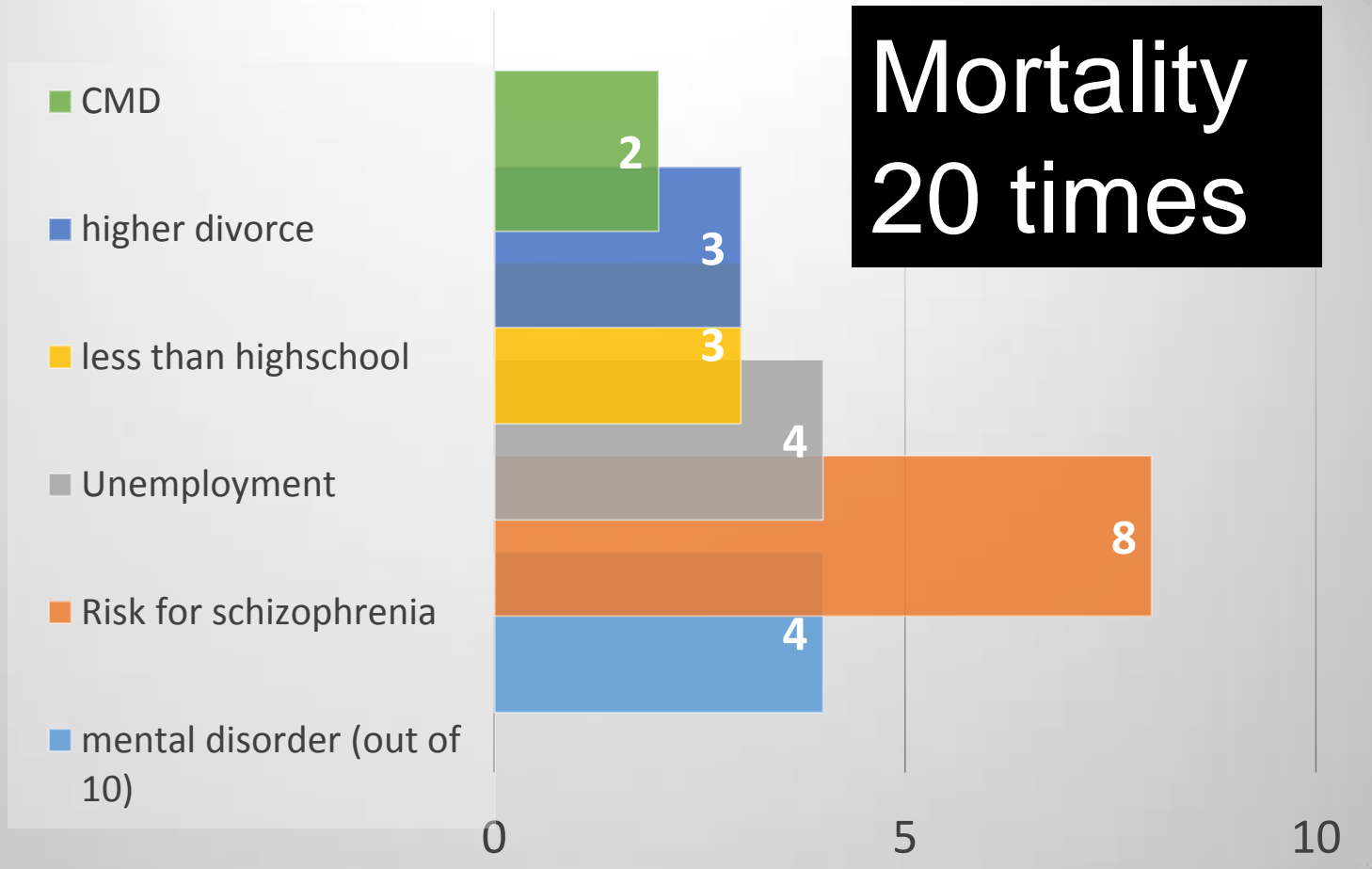
High prevalence of mental disorder in Developing countries: WHO Study



INTERFACE

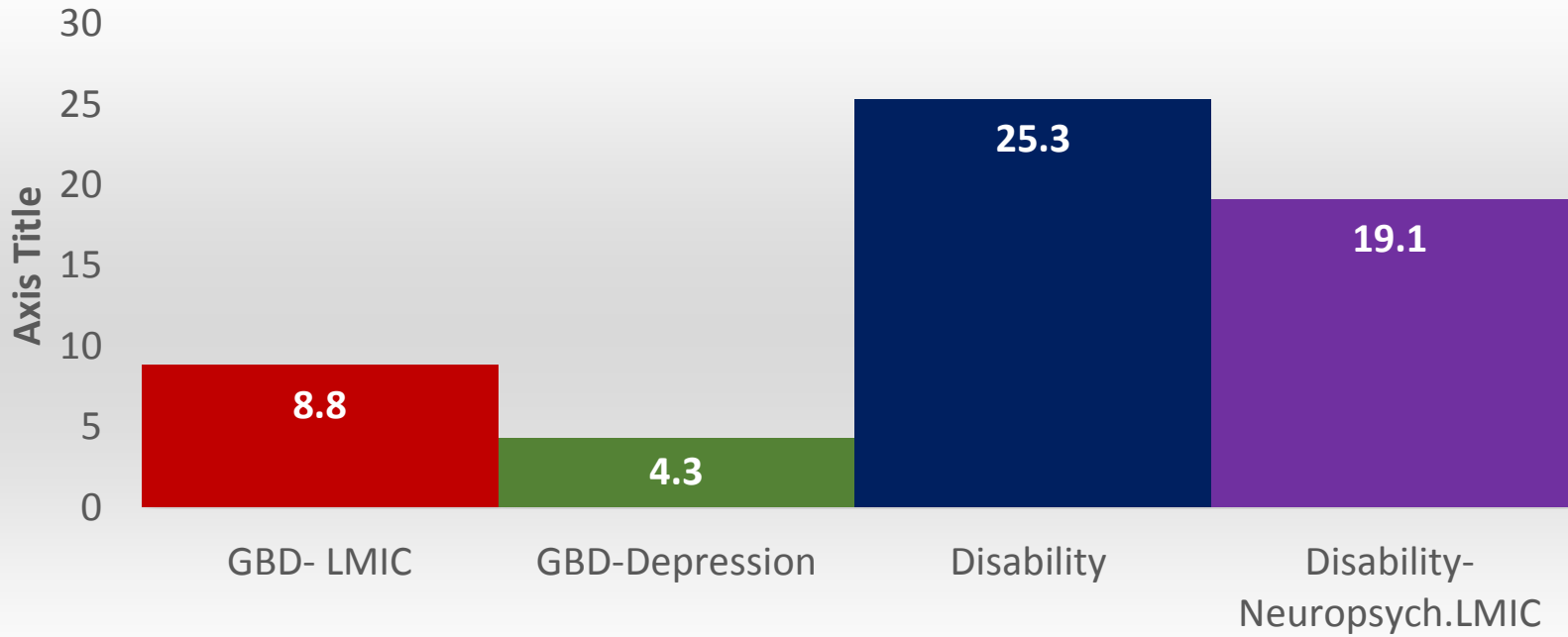
Mental disorders should be an important concern for development strategies

INTERFACE



Health Burden

INTERFACE



Mental illness

Educational opportunities and outcomes

Income generation and employment opportunities

Human rights impact

Economic impact

Poverty

Economic development

INTERFACE

INTERFACE

Health impact

Social impact

Morbidity and mortality rates

Health burden

Homelessness

Poor access to quality
health services

Prison populations

3. Impact

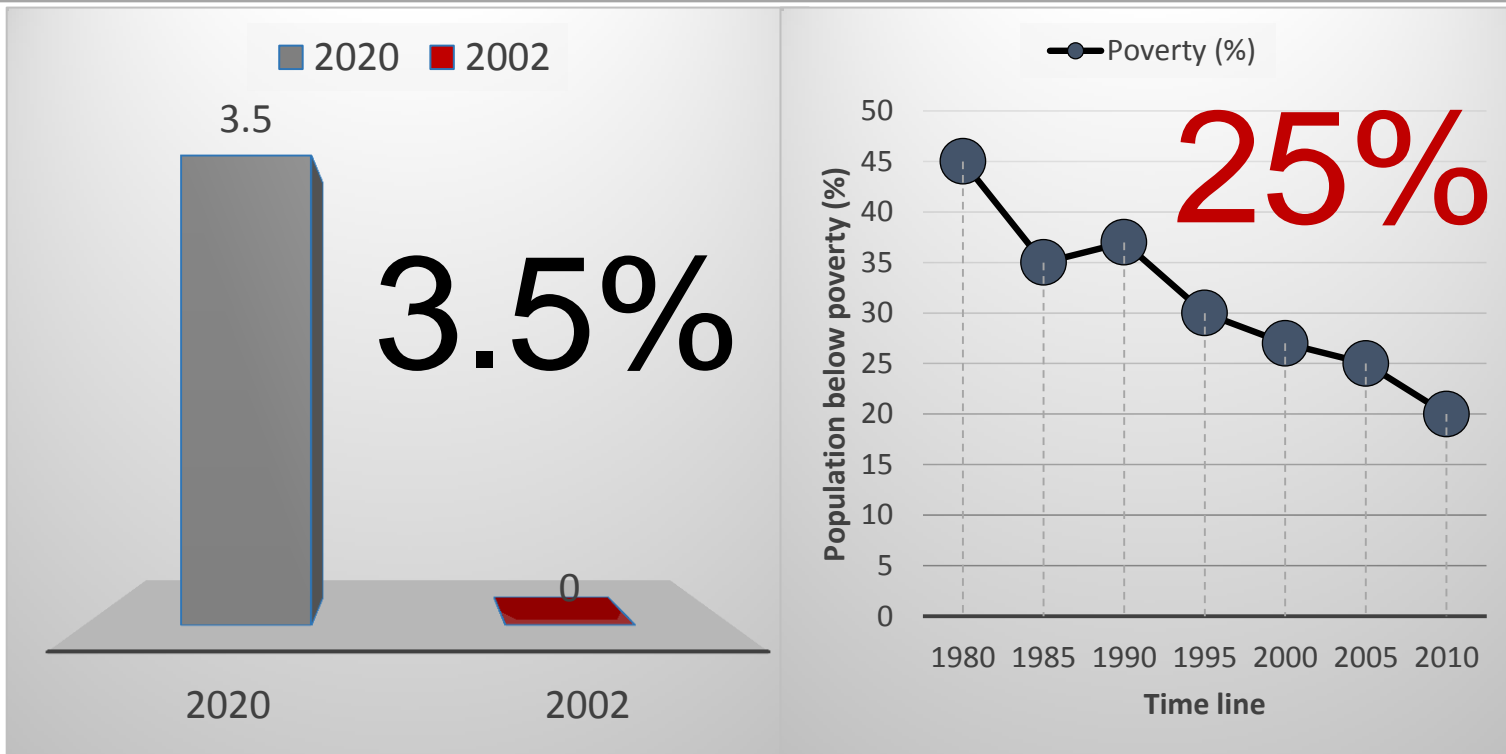
Psychiatric morbidity amongst Homeless people

INTERFACE



Mental Disorders : 450 million

4 out of 10 in LMIC



This graph shows the proportion of world population in extreme poverty 1981–2008 according to the World Bank

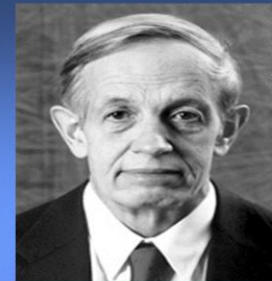
What is the impact
and common
consequences?

Stigma: WHO-WPA Study.



**The Sveriges Riksbank
Prize in Economic
Sciences in Memory of
Alfred Nobel 1994**

"for their pioneering analysis of equilibria in the theory of non-cooperative games"



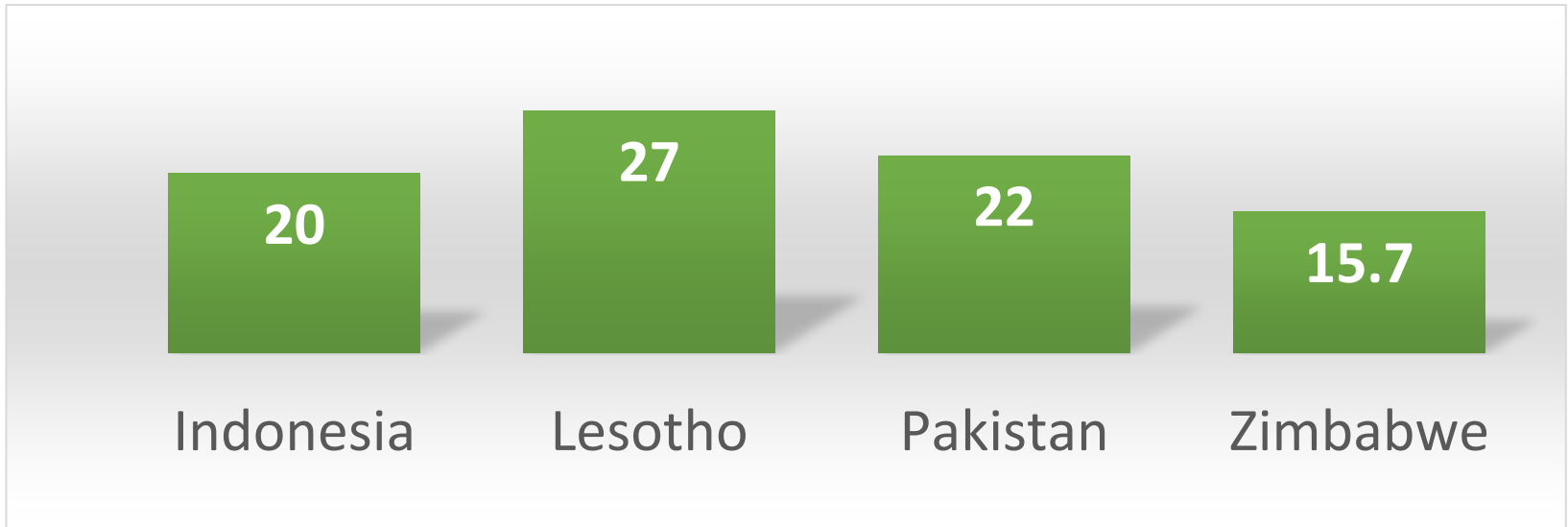
John F. Nash Jr.
USA

Princeton University
Princeton, NJ, USA
b. 1928

- Mental disorders, stigma & exclusion among poor and individuals with mental illnesses

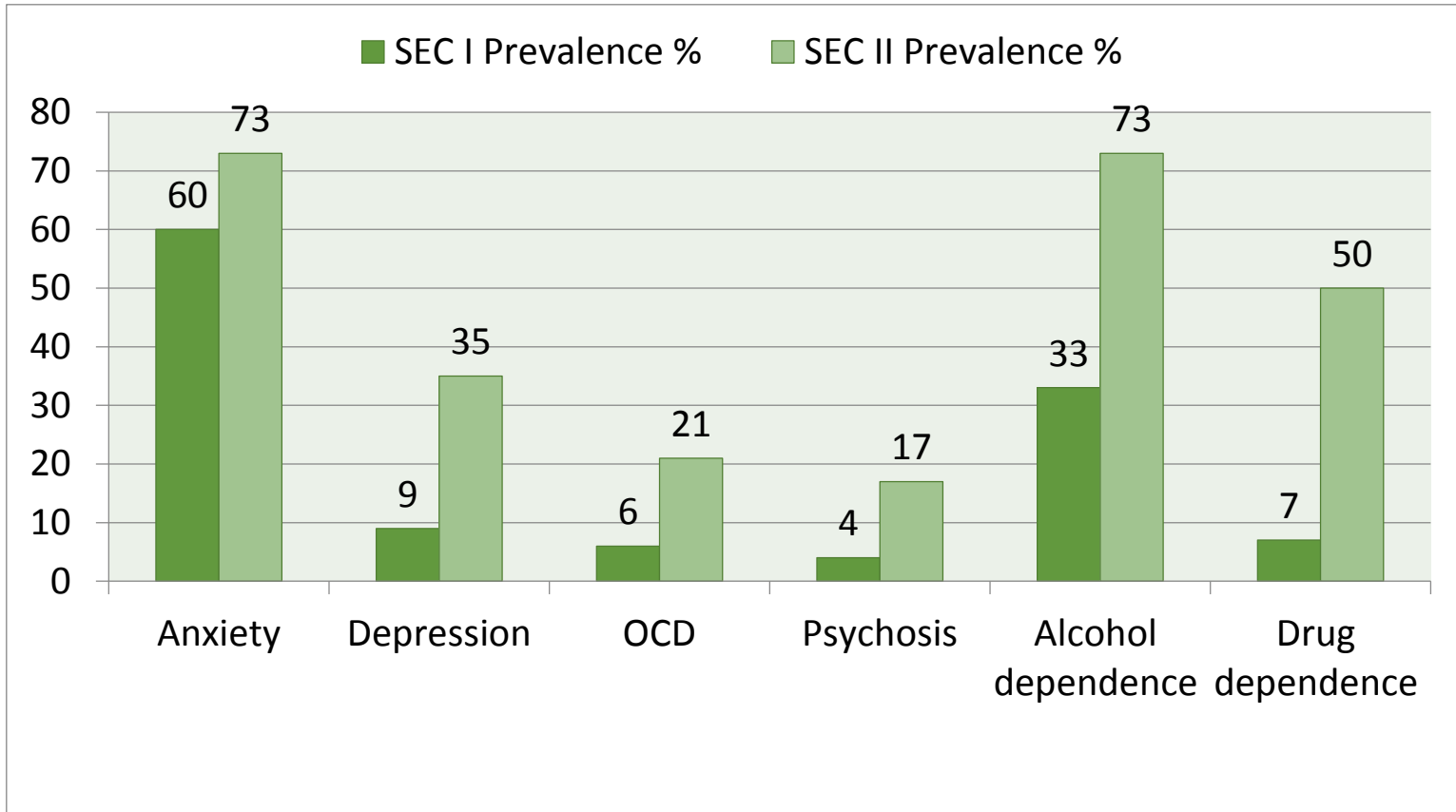
High Rates of Common Mental Disorders in LMIC

More mental illness in poor countries

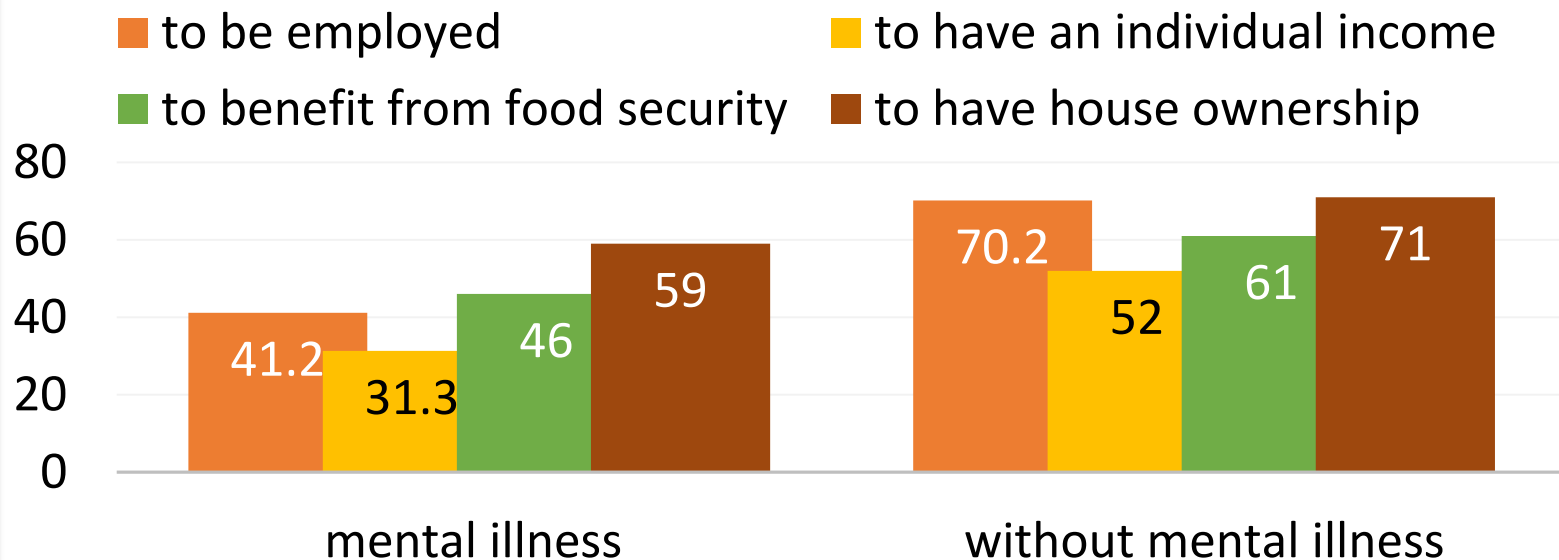


<http://www.globalissues.org/article/26/poverty-facts-and-stats>

High prevalence of mental disorder in low socio-economic condition

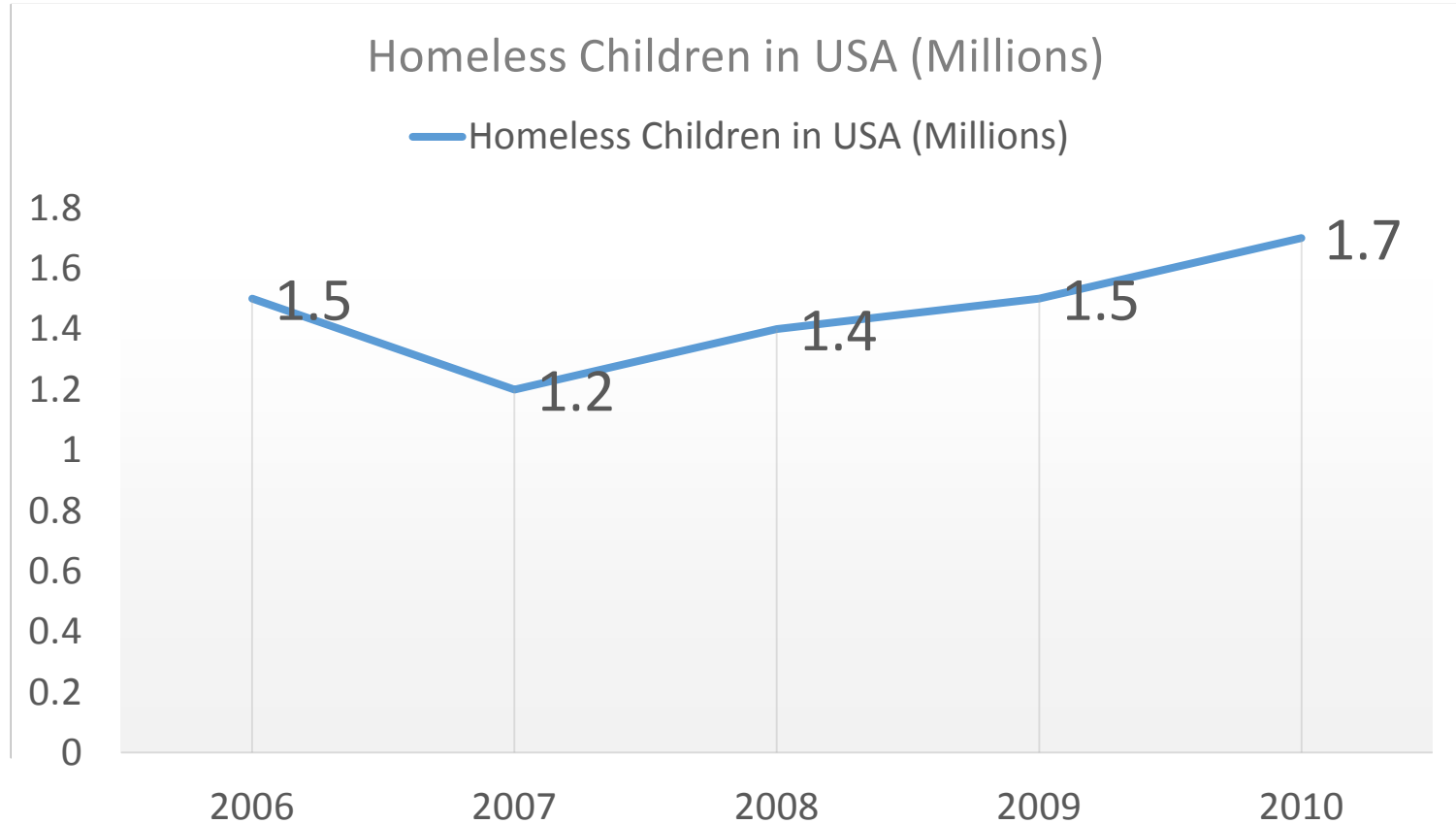


Poverty amongst mentally ill people



LOCAL CHALLENGES TO 'GLOBAL' MENTAL HEALTH, UCL (Indian data)

Homelessness amongst psychiatric illnesses (common in schizophrenia)



- Homelessness has been found to be relatively common among people with schizophrenia. In rural China a ten-year study of a cohort of people with schizophrenia found that 7.8% had experienced homelessness compared to only 0.9% among the general population (Ran et al., 2006); and in Nigeria a 13-year follow-up of clinically stable outpatients found that 4% were homeless or had an unstable abode (Gureje and Bamidele, 1999).

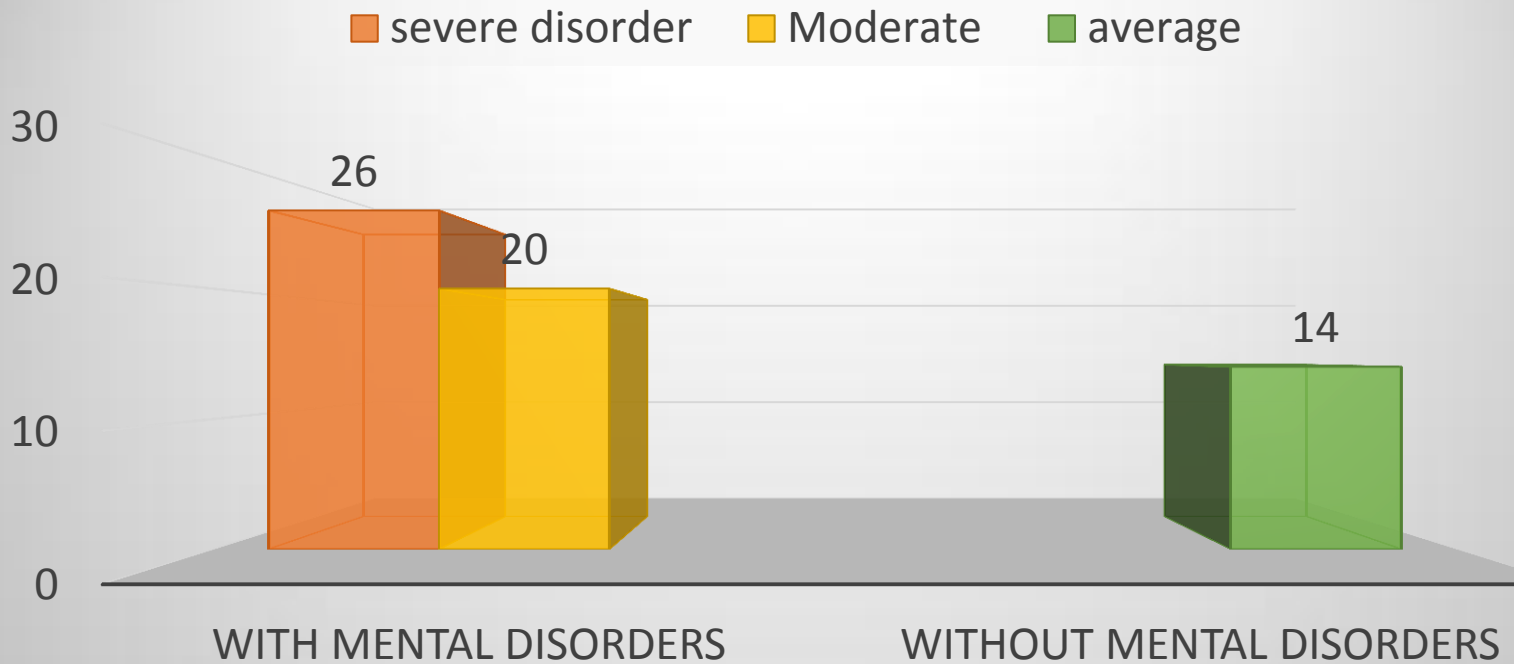
Likelihood of unemployment- mentally ill

chances of unemployment



Mentally ill are away from education

percentage of children who left full-time education before age 15



A close-up photograph of a person's hands gripping vertical metal bars. The background is solid black, and the lighting highlights the texture of the hands and the metallic surface of the bars. The overall mood is somber and oppressive.

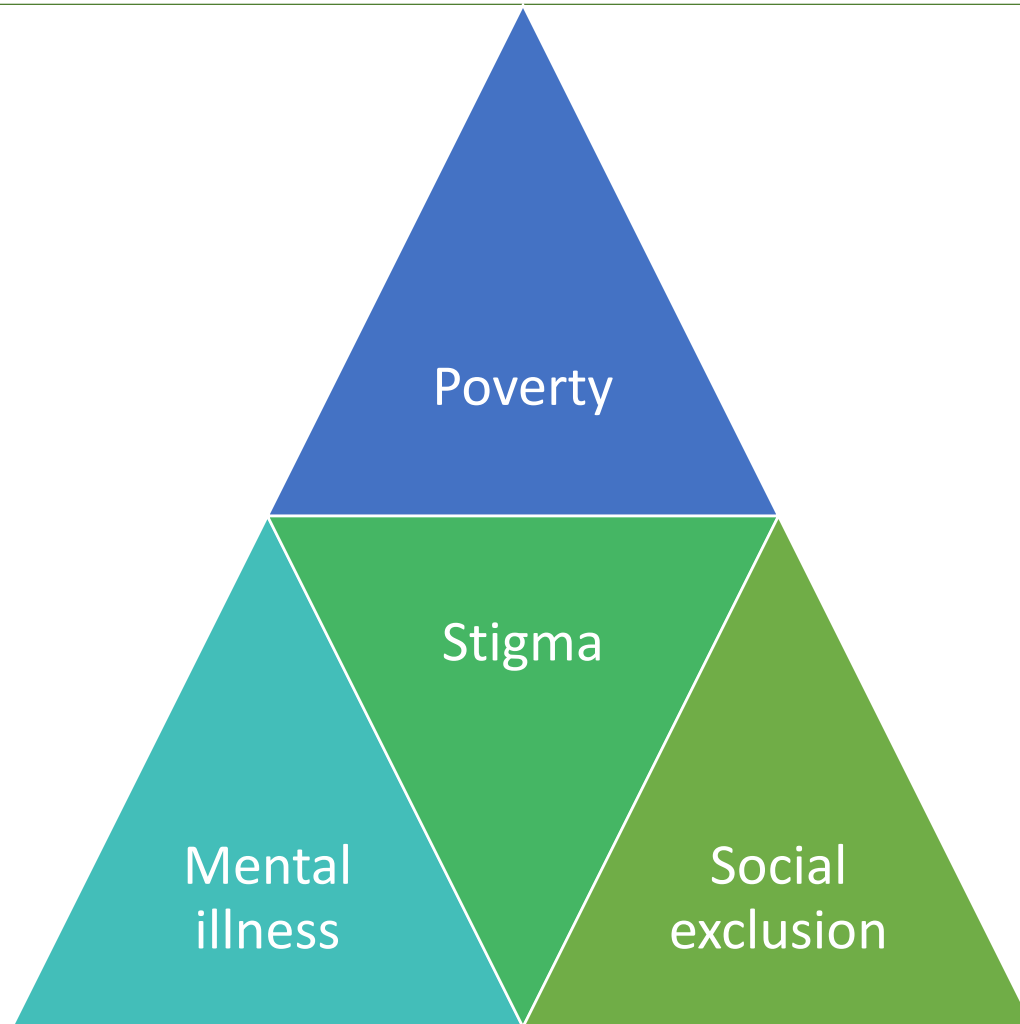
Vulnerability

**Human
Rights
violation**

IMPACT

Criminal
Justice
system

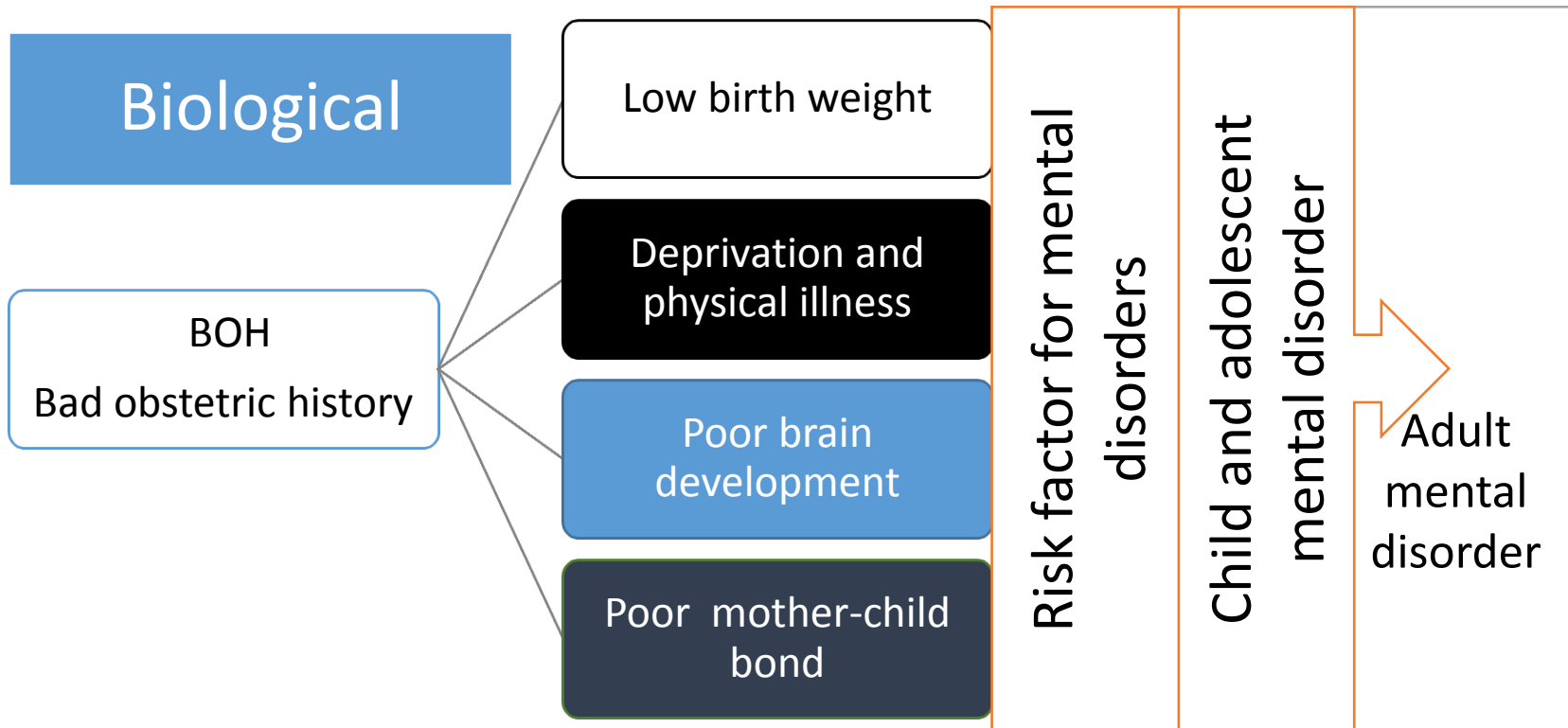




Arboleda-Florez J. What causes stigma?: *World Psychiatry* 2002;1:25–6.

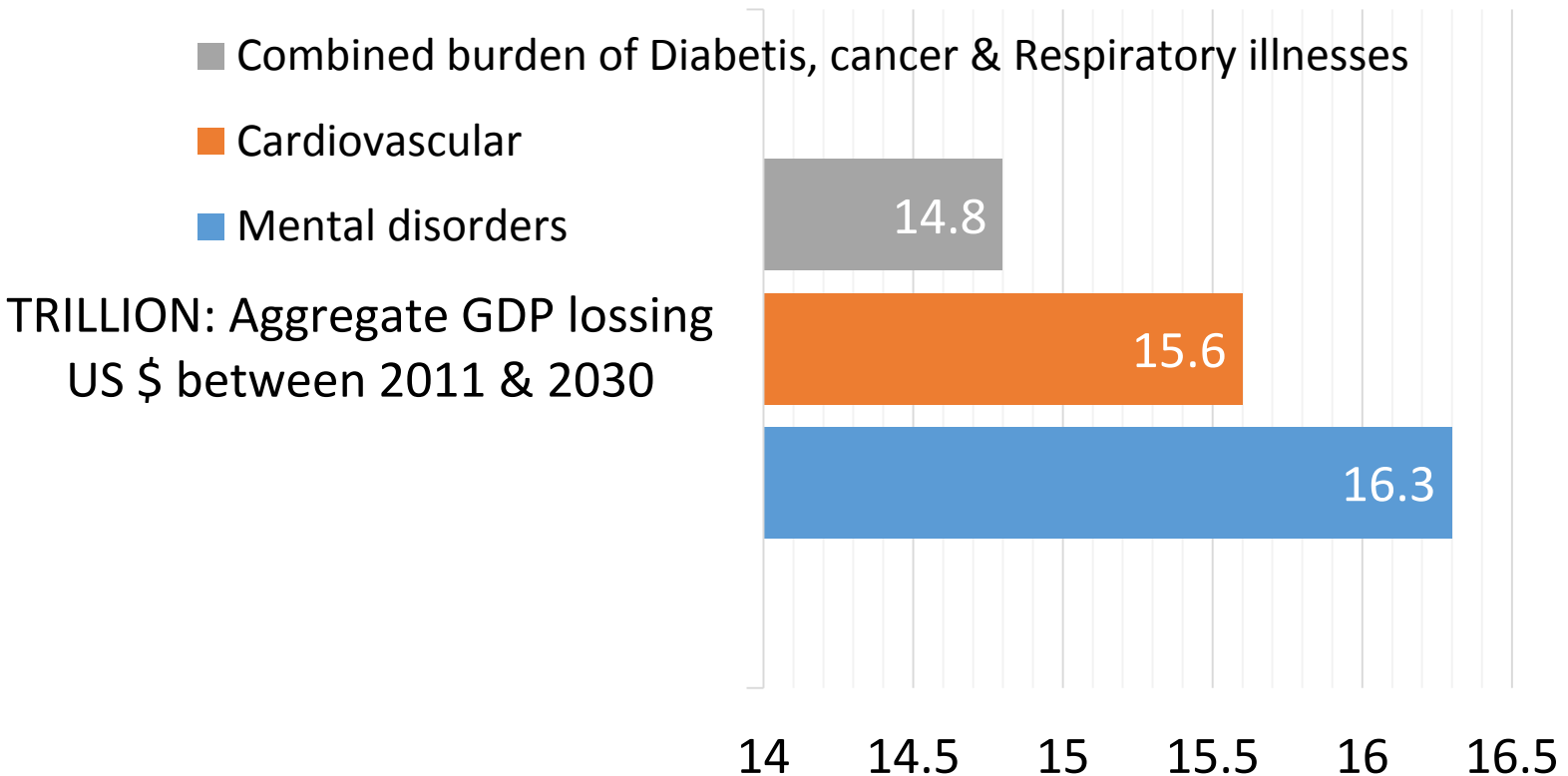
Brohan E, Slade M, Clement S, Thornicroft G. Experiences of mental illness stigma, prejudice and discrimination: a review of measures: *BMC Health Serv Res* 2010;10:80

Poverty is a risk factor for mental illness



Main concerns about poverty and mental illness

Economic burden in Trillion



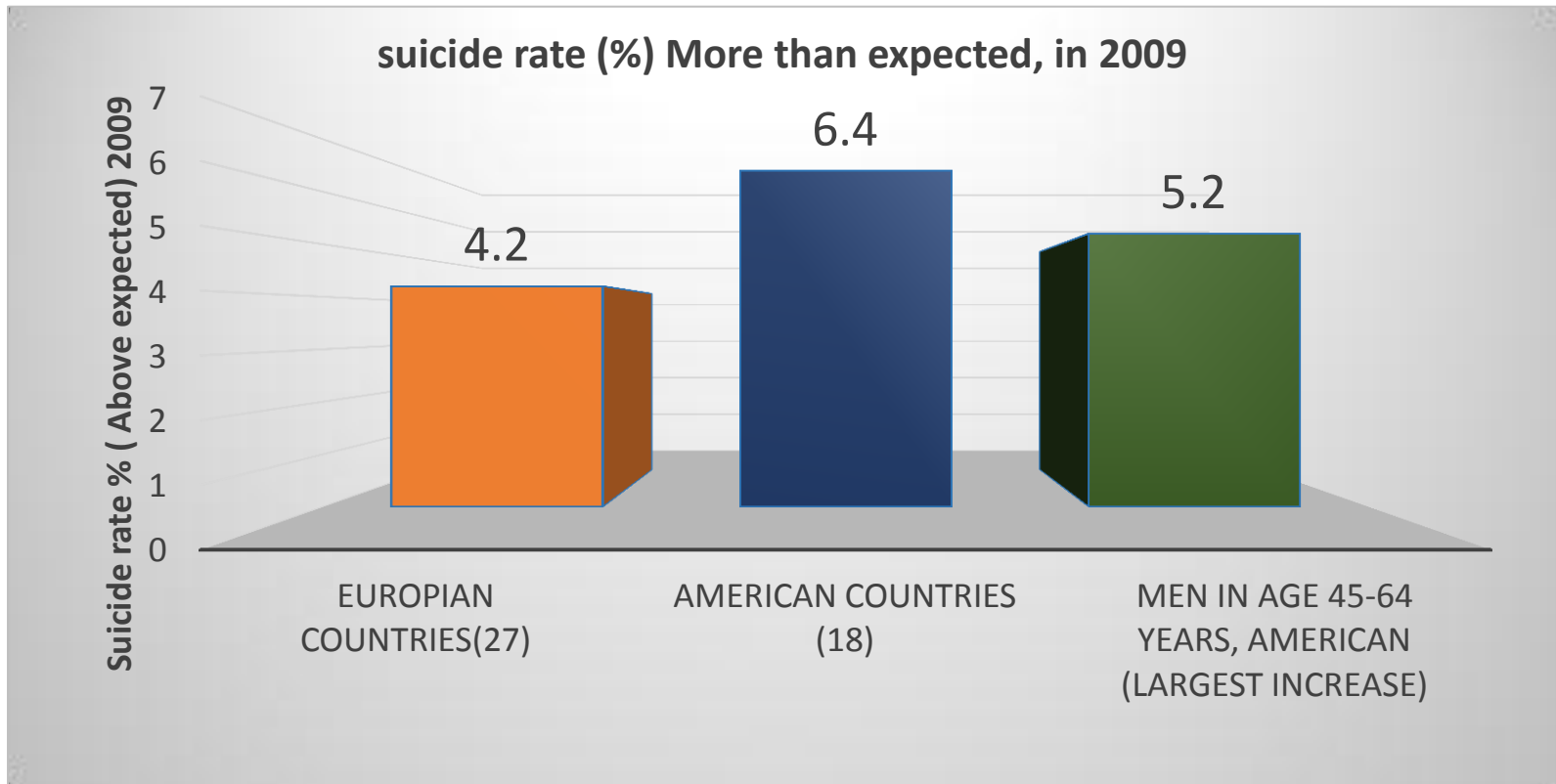
(Bloom et al., 2011),

More debt people have, worse in their mental health



- Risk behaviour, Smoking, Alcoholism, etc.

Suicide rate and economic crisis, Sept 2013



Chang SS, Stuckler D, Yip P, Gunnell D. Impact of 2008 global economic crisis on suicide: time trend study in 54 countries. *BMJ*. 2013 Sep 17;347:f5239. doi: 10.1136/bmj.f5239

4. Stigma Research

Stigma in employment

27 country study

723 people

schizophrenia

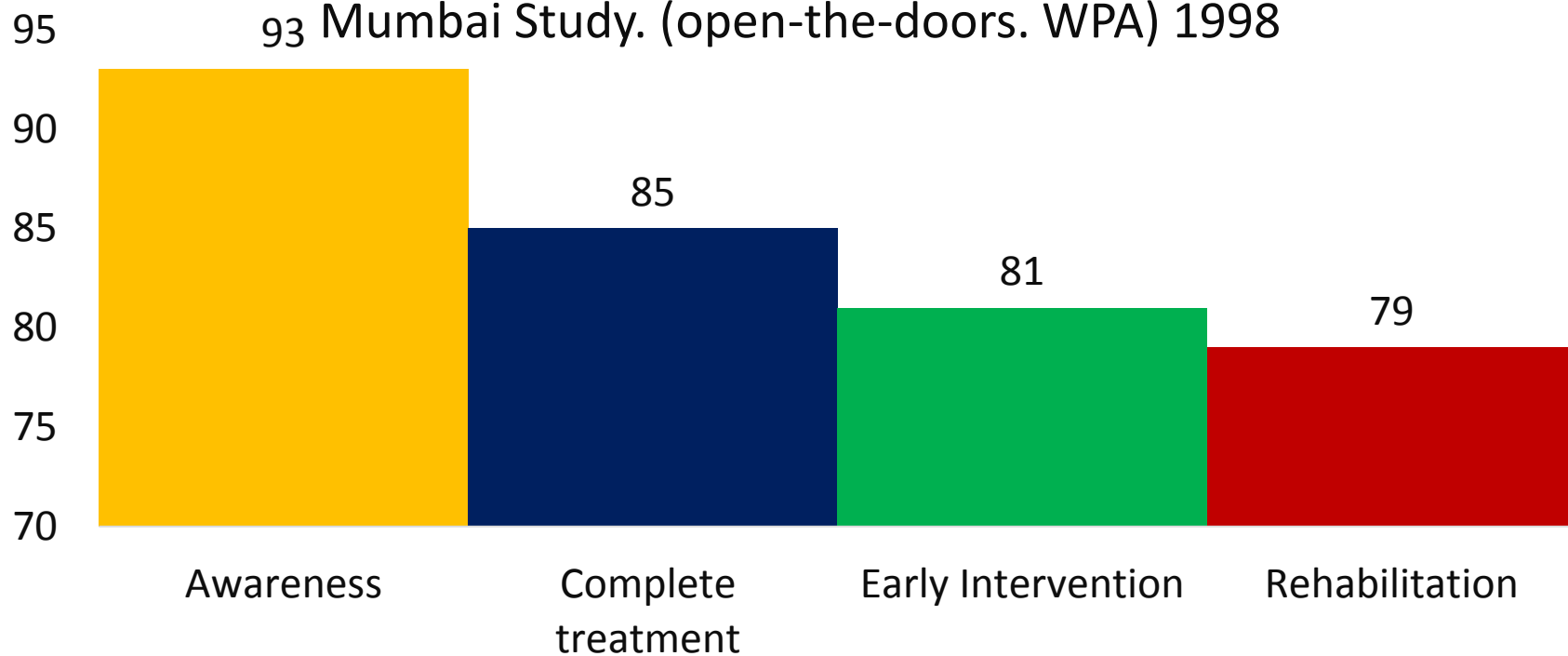
70% unemployed

35-49% experienced discrimination at work

(Thornicroft et al., 2009).

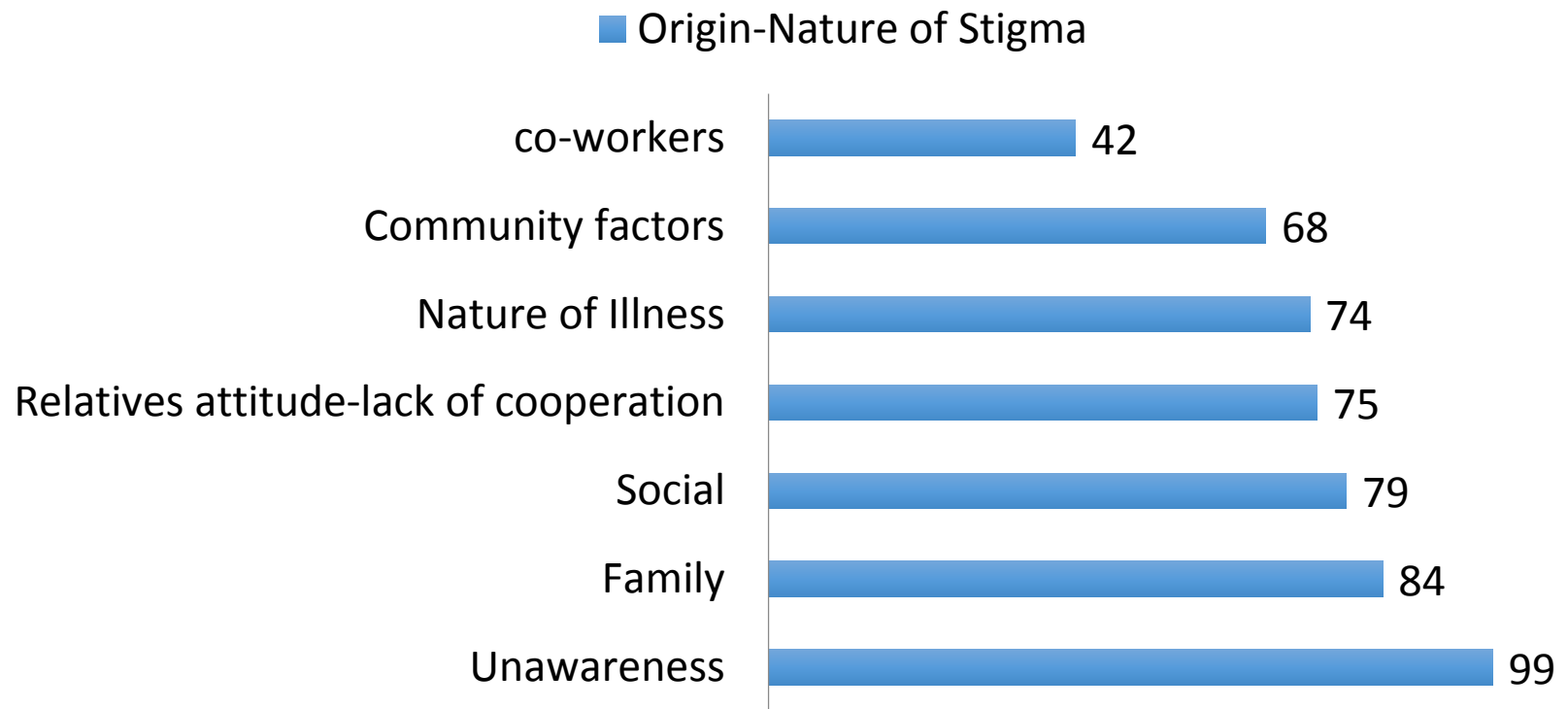
Can stigma be reduced?

Measures to reduce stigma: patients Opinion
93 Mumbai Study. (open-the-doors. WPA) 1998

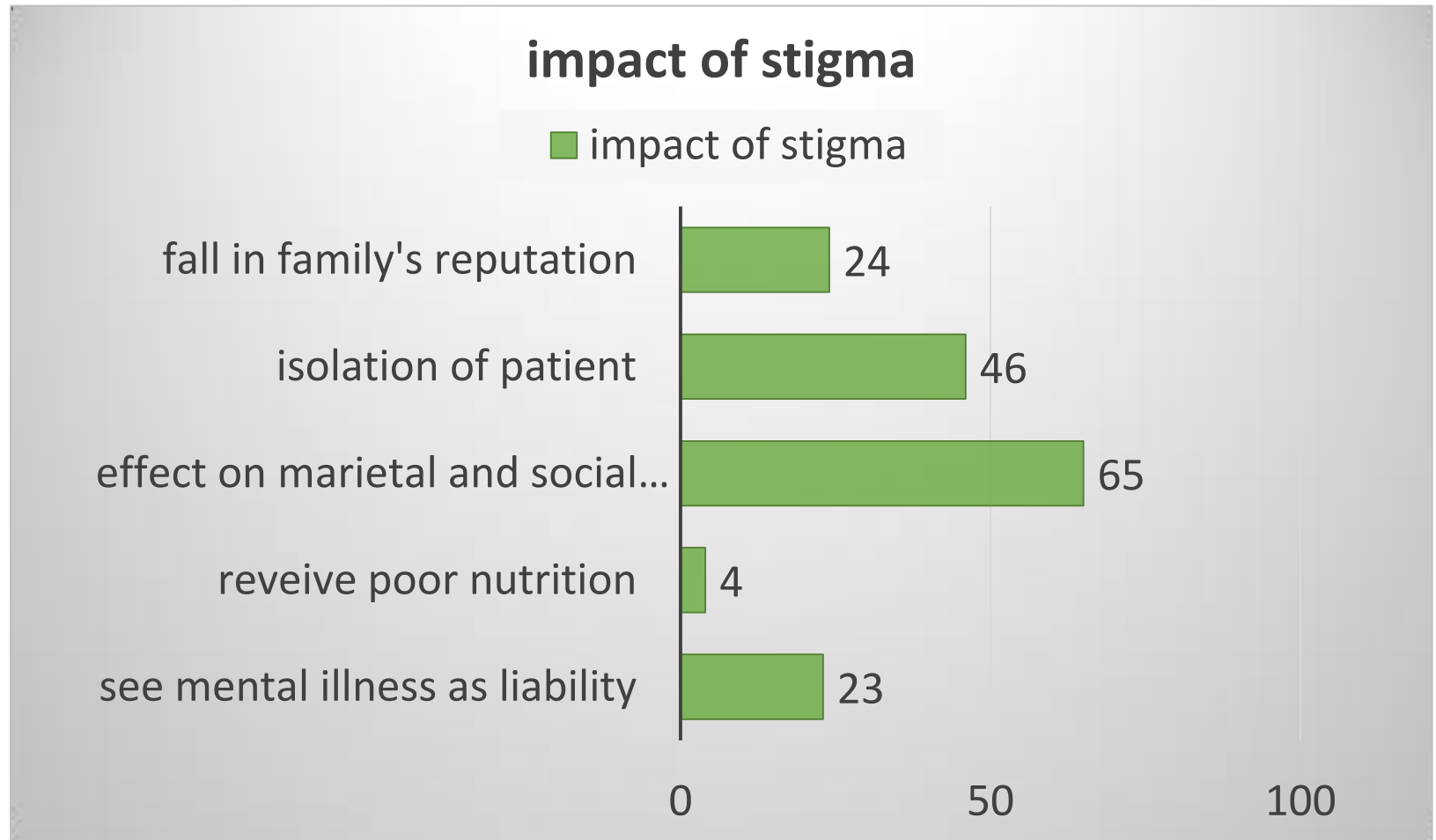


Patients perception: What is the source of stigma?

Origin-Nature of Stigma

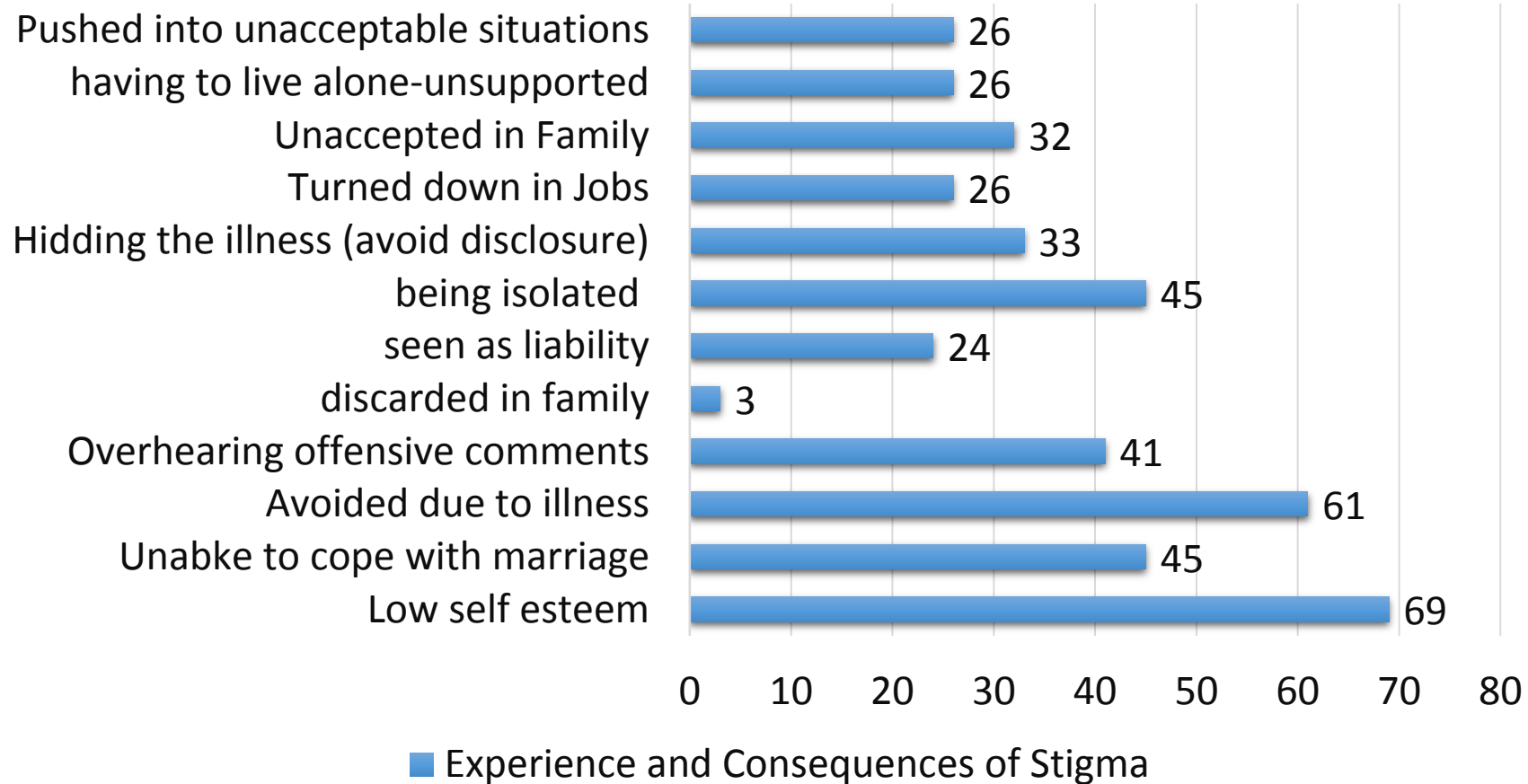


What is the impact of stigma



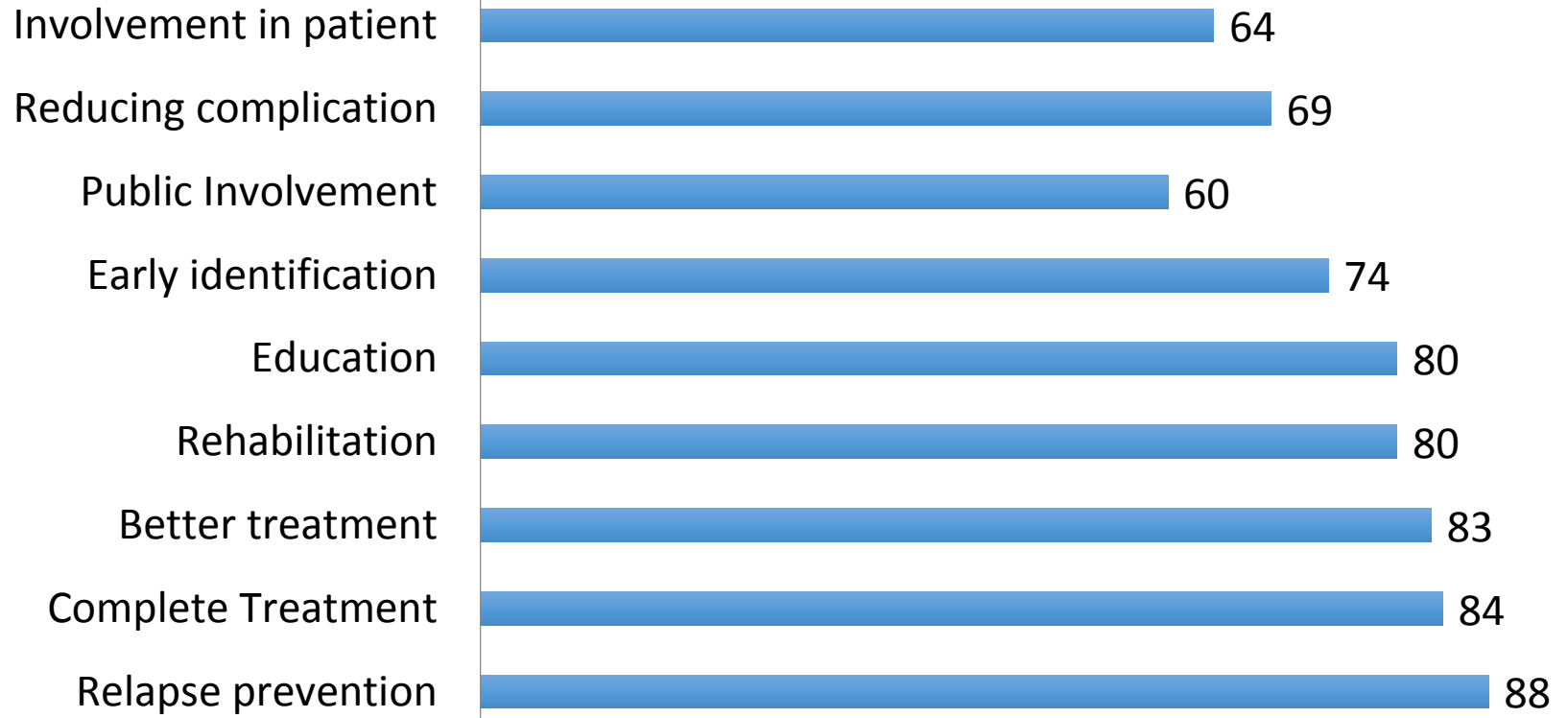
Relatives perception (N=300)

Experience and Consequences of Stigma



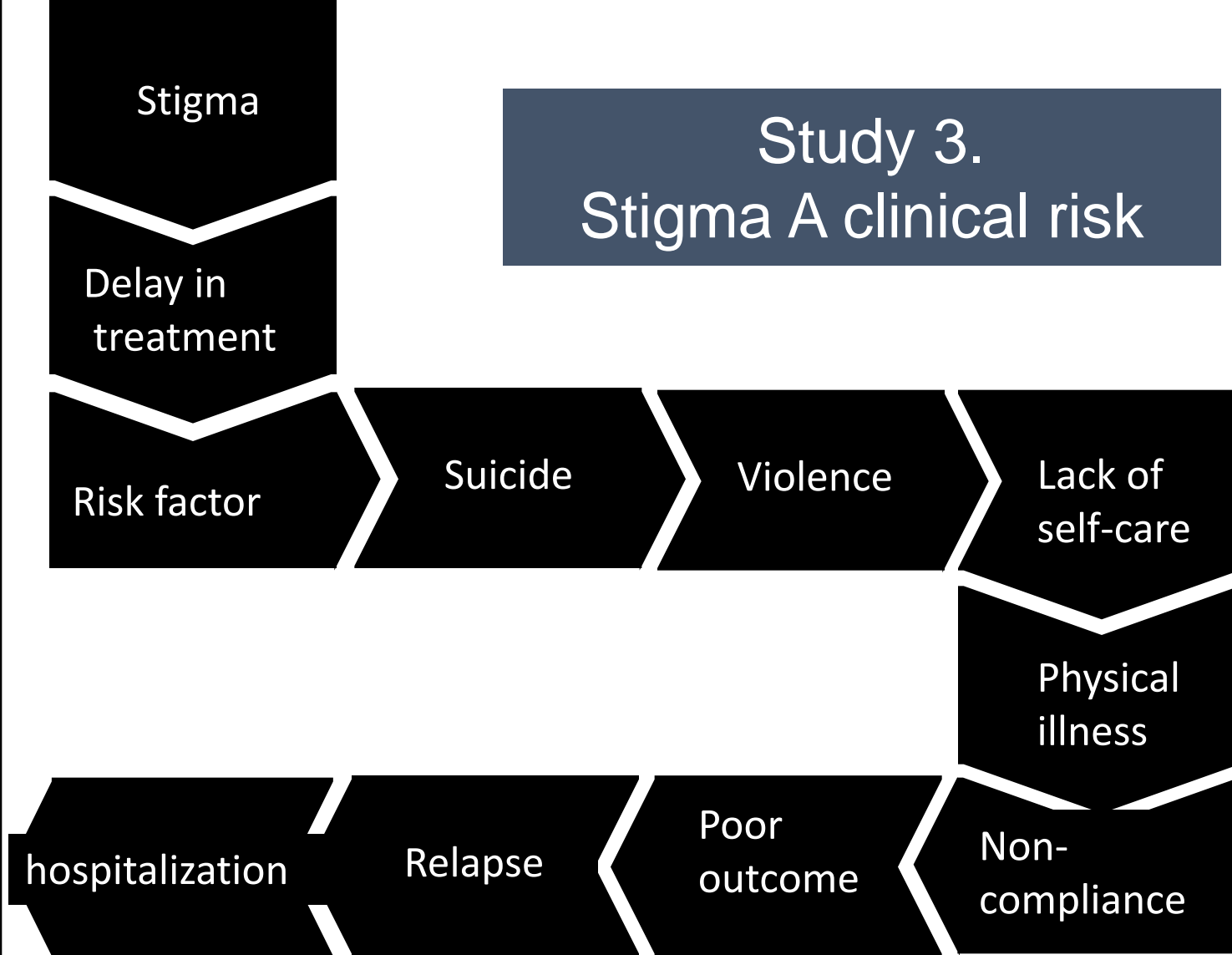
Anti-stigma Intervention

■ Anti-stigma Intervention





BARRIER TO INCLUSION: STIGMA



Baxter H, Singh SP, Standing P, Braganza D. The attitudes of 'tomorrow's doctors' towards mental illness and psychiatry: changes during the final undergraduate year: Med Educ 2001;35:381-3

Appelbaum PS, Robbins PC, Monahan J. Violence and delusions: Data from the MacArthur violence risk assessment study: American Journal of Psychiatry 2000;157: 566 -72.

Shrivastava et al,MSM,2012 Shrivastava et al, Ind.J.Psychiatry,2013

Proposed Concept of stigma & measurement scale

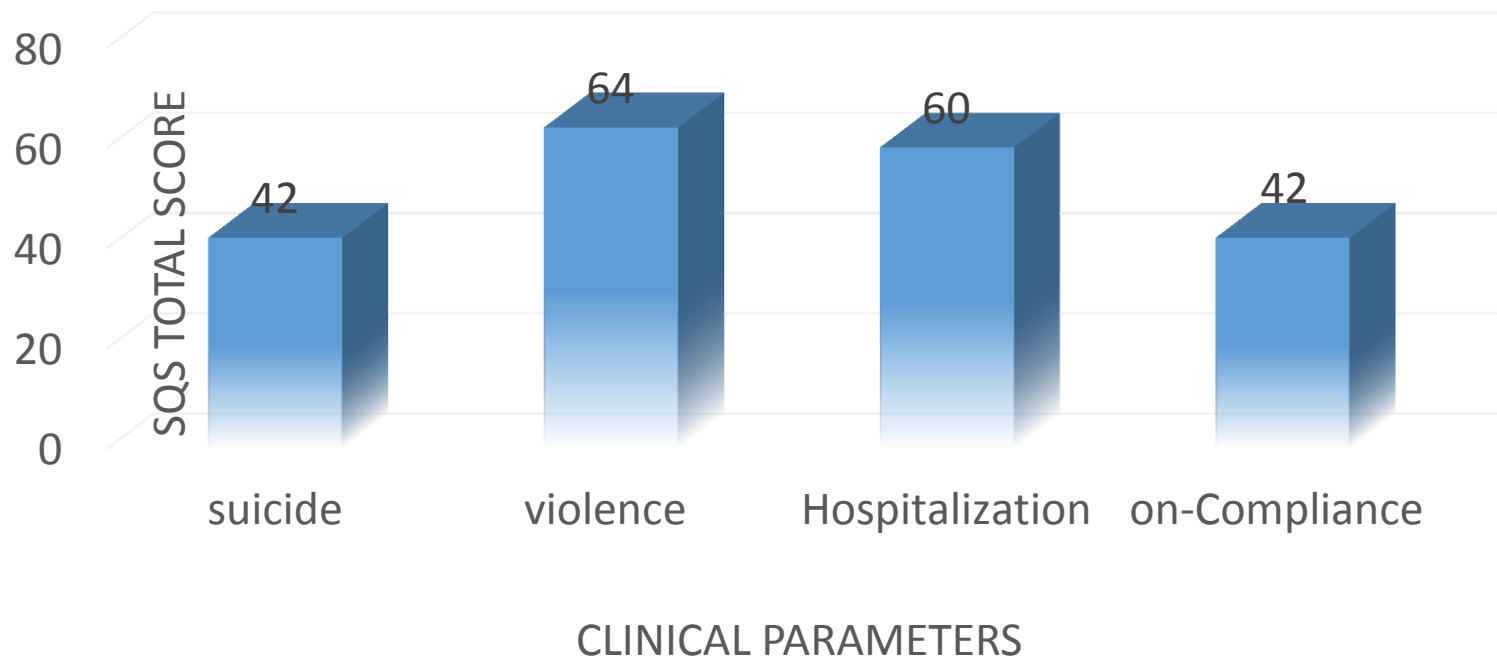
SQS: Validity		
Domains of SQS	<u>Cronbach's</u> alpha	Validity - Internal Consistency
Psychological	0.925	Good
Social	0.782	Good
Illness-related	0.788	Good
Coping Strategies	0.416	Moderate

Shrivastava et al, Abstracted. Half day Annual Conference proceedings. RMHC.2013

Shrivastava et al, Abstracted. American Psychiatric Association Annual Conference proceedings.2013

Stigma and symptoms of clinical risk

MEAN SQS SCORE > 2.0 AND SIGNIFICANT CLINICAL VARIABLES



Shrivastava et al, Abstracted. Half day Annual Conference proceedings. RMHC.2013

Shrivastava et al, Abstracted. American Psychiatric Association Annual Conference proceedings.2013

5. Interventions

What can be done?

1. Governmental,
2. Health and
3. Economic agenda
Resource allocation

POLITICAL,
POLICY,
PRIORITY

Global Action Program (GAP): WHO

Resource estimates in 2011

A shortage of

1.18 million mental health professionals

Including 55,000 psychiatrists,

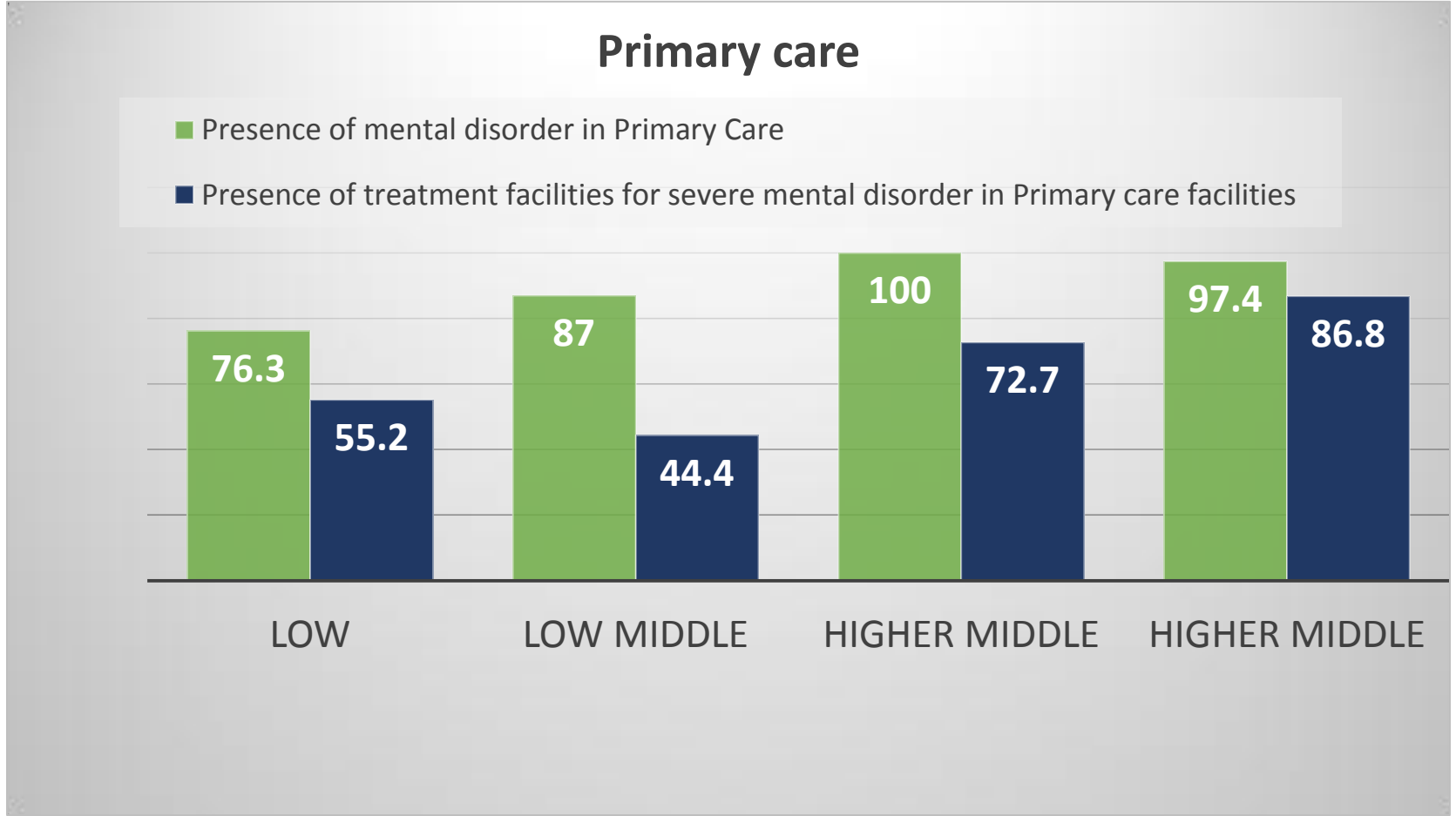
628,000 nurses in mental health settings, and

493,000 psychosocial care providers needed to treat mental disorders in 144 low- and middle-income countries.

\$ 4.4 billion.

The annual wages
bill for this shortage

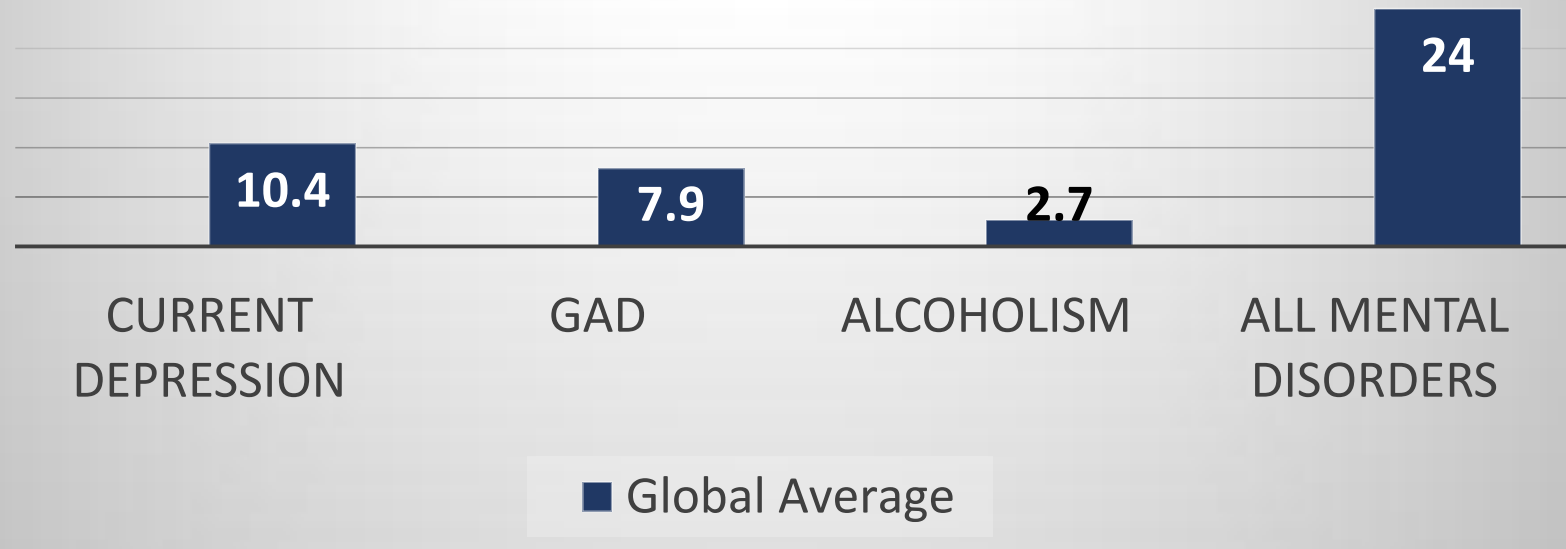
SPECIFIC MEASURES: RESPONSE TO TREATMENT GAP



PREVALENCE OF MAJOR PSYCHIATRIC DISORDERS IN PRIMARY HEALTH CARE (%)- 16 COUNTRY WHO STUDY

Integration with general health and primary care and with faith healers

INTERVENTIONS



Sartorius N et al 2001

Effective and evidence based treatment

- 50% population seek treatment for depression but only 42% of those treated received adequate treatment (Kessler et al., 2005b).
- 69% of people with schizophrenic disorders are not receiving treatment.
- Treatment gap for schizophrenia in LMIC is highest

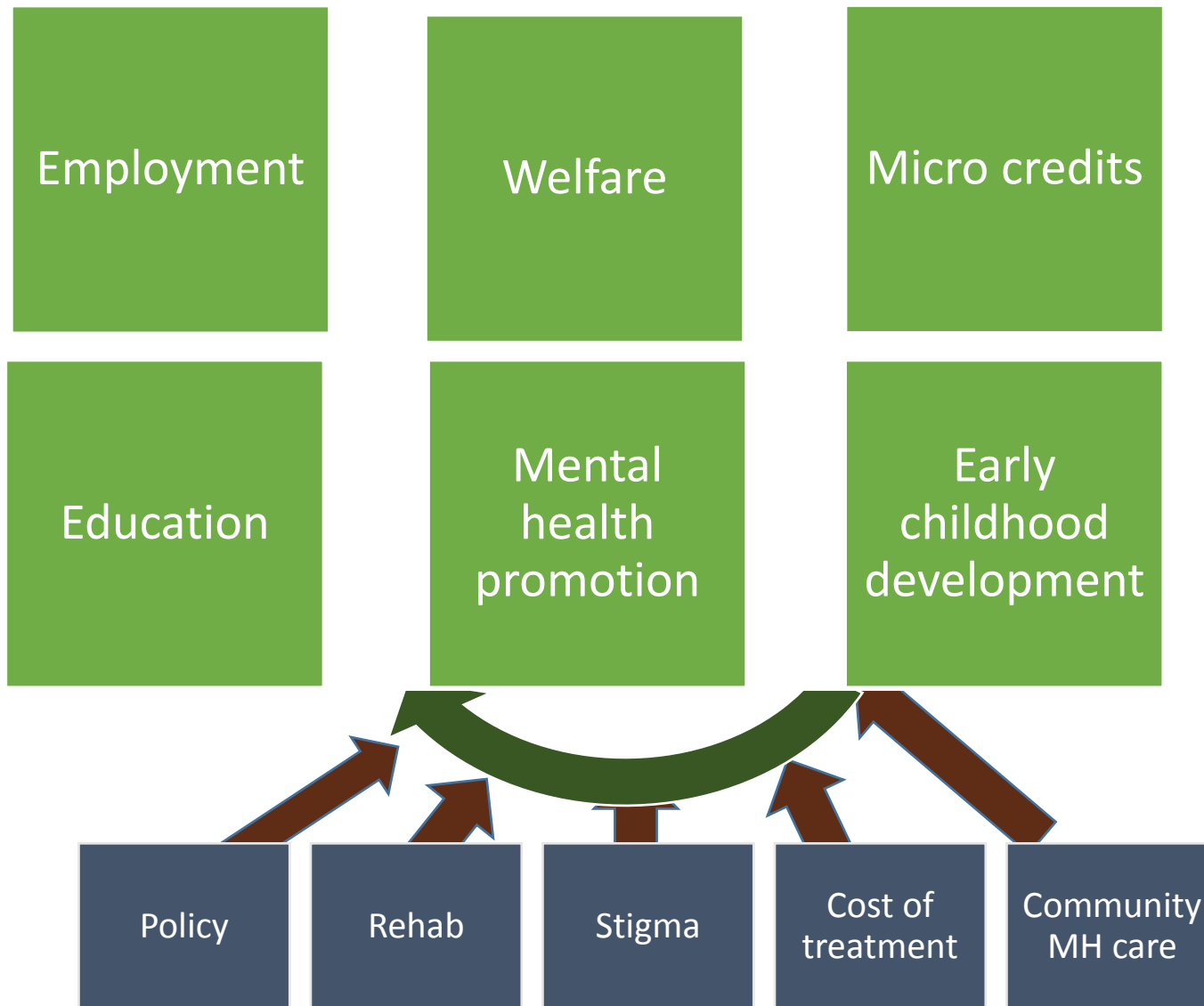


STIGMA

SPEAK UP

People hide suicide due to stigma. They do not know or believe that it can be prevented.

WAY FORWARD



MENTAL HEALTH

ACTION PLAN

2013 - 2020



World Health
Organization

MINISTERIAL ROUND TABLES 2001

54TH WORLD HEALTH ASSEMBLY



MENTAL HEALTH

A Call for Action by
World Health Ministers




World Health Organization
Geneva

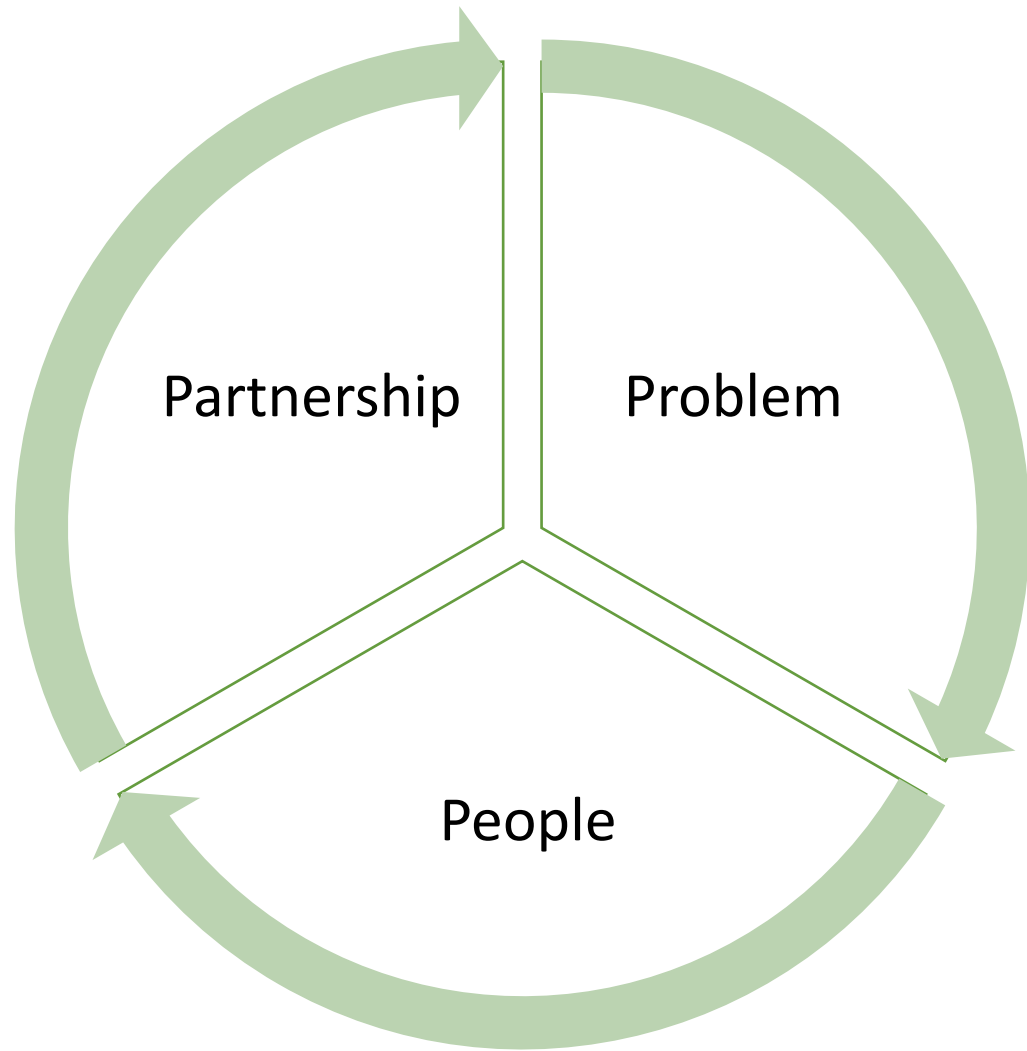


- **Poverty**
is not an accident,
 - **..Slavery and**
apartheid,
 - **can be removed...**
-
- **ACTION OF HUMAN**
RIGHT





Mental health is
too important
to be left to
mental health
professionals



Partnership

Problem

People