"Navigating the Digital Divide": Assessing the Role of Mental Health in Addressing Mental Disorders

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Abstract:

Mental health is an intrinsic attribute of an individual's health that depends upon environmental changes and peer attraction. These characteristics are influenced by social changes, environmental pressure, anxiety, and other related attributes that contribute to poor mental health. Many people have revolved themselves being a victims and finding their path to the cures has been found curable in this existing generation. Mental health awareness has been developed on public demands for enhancing the mental health of individuals in locally devised and culturally appropriate ways.

This study explores the creation and deployment of a web-based mental health assessment and referral system. The program includes self-assessment tests for several mental health issues, including OCD, depression, and anxiety. It sources the recommendation for the local psychiatrists and hospitals based on the user's location.

Keywords: Anxiety, depression, trauma, self-test, weightage.

Introduction:

An increasing number of people worldwide are afflicted by mental health conditions, Such as depression, anxiety, obsessive-compulsive disorder (OCD), and others. Even while mental health is becoming more widely recognized, many people still have difficulty finding the right kind of assistance and care. A number of things, including lack of resources, stigma, and geographic limitations, frequently prevent people from getting the treatment, they need when they need it. Given these difficulties, creative approaches that close the gap between those who are struggling with mental health issues and the resources that are accessible are desperately needed.

Amidst these obstacles, there has been a notable upsurge in the creation of digital platforms and tools designed to enhance mental health and ease the availability of mental health treatments. One such effort is the development of websites that provide self-assessment instruments for a range of mental health issues along with tailored advice on how to get professional assistance.

This research study seeks to illuminate the possible advantages and difficulties of such a website through a thorough examination of its layout, features, and user interface. It also aims to emphasize how crucial it is to use digital platforms to support mental health and ease

access to mental health services in a world growing more interconnected by the day.

According to estimates from the World Health Organization (WHO), suicide claims the lives of over 800,000 people each year, making it one of the leading causes of death worldwide. It is critical to keep in mind that suicide is a complicated issue influenced by a variety of social, psychological, cultural, and economic factors. Even though not all suicides are directly linked to mental illness, a sizable portion of those who take their own lives have underlying mental health issues, such as depression, bipolar disorder, schizophrenia, or drug addiction disorders.

Depression

The incidence, misery, dysfunction, morbidity, and financial impact of depression make it a serious public health concern. [1]

Signs of depression in kids and teenagers:

- Symptoms of depression in younger children include sadness, irritability, clinginess, anxiety, aches and pains, refusal to attend school, and under-weight.

- In addition to these symptoms, teens who experience them may also display excessive sleeping or eating, self-harm a lack of interest in routine activities, sadness, irritability, feelings of negativity and worthlessness, anger, poor academic performance or low attendance, and feelings of being misunderstood and highly sensitive.

Signs of depression in senior citizens:

- Distortions in personality or memory issues

- Physical aches or discomfort

- Lack of desire for sex, exhaustion, loss of appetite, trouble sleeping, or other symptoms unrelated to a medical condition or medicine

- Frequently choosing to remain indoors rather than venture outside to socialize or attempt new things

- Feelings or thoughts of suicide, especially in older males

Cures of depression:

Cognitive behavioral therapy can potentially teach individuals new ways of thinking, adjusting, or relating to others. They could include both professional talk therapy and lay therapists under supervision. Both in-person and online talk therapy are available. Self-help books, applications, and websites can all be used to get psychological therapy.
The following are some effective psychological therapies for depression:

- Behavior stimulation

- The use of cognitive behavioral therapy

- Treatment for problem-solving in interpersonal psychotherapy.

A recent World Health Organization research states that 56 million Indians, or 4.5% of the population, suffer from depression. [2]

Anxiety

The primary causes of neurotic disorders are stress, an individual's usually maladaptive reaction to stress, and their vulnerability to anxiety. It's interesting to notice that stress and coping are strongly correlated with sociocultural characteristics. [3]

Signs of Anxiety:

- Difficulty focusing or reaching a decision
- Feeling anxious, agitated, or restless feeling sick to your stomach or suffering nausea
- Experiencing palpitations in the heart
- Sweating, trembling, or shivering in bed experiencing fear, panic, or a sense of imminent disaster.

Cures of Anxiety:

Psychotherapy, often known as counseling, helps you control your emotional response to the illness. A

mental health practitioner goes over ways to improve your understanding of and management of the illness. Techniques include:

Cognitive behavioral therapy, or CBT, is the type of psychotherapy most frequently used to treat anxiety disorders. For anxiety, cognitive behavioral therapy (CBT) assists in recognizing the ideas and behaviors that set off uncomfortable feelings. You then proceeded to modify them.

Treating the underlying issues that underpin anxiety disorders is the aim of exposure therapy. It pushes you to take part in things that you might have been putting off. Your therapist may combine imagery and relaxation techniques with exposure therapy. Currently, it is estimated that 4% of individuals globally suffer from an anxiety problem. Of all mental disorders, anxiety disorders are the most common, accounting for 301 million cases globally in 2019. Even though there are very effective therapies available for anxiety disorders, just around one in four people who require them (27.6%) get any form of care. [4]

Obsessive compulsive disorder(OCD)

OCD is characterized by time-consuming, distressing thoughts (obsessions) and ritualistic, repetitive behaviors (compulsions) that substantially impair functioning and/or create distress. The beginning of an obsession almost often corresponds with a sharp increase in anxiety and distress. Compulsions that follow help to lessen the related stress and anxiety. Ideas that are forbidden (e.g., violent or sexual), the need for symmetry, exactness, and order, the urge to confess or seek confirmation, and worries of contamination are examples of common obsessions. Common compulsions include cleaning/washing, checking, counting, repeating, straightening, ritualized activities, praying, confessing, seeking approval, caressing, tapping, or rubbing, and avoiding situations. [5]

Signs of OCD:

- Anxiety about filth or contamination.

- Doubting and struggling to cope with the unknown.

- The requirement for balance and order.

- Frightening or aggressive ideas about letting go and hurting someone or oneself.

- Undesirable ideas, such as violence or discussions about religion or sex.

Cures of OCD:

- Drugs and/or CBT (Cognitive Behavior Therapy). More specifically, the most effective treatments are either an exposure and response prevention (ERP) form of cognitive behavioral therapy (CBT), which has the strongest evidence to support its use in the treatment of OCD, or a class of medications known as serotonin reuptake inhibitors, or SRIs.

- In an outpatient setting, a licensed mental health professional—such as a psychologist, social worker, or mental health counselor—usually conducts exposure and response prevention. Only licensed medical professionals may administer medication.

- An expert, preferably a psychiatrist or your doctor, who would work with your therapist to develop a treatment plan. This suggests that you have scheduled appointments with your therapist one or more times per week.

Over 500,000 Australians suffer from obsessive compulsive disorder (OCD), an anxiety illness that affects two to three percent of the population. [6]

Schizophrenia

One mental disorder that persists is schizophrenia. It causes a broad range of psychological issues. Psychosis has a subtype known as schizophrenia, according to medical professionals. This suggests that individuals might not always be able to distinguish between their own ideas and thoughts and the real world.

Signs of schizophrenia:

- Delusions: odd convictions unfounded on fact.

- Hallucinations: perceiving or hearing sounds that are not real or exist elsewhere.

- Perplexing speech and thinking resulting from hallucinations or delusions

- Feeling detached from your emotions or sentiments

- Losing interest in daily activities

- A lack of desire to tend to your needs and well-being, such as disregarding personal hygiene

- A desire to stay away from others, especially friends

- Schizophrenia patients do not have dual personalities.

Cures of schizophrenia:

- Individualized therapy and medication are typically used to treat schizophrenia.

- Usually, this involves cognitive behavioral therapy (CBT) and antipsychotic drugs.

- A community mental health team can offer continuing assistance and therapy tailored to each patient's specific needs when caring for someone with schizophrenia.

- The majority of people with schizophrenia recover, while relapses—when symptoms return—are possible.

Schizophrenia affects about 24 million people globally, or 1 in 300 people (0.32%). This frequency is 1 in 222 (0.45%) among adults. [7]

About 50% of patients at mental health institutes suffer from schizophrenia. Only 31.3% of psychotic individuals receive specialized mental health care. [7]

Proposed model vs Existing system:

Upcoming Mental health diagnosis websites have a future scope in many aspects which includes human involvement for examining the basic need which an individual required.
As the connectivity of people is increasing through the internet the website may play a vital role in reaching those people who needs to get their mental state addressed.

Mobile devices are becoming more and more common, and they present creative ways to help people with mental illnesses. The transition from traditional information distribution channels to mobile technology has occurred very swiftly, and smartphones and tablets are incredibly popular all around the world. However, the proportion of adults who use the Internet on a regular basis is still growing.

In future Artificial Intelligence could be implemented in these websites. Artificial intelligence can provide several features and functionalities. AI can be specialized to communicate with people having different mental health issues.

- 24/7 support

- People may find comfortable to interact with.

- It can diagnose early stage disorder by its on.

My upcoming proposed model provides self-test assessments. Based on those assessments evaluation of the mental health is determined.

The rate of mental faculties is directly proportional to the average scaling evaluated in the self-test by individuals.

Proposed model	Existing system
1) Personally Human consultation.	Online consultation.
2) Globally available	In limited areas

3) No personal recommendation	Recommended by the websites

In the table point 1 explains that:

Individuals can interact one-on-one with a human adviser through the suggested model's personally human consultations. On the other hand, the current system depends on online consultations, which are impersonal and might not fully meet each individual's specific needs.

In the table point 2 explains that:

The suggested model seeks to be internationally accessible, allowing users to access its services from any location in the globe. However, the current system is only accessible in a restricted area, which may prevent people who live outside of these zones from getting the help they require.

In the table point 3 explains that:

The suggested model makes recommendations in addition to using suggestions from websites and algorithms. The current method, on the other hand, might rely on suggestions made by websites or algorithms, which might not have the same depth and wisdom as human connection.

Conclusion:

This study highlights how important technology is to the democratization of mental health services. It highlights how important it is to use digital platforms to close the gap between those who are experiencing mental health problems and the resources that can help them. There is an urgent need for creative solutions to increase accessibility to mental health treatments due to the rising global prevalence of mental health illnesses. The proposed model features a web-based mental health screening and referral system. This concept seeks to enable people to take proactive measures towards addressing their mental health difficulties by giving customized suggestions for local psychiatrists and hospitals, as well as self-assessment exams for a range of mental health conditions.

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