

## Mental Health Awareness Practice Ibanez GA\*

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### Editorial Note

The prevalence of mental health disorders has existed since many ages but in vain. The concept of mental health has been side-lined throughout many years. According to the World health organization report 2005, 450 million people are globally affected by the mental health disorders which account for about 13% to the Global Disease burden [1]. The WHO deems that 5 of the 10 pathologies of greatest concern in the 21st century comprise mental disorders caused by the use of psychoactive substances, major depressive episodes (MDE), schizophrenia, bipolar disorders, and obsessive-compulsive disorders. Socio-economic circumstances have also been known to be associated with the health and mental health disorders since the end of the 19<sup>th</sup> century [2]. Older patients were more affected with the sleep disorders while the young patients were often into the substance abuse disorders mainly due to unemployment or work-related stress. People with hard labor, social problems, long working hours or important responsibilities could preferentially be affected by the sleep disorders. Ibanez G et al. in the study described about the mental health disorders in France [3]. According to the WHO World Mental Health survey, France was one of the countries with the highest rates of DSM/CIDI diagnoses including high rates of anxiety and mood disorders [4]. France also reported to be one of the countries with the highest suicide cases [5]. In the study, participants were collected from the patients who consulted their general practitioner. 20,613 patients were included in the study. Univariate and multivariate analyses were conducted using logistic regression analyses. Results concluded

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mental disorders with a frequency of 17.6% [95% CI: 17.1-18.1]. Among them, the major disorders observed among the patients included sleep disorders, substance abuse disorders, anxiety disorders and depressive disorders. Mental health disorders are amongst the common reasons for consultation in general practice. Public healthcare services need to diligently address the significant burden that these disorders represent, to find and be able to handle specific healthcare requirements. Efforts to increase awareness should also be promoted among the general population in order to reduce the fears associated with being unable to talk about it, or due to stigmatization when engaging with their health care provider and thus allowing a patient friendly environment.

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