

Global Mental Health: Burden, Solutions, Strategies

Rajesh Kumar

Department of Psychiatry, Indian Institute of Medical Sciences, Bengaluru, India

Corresponding Authors*

Rajesh Kumar
Department of Psychiatry, Indian Institute of Medical Sciences,
Bengaluru, India
E-mail: rajesh.kumar@iims.ac.in

Copyright: 2025 Rajesh Kumar. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01-Jul-2025; **Accepted:** 08-Aug-2025; **Published:** 08-Aug-2025

Introduction

This systematic review and meta-analysis investigated the prevalence of mental health problems and psychological well-being among young adults globally. The findings indicate a significant burden of mental health issues, with depression and anxiety being particularly common. It emphasizes the need for targeted interventions and mental health support services for this demographic, highlighting specific regional variations and risk factors[1].

This systematic review and meta-analysis evaluated the effectiveness of digital mental health interventions for improving mental health in young people. It concluded that these interventions can be effective, particularly for reducing symptoms of anxiety and depression, and are a promising avenue for increasing access to mental health care. However, it also noted areas for further research regarding long-term efficacy and engagement[2].

This systematic review and meta-analysis assessed the effectiveness of interventions aimed at reducing mental health stigma among healthcare students and professionals. The findings suggest that educational and contact-based interventions can effectively reduce stigmatizing attitudes and improve knowledge, underscoring their importance in fostering more supportive healthcare environments[3].

This systematic review and meta-analysis quantified the global prevalence of depression and anxiety disorders during the COVID-19 pandemic. It revealed a substantial increase in the prevalence of these conditions, with women and younger individuals disproportionately affected. The study highlights the profound mental health consequences of the pandemic and the urgent need for global mental health support[4].

This systematic review examined structural and functional MRI studies to elucidate the neurobiological underpinnings of major depressive disorder (MDD). It identified consistent alterations in brain regions involved in

emotion regulation, reward processing, and cognitive control in individuals with MDD, contributing to a better understanding of the disorder's complex pathophysiology[5].

This scoping review synthesized systematic reviews on global trends in child and adolescent mental health. It revealed increasing prevalence rates of various mental health disorders among young people worldwide and highlighted significant gaps in prevention, early intervention, and treatment, emphasizing the urgent need for comprehensive mental health strategies for this population[6].

This systematic review and meta-analysis investigated the effectiveness of preventive mental health interventions implemented in schools. It found that school-based programs can significantly improve student mental health outcomes, particularly in reducing symptoms of anxiety and depression and enhancing psychological well-being. The findings support the integration of preventive mental health strategies into educational settings[7].

This article explores the intricate bi-directional relationship between sleep and mental health. It highlights how sleep disturbances can contribute to the development and exacerbation of mental health conditions, while mental health disorders can also disrupt sleep patterns. The discussion underscores the importance of addressing sleep hygiene as a critical component of mental health care and prevention[8].

This systematic review examined the social determinants of mental health in early life. It identified various social factors, including socioeconomic status, family environment, community support, and access to resources, that significantly influence mental health outcomes from infancy through adolescence. The findings stress the need for broad public health initiatives addressing these determinants to promote early mental well-being[9].

This systematic review and meta-analysis evaluated the effectiveness of trauma-informed care training on mental health outcomes. It concluded that such training can significantly improve knowledge, attitudes, and skills among professionals, leading to better mental health outcomes for individuals who have experienced trauma. The study supports the widespread implementation of trauma-informed approaches across various service settings[10].

Description

There's a significant global burden of mental health issues, particularly affecting young adults, where depression and anxiety are remarkably common [1]. The prevalence of mental health disorders among young people worldwide is increasing, highlighting critical gaps in prevention and treatment strategies [6]. The COVID-19 pandemic notably increased the global prevalence of depression and anxiety, with women and younger individuals experiencing a disproportionate impact. This underscores the profound mental health consequences of such global events and the urgent need for

support [4].

Digital mental health interventions offer a promising pathway to improve mental health in young people, proving effective in reducing symptoms of anxiety and depression and enhancing access to care [2]. Similarly, school-based preventive mental health interventions can significantly improve student outcomes, supporting their integration into educational frameworks to foster psychological well-being [7]. Furthermore, trauma-informed care training significantly improves the knowledge, attitudes, and skills of professionals, leading to better mental health outcomes for those who have experienced trauma, advocating for its widespread adoption across service settings [10].

Efforts to reduce mental health stigma among healthcare students and professionals through educational and contact-based interventions have shown effectiveness. These initiatives are essential for cultivating more supportive healthcare environments [3]. Beyond clinical settings, social determinants play a crucial role in early life mental health. Factors like socioeconomic status, family environment, community support, and access to resources are influential from infancy through adolescence. This indicates a strong need for public health initiatives that tackle these foundational determinants to promote early mental well-being [9].

Understanding the neurobiological aspects of major depressive disorder reveals consistent alterations in brain regions crucial for emotion regulation, reward processing, and cognitive control. This provides insight into the disorder's complex pathophysiology [5]. The intricate, bi-directional relationship between sleep and mental health also stands out. Sleep disturbances can contribute to and worsen mental health conditions, while mental health disorders can disrupt sleep patterns. This emphasizes that addressing sleep hygiene is a critical element of comprehensive mental health care and prevention [8].

Conclusion

Recent research highlights a significant global burden of mental health issues, particularly among young adults, with depression and anxiety being common. The COVID-19 pandemic further exacerbated this, leading to a substantial increase in these conditions, disproportionately affecting women and younger individuals. Digital mental health interventions show promise for improving mental health in young people by reducing anxiety and depression symptoms, thereby increasing access to care. Efforts to reduce mental health stigma among healthcare professionals, through educational and contact-based interventions, prove effective in fostering supportive environments. The neurobiological basis of major depressive disorder involves consistent alterations in brain regions vital for emotion regulation, reward processing, and cognitive control. Early life experiences, including socioeconomic status, family environment, and community sup-

port, are identified as crucial social determinants of mental health. Furthermore, school-based preventive interventions can significantly enhance student well-being. The intricate relationship between sleep and mental health emphasizes the need to address sleep hygiene in care, as disturbances contribute to and are disrupted by mental health conditions. Trauma-informed care training for professionals has also been found to improve outcomes for individuals with trauma, advocating for its widespread implementation. Overall, these studies underscore the urgent need for comprehensive strategies across various sectors to address mental health challenges globally, from prevention and intervention to reducing stigma and understanding underlying mechanisms.

References

1. Sun M, Liu Y, Liu P. Prevalence of mental health problems and psychological well-being among young adults: a systematic review and meta-analysis. *BMC Psychiatry*. 2024;24:172.
2. Lau R, Chu KMY, Poon ANY. Effectiveness of Digital Mental Health Interventions for Improving Mental Health Among Young People: A Systematic Review and Meta-analysis of *Randomized Controlled Trials*. *J Adolesc Health*. 2022;70:736-745.
3. Henderson C, Brohan E, Morant N. Effectiveness of interventions to reduce mental health stigma in health care students and professionals: a systematic review and meta-analysis. *Lancet Psychiatry*. 2021;8:147-161.
4. Santomauro DF, Mantilla Herrera AM, Colledge S. Global Prevalence of Depression and Anxiety During the COVID-19 Pandemic: A Systematic Review and Meta-analysis. *Lancet*. 2021;398:1718-1729.
5. Peng M, Hu C, Li S. Neurobiological underpinnings of major depressive disorder: a systematic review of structural and functional *MRI studies*. *Transl Psychiatry*. 2023;13:290.
6. Patel V, Tarver WL, Pringle B. Global Trends in Child and Adolescent Mental Health: *A Scoping Review of Systematic Reviews*. *JAMA Pediatr*. 2022;176:e220526.
7. Merikangas KR, Cizek B, Kim SE. Preventive Mental Health Interventions in Schools: A Systematic Review and Meta-Analysis of *Randomized Controlled Trials*. *J Am Acad Child Adolesc Psychiatry*. 2024;63:549-562.
8. Ma Q, Xie W, Zhang Q. Sleep and mental health: a bi-directional relationship. *Curr Opin Behav Sci*. 2023;53:101235.
9. Kivelä L, Rissanen H, Eklund M. Social Determinants of Mental Health in Early Life: *A Systematic Review*. *J Affect Disord*. 2022;305:16-28.
10. Smith CM, Fraynt R, Haddock L. The Effectiveness of Trauma-Informed Care Training on Mental Health Outcomes: A Systematic Review and Meta-Analysis. *Community Ment Health J*. 2022;58:1205-1219.