



Impact of physical wellness on mental health

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Abstract:

Mental Health is a major public health problem faced by most developing countries. Globally, mental, neurological and substance use disorders account for more than 10% of the global disease burden. The lost productivity resulting from depression and anxiety, two of the most common mental disorders, cost the global economy US\$ 1 trillion each year. In low- and middle- income countries, more than 75% of people with mental disorders receive no treatment at all for their disorder .

The objective of the analysis is to develop an intervention that will lead to an improvement in mental health by making small changes in the physical health of people. We evaluated the impact of physical wellness on mental health by identifying selected mental disorders including depression, anxiety and stress, to determine whether the process of change in physical fitness was meeting the objective of improving mental health. Physical fitness parameters that we looked at included weight , BMI , blood sugar , diet and sleep . We propose to use heart rate as parameter for measuring the change. We included heart rate as a proxy measure because there is evidence that shows that the magnitude of heart rate variability reduction correlates to the increased severity of the depression . We used a literature search to assess the impact of level of activity, diet and sleep and triangulated this data with published data on other causes of mental health issues. We also used qualitative data on perceived stress and feeling of well-being amongst the respondents. We conducted a simple correlation analysis between the cumulative physical parameters and mental health status. The analysis showed a direct correlation between the composite physical health and mental health. There is value in conducting a larger study with primary data to assess the changes in mental health parameters through active interventions, related to physical health and fitness. With the use of secondary data, we confirm our hypothesis of the impact of physical health on mental well being.



Biography

Dr. (Maj) Namita Subhash is an experienced Medical Doctor and a Positive Psychiatry Specialist. She has been working at the intersection of physical health and mental health management for over 14 years now. She combines medical treatment and lifestyle modifications to get sustained and life-long

benefit for her clients. She has worked with Indian Army, Fortune 100 companies, UN organizations and educational institutions – to provide positive psychiatry inputs for managing chronic diseases, managing complex mental health issues and increasing productivity and health outcomes within diverse organizational settings. She conducts online trainings, webinars and teleconsultations on these issues. She is passionate about providing simple and engaging solutions for mental health issues being faced by adults, adolescents and children. She is a parent of two and uses real life experiences in healthful parenting as well. Dr. Namita is active on multiple online health-care platforms and mobile health apps. She has a popular mental health podcast - “Daily Dose, by Dr. Namita Subhash” on Apple podcasts, Google-podcasts and Spotify.

Publication of speakers:

1. World Health Organization’s special initiative for mental health (<https://www.who.int/initiatives/who-special-initiative-for-mental-health>)
2. Willage B. The effect of weight on mental health: New evidence using genetic IVs. *J Health Econ.* 2018;57:113-130. doi:10.1016/j.jhealeco.2017.11.003

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