

Ascending the Mental Health Ladder

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Received: 5 August, 2022, Manuscript No. HEOR-22-75577; **Editor Assigned:** 8 August, 2022, PreQC No. HEOR-22-75577 (PQ); **Reviewed:** 23 August, 2022, QC No. HEOR-22-75577 (Q); **Revised:** 27 August, 2022, Manuscript No. HEOR-22-75577 (R); **Published:** 31 August, 2022, doi:10.37532/heor.22.8.8.6

Introduction

The Pan American Health Organization, the EU Council of Ministers, the World Federation of Mental Health, and the UK Royal College of Psychiatrists have all agreed with the WHO's statement that "no health without mental health". But suddenly, mental sickness bulks out considerably. Even though it may not be lethal in and of itself, it increasingly causes severe impairment in both wealthy and underdeveloped nations.

Mental health

Our emotional, psychological, and social well-being is all parts of our mental health. It influences our thoughts, emotions, and behaviors. Additionally, it influences how we respond to stress, interact with others, and make good decisions. Every period of life, from childhood and adolescence to maturity, is vital for mental health. Poor mental health and mental illness are not the same things, despite the fact that the phrases are sometimes used synonymously. Even if they may not have a mental disorder, a person can have poor mental health. A person with a mental disease may also go through phases of good physical, mental, and social health.

There are numerous elements that affect mental health issues, such as:

- Biological components, including DNA or the chemistry of the brain.
- Experiences with trauma or abuse in life.
- A history of mental illness in the family.
- Early traumatic events in life or a history of maltreatment (for example, child abuse, sexual assault, witnessing violence, etc).
- Experiences with other persistent (chronic) illnesses, such as cancer or diabetes.
- Biological components or brain chemical imbalances.
- Use of drugs or alcohol.
- Experiencing emotions of isolation or loneliness.

Types of Mental health disorders:

- Anxiety disorders.
- Mood disorders.
- Schizophrenia disorders.

Anxiety disorders

Anxiety is a common feeling. It's how your brain responds to stress and warns you of impending danger. They are a set of mental conditions that produce unrelenting, intense worry and fear. You may avoid activities such as work, school, family gatherings, and other social events because of your extreme anxiety because they could exacerbate your symptoms.

Mood disorders: Affective disorders and depressive disorders are other terms used to describe mood problems. These illnesses cause severe mood swings in sufferers, which are typically either mania-a period of extreme vigor and joy or sadness. A mental health problem called a mood disorder largely impacts your emotional state. They may produce long-lasting, profound grief, joy, and/or rage. Treatment for mood disorders typically involves a combination of medication and psychotherapy.

Schizophrenia disorders: Schizophrenia may include hallucinations, delusions, and severely irrational thinking and behavior, which can make it difficult to go about daily activities and be incapacitating. Schizophrenia patients require ongoing care. Schizophrenia has a biological basis and is a true illness, much like diabetes and cancer. Numerous factors have been identified by researchers that may increase a person's risk of developing schizophrenia.

Genetics (heredity): Schizophrenia can run in families, meaning that parents may pass on a higher risk of having the disorder to their offspring. Brain chemistry and neural "circuits": Schizophrenia patients may be unable to control the neurotransmitters, which regulate certain neural "circuits" that influence thought and behavior. Atypical brain structure has been discovered in persons with schizophrenia, according to research. But not everyone who has schizophrenia fits this description.

Diagnosis of mental disorders

Multiple steps must be taken in order to diagnose a mental health issue. In order to rule out any underlying physical diseases or problems that might be causing the symptoms, a doctor may start by reviewing a patient's medical history and doing a complete physical examination. Mental diseases cannot be identified by medical tests. To screen for other potential underlying reasons, doctors may however conduct a variety of laboratory procedures, including imaging scans and blood work. They'll conduct a psychological assessment as well. Inquiries regarding a person's symptoms, experiences, and how these have affected their lives are part of this process. In order to get insight into a person's thoughts, feelings, and behavioral patterns, a doctor may occasionally ask a patient to complete mental health questionnaires.

Conclusion

Psychosocial therapy- Different psychosocial treatments can help with the behavioral, psychological, social, and vocational issues that are associated with schizophrenia, while medicine may aid with symptom relief. In order to function in society and live as independently as possible, people with schizophrenia may benefit from rehabilitation that focuses on social skills and job training. Cognitive remediation is the process of learning strategies to address information processing issues. It frequently makes use of computer-based workouts, coaching, and drills to hone mental abilities including organization, planning, planning, and memory. Individual psychotherapy can assist the patient in developing coping mechanisms and problem-solving abilities while also helping them comprehend their illness. When the initial signs of schizophrenia arise, a team approach is used called Coordinated Specialty Care (CSC). It combines medical treatment and counseling with interventions in social services, employment, and education. Antipsychotics are the main class of drugs used to treat schizophrenia. Although these medications don't treat schizophrenia, they do help with its most distressing symptoms, such as delusions, hallucinations, and cognitive difficulties. Maintaining the mental health routine exercise, Maintain hydration and eat a balanced diet, attempt to get quality rest, exercise relaxation techniques, embrace gratitude, dispute bad ideas, observe wholesome social interactions.