

07/06/2021



The National Mental Health Research Agenda 2019

Lucita S. Lazo
Lourdes Ladrido-Ignacio MD

World Association for Psychosocial Rehabilitation



Youth MH Congress

World Association for Psychosocial Rehabilitation

- **Funded by the Philippine Council for Health Research and Development in 2018-2019**
- **Principal Investigator:**
LUCITA S. LAZO, President, WAPR'
- **Co-investigator:**
LOURDES LADRIDO-IGNACIO,
Founding President ,WAPR &
UP -Professor Emeritus in Psychiatry



Principles

Process

Priorities

Principles



Principles

- Mental health is a global public good.
- Mental health problems exist along a continuum.
- Mental health is a product of unique social and environmental influences.
- Mental health is a fundamental human right.

Process

Review of
Literature

- 732 articles

Multi-
stakeholder
Consultation

- Policy makers/impl ementers
- Service providers & users'

Focus Group
Discussions

- Expert groups

6/7/2021

7

MH Research Priorities

Youth MH Congress

Outcome 1: Improved Mental Health Information System



Prevalence studies and risk factors Illness-related studies:

- Suicide and non-suicidal self-injury, depression and anxiety disorders, including Posttraumatic Stress Disorder (PTSD), psychosis (acute states and early intervention, chronic states unreached, and untreated)
- Psychosocial problems associated with extreme life experiences like disasters (natural/human induced) and violence (individual and community, terrorism)
- Substance abuse, co-morbidity with mental disorders
- Mental health problems among special sectors like children survivors of abuse, armed conflict, in conflict with law, LGBT (lesbian, gay, bisexual, transgender) groups affected by HIV (human immune deficiency virus), groups affected by chronic non-communicable diseases, overseas workers and their families left behind, women in special circumstances of violence, gender inequality, single parenthood, the elderly left behind or suffering from increasing prevalence of dementia

Risk Factors and Determinants for Mental Disorders and Mental Health Problems

- Biological Markers and genetic studies
- Social Determinants for mental disorders:
 - social class and social disadvantage, income inequality
 - unsafe neighborhoods subject to violence, inadequate housing
 - climate change and pandemics
 - effect of technology on mental health, internet addiction

Social Burden of Mental Health Problems

- Social and economic outcome data, including levels of educational achievement, housing, employment, and income among persons and their families suffering from mental health problems and mental disorders
- Quality of life of persons and families with mental disorders
- Psychosocial disability among persons with mental health problems from diverse populations, (ex: rural-urban settings) areas vulnerable to extreme life experiences, climate change, etc.

Social burden of MH Problems

- Attitudes at individual and community level towards persons and their families with mental health problems
- Stigma and other prevailing beliefs in the community about mental health problems/mental disorders
- Levels and determinants of mental health help seeking behavior

Evaluation Studies and Action Research

- Studies on “what works and what does not work” for specific mental health /mental disorders at individual/ community or institutional levels
- Mental health interventions relevant and appropriate to the Philippine setting

Outcome 2: Strengthened Leadership and Governance

Mental Health Literacy

- Mental health literacy of local government officials, attitudes toward decentralization of services and integration of mental health services in the local health service, acceptance by local councils to provide financial/material support to integrated mental health service
- Mental health education of the public, a baranganic approach

Mental Health Education

- Define stigmatization in Philippine communities, understand local beliefs about mental disorders/health problems leading to stigmatization, reducing impact of stigmatization
- Knowledge, skills, and attitudes of local authorities and health workers toward mental healthcare and its integration to general healthcare delivery
- Training and capacity building methodology for health workers in the community; assessment and contextualization

Community Mental Health Program and Services

- Factors to a sustained community mental health program: the integration of mental health in primary health care, the development of a referral system with mental health specialists, collaboration with other sectors with mental health-related programs at the local level, the use of digital technologies, like telepsychiatry
- Map mental health services and programs in the community, determine the effectiveness, accessibility, responsiveness, and other factors affecting implementation
- Determine criteria for accrediting community mental health facility
- Examine the constraints and challenges for the mental health system such as the shortage and inadequacy of human resources to implement community mental
- Study the financial sustainability of mental health programs, i.e. cost expansion of PhilHealth packages to outpatient care and provision of medications, inclusion of mental health in the universal health care coverage

Outcome 3: Accessible, Affordable, Responsive, Holistic Mental Health Services

Inventory of Mental Health Services

- Inventory of community-based health facilities and the linkages to psychiatric hospitals/wards and integrated primary mental healthcare services in the community
- Barriers to accessibility of mental health services:
 - » Stigma, indigenous beliefs, and practices
 - » Lack of awareness of the capacity of community health workers to deliver mental healthcare in the community
 - » Prevalence of mental health problems/disorders among patients consulting in health centers
- Epidemiologic studies, using population surveys or key informants, to determine prevalence of untreated, unreached persons with mental disorders; strategies for reaching them
- Deinstitutionalization: shifting from predominantly mental hospital-based mental health care to strengthened community mental health care

Access to medicines and telemedication

- Installation of helpline or crises centers for mental and psychosocial problems in the community and monitoring their effectiveness
- Accessibility to medications; easing up procurement processes
- Collaboration/coordination with local non-health professionals with mental health-related programs; employment opportunities, protection for women and children
- Knowledge, skills, and attitudes of municipal/barangay health workers on mental healthcare integrated in the daily health care activities
- Strategies to establish and develop referral network with specialists, other sectors for collaboration and coordination of social support for patients and families to maximize recovery

Crosscutting Issues in MH research Agenda

- **Emphasis on Promotion of MH and Wellbeing**
- **Cultural Relevance and Appropriateness**
- **Task Sharing**
- **Life Course Perspective**

Crosscutting Issues in MH Research Priorities

Promotion of MH and Wellbeing

Life Course Perspective: positive psychology,
child rearing and parenting

Studies on Brain Health

Resilience and Coping

Education as the prime mover of personality
development

Awareness of Cultural Background

Culture sensitive interventions

Help seeking behavior among Filipinos

Task Sharing : MH is everyone's business

Competency standards in Mental health care.

A vibrant sunflower field under a bright blue sky with a sunburst effect. The sun is shining brightly, creating a starburst pattern. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The background is a clear blue sky with some light clouds.

*Out of the Shadows
into the Sunshine.*

Thank you...
for taking the journey with us