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Improving Mental Health Literacy Strategy to Facilitate Early Intervention for Mental Disorders

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DESCRIPTION

Academic literature review of the 5,170 papers identified in the search, 95 papers met the inclusion criteria and were thematically analyse determinants were identified and grouped into four levels: Individual, unit, community, and society. The review additionally found that the socio-ecological Model and resilience frameworks, like the Resilience Activation Model, were the most common frameworks for describing public mental health in the published literature. Grey literature review: We extracted 27 full-text reports, as identified by scoping internet searches, expert consultation, and snowball citation tracking supplement a for full reference list of extracted reports and for excerpt from data extraction form of the reports were from the UK and were from international organizations, including the World Health Organization. Most of the reports focused on the general population with some focusing on population subgroups, including children, young people, adults, and older adults. The grey literature search identified determinants were similar to those identified in the academic review, and were unique determinants including family structure, migration, nature and ecotherapy, exam stress in students, artificial intelligence, and life transitions. Public mind maps: Mind maps were created both by peer researcher and by public participants at an in-person workshop. The mind maps identified determinants, including many which were similar to those in the academic and grey literature searches as well as several additional determinants. Notably, the public mind maps identified a range of personal traits and attributes that were not captured in the academic and grey literature reviews, including self-esteem, self-compassion, Potential determinant list for in-person workshop. The research team reviewed the lists generated by these three sources and identified areas of overlap and divergence. There was substantial overlap between these sources, with many determinants appearing in all three, including income, employment, housing, education, trauma and adversity, resilience, social networks, social inclusion, built environment, neighbourhood deprivation, policies and laws, political structures, discrimination and stigma, media and social media, and social expectations and norms. There were also several areas where the three sources diverged. As noted above, the public mind maps identified several determinants that had not appeared in the other two sources. The sources also differed in terms of the nuanced detail included in each determinant. For example, employment was identified in all three sources as an important determinant of public mental health, but it was described differently in each. In the academic review, job security, unemployment, and underemployment were identified. The grey literature search included unemployment and underemployment, but also added occupational position and work environment. The public mind maps identified having a job, fair conditions, job suitability, job satisfaction, work-life balance, and work environment. Similarly, while the grey literature review identified education and school environment as determinants of public mental health, the public mind maps explored aspects of education, including accessibility, inclusion, quality, and completion, in addition to the educational environment. The mind maps also drew out the importance of access to amenities, health promoting activities, and health and social care. This emphasis on the availability and accessibility of services was missing from the grey literature and only partially captured in the academic search. There were several specific determinants identified in the academic review that were much broader in the other sources.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The author declares there is no conflict of interest in publishing this article.