

RESEARCH ON THE PREVALENCE OF MENTAL DISORDERS WORLDWIDE

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Introduction. Mental health care is one of the main components of national security and well-being of a state. It has been scientifically proven that the state of mental health is linked to the social context in which an individual exists. The need for mental health care increases during war and pandemics.

Aim. Research on the prevalence of mental disorders in the world

Material and methods. The research materials are WHO data and scientific articles. Systematization, comparison, generalization, structural, logical, and statistical methods of analysis were used in the research process.

Results and discussion. The WHO report explains that mental disorders are typically accompanied by discomfort or functional impairment in key areas and are characterized by a severe disturbance in a person's cognition, emotional control, or behavior. Each disorder has specific symptoms and treatment options, including medication and psychotherapy. Anxiety and depression are the most common disorders, with 970 million people around the world living with a mental disorder in 2019. According to the WHO's report, the following Table 1 shows the most prevalent diseases and their symptoms.

Table 1. Prevalence, symptoms and causes of most common mental disorders

Disorder	Prevalence	Symptoms	Causes
Depression	Affects 264 million people	Sadness, loss of interest, fatigue, changes in sleep and appetite	Genetics, life events, chemical imbalances in the brain
Anxiety	Affects 284 million people	Excessive worry, fear, and avoidance of triggers	Genetics, life events, chemical imbalances in the brain

Bipolar disorder	Affects 60 million people	Extreme mood swings, energy levels, and activity	Genetics, life events, chemical imbalances in the brain
Schizophrenia	Affects 20 million people	Delusions, hallucinations, disordered thinking and behavior	Genetics, life events, chemical imbalances in the brain
Obsessive-compulsive disorder (OCD)	Affects 1 in 40 people	Obsessive thoughts, compulsive behaviors	Genetics, life events, chemical imbalances in the brain
Attention-deficit/hyperactivity disorder (ADHD)	Affects 5-7% of children, 2.5% of adults	Inattention, hyperactivity, impulsivity	Genetics, environmental factors, brain development
Post-traumatic stress disorder (PTSD)	Affects 7-8% of people at some point in their lives	Flashbacks, nightmares, avoidance of triggers	Trauma, genetics, brain chemistry
Eating disorders	Affects 9% of women and 3% of men	Distorted body image, disordered eating behaviors	Genetics, life events, cultural factors, media influence

Share of the population with any mental health disorders in 2019 is presented in Fig 1. In the map we see that mental and substance use disorders are common globally: around 1-in-7 people (15%) have one or more mental or substance use disorders. The biggest prevalence in Iran (18.02%), Australia (17.56%) and New Zealand (17.20%); the lowest – in Vietnam (9.11%), Brunei (9.56%) and Japan (9.69%).

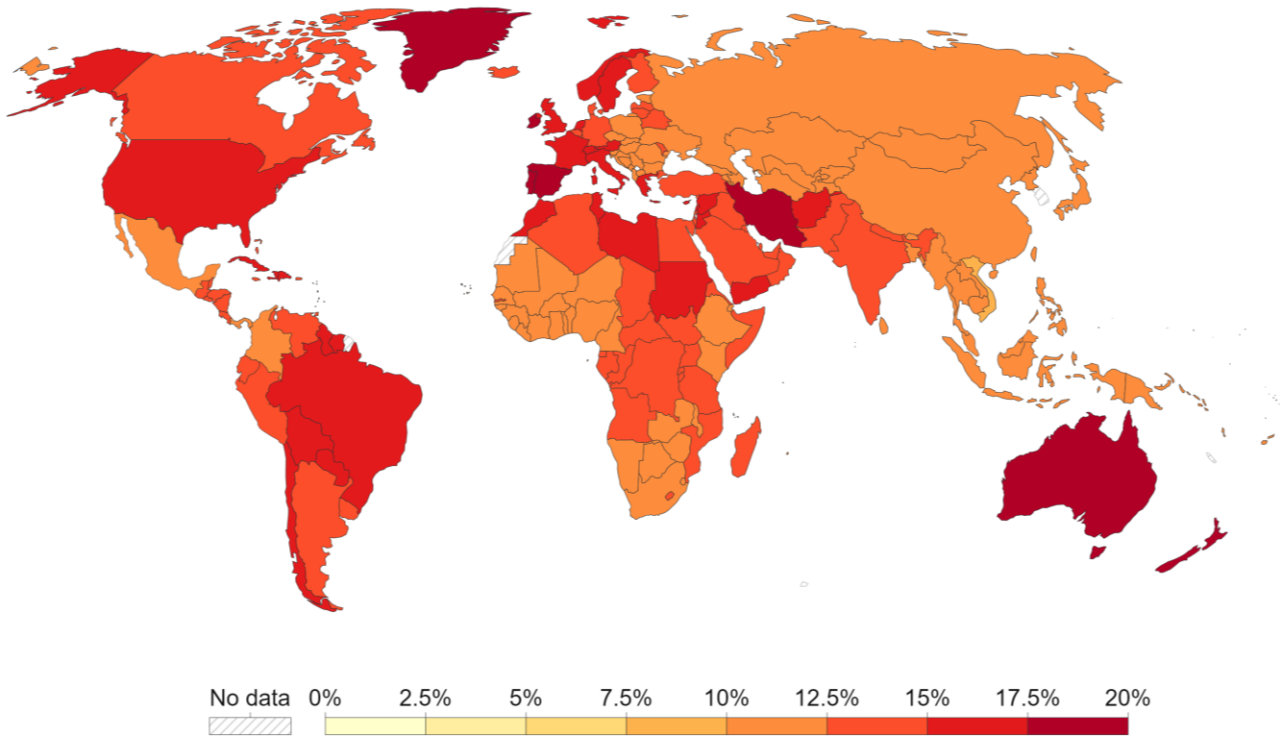


Fig 1. Share of population with any mental health disorders

Conclusions. Around 1-in-7 people globally (11-18 percent) have one or more mental or substance use disorders. The true prevalence of mental health disorders globally remains poorly understood. Diagnosis statistics alone would not bring us close to the true figure — mental health is typically underreported, and under-diagnosed. If relying on mental health diagnoses alone; high-income countries would likely show significantly higher prevalence as a result of more diagnoses.