World Congress on
Mental Health

November 13-14, 2019 | London, UK

Scientific Tracks & Abstracts

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Sessions

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Session Chair
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Cardiff University, UK

Session Co-Chair
Pat Mungroo
University of East London, UK

Session Introduction

Title: **Caregiver burden in families of people With mental illness linked to the day hospital program of a tertiary institution in the city of Cali (Colombia)**

Lenis Judith Salazar Torres, University of Valle, Colombia

Title: **Predicting depression from quality of life in school, automatic negative thoughts and anger management of upper–secondary school students**

Somchai Teaukul, Saint Louis College, Thailand

Title: **Predicting depression from quality of life in school, automatic negative thoughts and anger management of upper–secondary school students in Bangkok area**

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Title: **Mental health benefits of fish consumption**

Abdul Hei, Lilong Haoreibi College, India

Title: **Relationship between insight and cognitive dysfunction among patients with schizophrenia**

Shikha Goel, Government medical college and hospital, India

Title: **The relationship between the level of readiness for forgiveness and mental health**

Vasilieva Olga Semenovna, Southern Federal University, Russian Federation

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Mental Health 2019

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Caregiver burden in families of people with mental illness linked to the day hospital program of a tertiary institution in the city of Cali (Colombia)

Lenis Judith Salazar Torres
University of Valle, Colombia

Objective: To establish the occurrence of the caregiver syndrome in caregivers of people with mental illness linked to the Day Hospital program of a third level institution in the city of Cali.

Materials and methods: A cross-sectional, observational, descriptive study was carried out to evaluate the occurrence of the burden syndrome in 70 caregivers of people with mental illness, through interviews and the formal application of the Zarit scale and the WHO-DAS questionnaire 2.0.

Results: It was established that 68.6% of the participating population presented some level of burden, the profile of the caregiver corresponds to women, over 55 years old, mother, belonging to the subsidized health system, with low income, and which on average has been exercising the role of caregiver for at least 12 hours a day for 8 years. The longtime of dedication to the activities of the role and the level of demand resulting from the degree of disability of the person being cared for appear as associated factors in the developing of higher levels of burden for the caregiver. A factor to consider in the implementation of intervention and research processes is linking the caregiver as a key agent in the improvement of the quality of life of people with mental illness.

Biography

Lenis Judith Salazar Torres is an Occupational Therapist, community development specialist, Mg in Neuropsychology, with experience in university teaching in the psychosocial / mental health area - University of Valle- School of Health-School of Human Rehabilitation. Participating as a teacher in graduates and courses for health and education teams in addressing the prevention, treatment and rehabilitation of people who consume psychoactive substances.

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Predicting depression from quality of life in school, automatic negative thoughts and anger management of upper–secondary school students in Bangkok area

Somchai Teaukul

Saint Louis College, Thailand

The purpose of this correlational research was to find the predictive ability of quality of life in school, automatic negative thought, and anger management on depression of adolescence in the upper-secondary school students in Bangkok area under the management of the Office of the Basic Education Commission (OBEC) in the Bangkok area 1 in the academic year of 2017. Four hundred subjects were obtained by stratified random sampling method. Data collection was done using 1) personal information, 2) the quality of life in school inquiry, 3) the Children's Automatic Thoughts Scale, 4) the anger management inquiry, and 5) Health-Related Self Report (HRSR) -The Diagnostic Screening Test for Depression in Thai Population. Data was analyzed in terms of percentage, mean, standard deviation, Pearson correlation coefficient and multiple regression-forward.

It was found that there were two independent variables which co-predicted the changes of depression score by 32.3 percent at $p < .05$ level. The most powerful predictor was the automatic negative thoughts and the second one was the anger management- 'anger control out'. The quality of life in school and the anger management- 'anger control in' were rejected from the equation.

Biography

Somchai Teaukul is currently working as a Graduate Program in Applied Psychology Executive Committee, Undergraduate Program in Clinical Psychology Division, Executive Committee Supervisor.

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Predicting depression from quality of life in school, automatic negative thoughts and anger management of upper–secondary school students in Bangkok area

Rassarin Raveephattanatangsi

Chitralada School, Thailand

The purpose of this correlational research was to find the predictive ability of quality of life in school, automatic negative thought, and anger management on depression of adolescence in the upper-secondary school students in Bangkok area under the management of the Office of the Basic Education Commission (OBEC) in the Bangkok area 1 in the academic year of 2017. Four hundred subjects were obtained by stratified random sampling method. Data collection was done using 1) personal information, 2) the quality of life in school inquiry, 3) the Children's Automatic Thoughts Scale, 4) the anger management inquiry, and 5) Health-Related Self Report (HRSR) -The Diagnostic Screening Test for Depression in Thai Population. Data was analyzed in terms of percentage, mean, standard deviation, Pearson correlation coefficient and multiple regression-forward.

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Biography

Rassarin Raveephattanarangsi has completed her education in Saint Louis College. She is currently working in Chitralada School, Bangkok.

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Mental health benefits of fish consumption

Abdul Hei

Lilong Haoreibi College, India

Fish is good for both mental and physical health. Fish contains high quality protein, good lipids consisting of essential fatty acids, important minerals, vitamins etc. The grey matter of the brain consists of about 60 % lipids consisting of essential fatty acids DHA, ARA, EPA etc. DHA is the building blocks of brain tissues. Essential fatty acids are important in prevention and amelioration of many civilization and age-related diseases such as heart diseases, dementia, mental decline etc. Fish protein as complete protein contains functional amino acids that are rich in brain, hearts and eyes that are associated with their functions. Fish also contains important minerals, vitamins that are also good for brain. Factors of mental health are many but how to use the faculty is very important. The important functional components of fish are essential and help in overall wellbeing and quality of human life boosting performance ability. So, the objective of the paper is to discuss the important roles of functional components of fish leading to overall well-being, better mental health and mood.

Biography

Abdul Hei is still serving as an Asst. Professor in Lilong Haoreibi College under Manipur University. His qualification is M. Sc (Zoology), Ph. D., DCA. He has taught and helped more than thousand students graduating in science, especially in Zoology (Hons) course. He is a wide and passionate reader and an author of a few national and international publications. He wants to explore new things.

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Relationship between insight and cognitive dysfunction among patients with schizophrenia

Shikha Goel

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Statement of the Problem: Unawareness of mental illness has been commonly observed in schizophrenia and has been recognized as a potential barrier to treatment adherence and a risk factor for a range of poorer outcomes. There are some of the potential causes behind poor insight, including deficits in neuro cognition, social cognition, meta-cognition and heightened self-stigma.

The purpose of the study: Study was conducted to look at the relationship of neuro cognition, social cognition with insight in schizophrenia, as there is paucity of research in Indian literature.

Methodology and theoretical orientation: A cross-sectional, single assessment design was used to study 60 participants with a diagnosis of schizophrenia as per International Classification of Diseases (ICD) – 10 fulfilling inclusion and exclusion criteria at Government Medical College and Hospital (GMCH), Sector -32b, Chandigarh (INDIA).

Findings: Only one – sixth of the patient had complete insight. Significant cognitive dysfunctions were present in majority of patients in the domain of attention, working memory, mental speed, verbal fluency, category fluency, set shifting, abstraction and intelligence as well as Social Cognition. No association was seen between levels of insight and neurocognitive functions and social cognition.

Conclusion and Significance: In this study, we have found that insight was not associated with any of the cognitive functions.

Biography

Shikha Goel has done MD in Psychiatry from Government Medical College, Chandigarh, India. During her tenure as a resident she took up the research work on assessing the relationship of insight with neurocognition and social cognition in patients with Schizophrenia. Dearth of Indian literature on the topic sparked her interest in the topic. Lack of insight has been an important factor determining the adherence to treatment and prognosis of Schizophrenia; hence the determinants of insight are very pertinent in management of Schizophrenia. The research work was completed over a period of 3 years and has produced interesting results and merit further investigations into the subject.

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The relationship between the level of readiness for forgiveness and mental health

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In connection with the rapidly changing conditions of the social environment and the growth of informational impact, the number of negative factors affecting a person increases, which contributes to the growth of mental health disorders of an individual.

The diagnosis of mental health features in our study was determined through an assessment of emotional well-being and emotional intelligence. To determine emotional well-being, the subjective well-being scale was used. To study emotional intelligence, N. Hall's technique was used. To determine the level of readiness for forgiveness, we developed a questionnaire based on an analysis of ideas about the forgiveness process obtained at the previous stage of the study. We suggested a fixed form with a scale system, which allowed us to get a numerical assessment of readiness for forgiveness. In accordance with the results, the respondents were divided into three groups: with a high, medium and low level of readiness for forgiveness. There are positive reliable correlations between the level of readiness for forgiveness and the indicators of subjective well-being scales such as "Self-assessment of health" and "The degree of satisfaction with everyday life". The higher the indicator of readiness for forgiveness is, the more pronounced is the feeling of subjective well-being among the respondents. A significant correlation was revealed between the "Level of readiness for forgiveness" and the "Integrative indicator" of emotional intelligence, as well as with the indicators belonging to this technique: "Emotional awareness", "Management of emotions", "Self-motivation".

The results of this study complete the understanding of the structure of the forgiveness process, readiness for forgiveness, and the factors that help to optimize this process. They can be used in a mental health diagnostics and improving the methods of psycho-correction through the development of readiness for forgiveness. The results of this study were used in the development of a number of seminars, trainings and organizational-activity games, allowing to understand the essence of the process of forgiveness at the cognitive, emotional and behavioral levels and to acquire skills for implementing forgiveness in one's life. Forgiveness acts as a mechanism of emotional and behavioral regulation, contributing to the strengthening of human mental health.

Biography

Vasilieva Olga Semenovna is a candidate of Biological Sciences. She is currently working as a Psychological professor in Southern Federal University, Rostov-on-Don, Russia. Her research interest includes Psychiatry and Mental Health.

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