

Nimhans will adopt a district to gather mental health data

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Bangalore: If this premier institute has its way, a model mental health atlas to help in formulation of research and policy making in the country will be ready soon.

National Institute of Mental Health and Neurosciences (Nimhans) is all set to adopt a district in Karnataka with over 2 million people to seek community-based data on mental health disorders.

In probably the first-of-its-kind project likely to begin early next year, the institute will gather data related to the mental health condition of people in that district. The statistics generated can be used for research and policy making.

The announcement was made by Dr P Satishchandra, director and vice-chancellor, Nimhans, on Tuesday at the launch of the 'Centre for Public Health'. The centre, which has come up at the department of epidemiology, Nimhans, will focus on bringing out solutions for mental health disorders.



Explaining the need for district-based, Satishchandra said: "In India, we have to depend on hospital-specific evidence for research, which has its own biases and limitations. To overcome this, we've decided to adopt a district and follow-community observation. Community-based work will help in generating genuine data which will be useful for research and policy-making decisions."

Under the National Mental Health Programme, 123 districts of India will be given special mental

We see 4.5 lakh patients suffering from various mental disorders every year. The Centre for Public Health will help us in evidence-based research.

Dr P Satishchandra | DIRECTOR AND VICE-CHANCELLOR, NIMHANS

healthcare assistance. Four Karnataka districts -- Kolar, Gulbarga, Raichur and Chitradurga -- have been included. "We have a vision to cover the entire country in the 12th Five Year Plan if the central government provides funds," he added.

Dr Shekhar Saxena, director, department of mental health and substance abuse, WHO, said: "WHO would like to provide required support system for this centre. We will discuss the priorities and start the process of designating it as a WHO-support centre."