

The Times of India

Title : Urban India is more prone to mental disorders

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Urban India is more prone to mental disorders



A CLOSER LOOK

- ▶ About 150 million adult Indians suffer from various mental health problems and are in need of care
- ▶ In Karnataka, about 8% of the population suffers from mental illnesses
- ▶ Schizophrenics and other psychoses are prevalent in 0.64% people
- ▶ Neurotic or stress-related disorders are found in 6.93% people
- ▶ 5.6% people in India have mood disorders

Dr Gururaj adds that human relationships are also changing rapidly in urban areas and that not everyone is capable of dealing with such quick changes. And with the coping mechanisms of individuals not being uniform, some people end up suffering from mental disorders.

The recognition of these problems is based on symptoms' threshold levels. Many tend to ignore the symptoms and dismiss them as a phase until it starts interfering with the quality of their lives.

"People need to look at mental disorders more seriously and seek the right solutions," says Dr Girish N Rao, co-investigator of the project.

Another interesting fact that the study revealed is that mental disorders and depression are higher in women. "Certain conditions like depression, neurotic and stress-related disorders are prevalent in women. Biological, social, cultural and economic issues predispose women to a slightly higher extent when it comes to certain types of mental disorders," said Dr Gururaj.

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The prevalence of mental disorders is nearly 2-3 times more in urban Indian metros, according to the findings of the recently-released 2016 National Mental Health Survey (NMHS). Giving insight into the reasons behind this trend, Dr Gururaj G, who spearheaded the survey, says, "The wide variety of common mental disorders in urban metros include depression, anxiety and personality disorders. Factors like lifestyle changes, along with the acceptance of new and altered social lifestyles (like the consumption of tobacco and alcohol), are some of the major reasons behind this trend." Coupled with this are the uncertainties that people in urban areas have, such as insecurities about life aspirations and work, and pressure from peers.

WOMEN ARE MORE PREDISPOSED TO SUFFER FROM MENTAL DISORDERS