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Editorial

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Significance of Basic Mental Health Check-up

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Abstract

Basic Mental Health Check-up (BMC) signifies stigma and provokes apprehension among general community. As per the saying 'Prevention is better than cure' it has been excelling to carry out regular mental health check-up. In India, Basic Mental Health Check-up is in vestigial mode of being. Mental health is closely tied to our physical health, but it's not an integral part of medical system. A mental health assessment is when a professional like the family doctor, a psychologist, or a psychiatrist checks to see if one might have a mental problem and what type of treatment may help out. New research suggests that comprehensive mental health screening should be offered to women during pregnancy who reports anxiety, shifts in quality of life and depressive symptoms.

Keywords: Mental Health Check-up, Magnitude of the problem, Screening Tools.

INTRODUCTION

Over 30 years ago, recommendations were made for a regular mental health check-up as part of physical check-up. The mental health check-up have been comprehend as both way to check for undiagnosed disorders, as well as to initiate primary prevention [1].

The notion of a regular mental health check-up is less established, perhaps because of the historical stigma about mental illness. By taking periodic stock of emotional well-being one can identify warning signs of common disorders like depression and anxiety. Such disorders are highly treatable, especially when they are identified in clinical early platforms. When mental health issues are left untreated, they can eventually lead to long stay hospitalization [2].

Significance and magnitude of the problem

A WHO report estimates the global cost of mental illness at nearly \$2.5 trillion (two-thirds in indirect costs) in 2010, with a projected increase to over \$6 trillion by 2030. Evidence from the World Health Organization suggests that nearly half of the world's populations are affected by mental illness with an impact on their self-esteem, relationships and ability to function in everyday life. According to World Health Organisation (WHO) report, every one out of four people are affected by mental or neurological disorders at some point in their lives [3].

Purposes

A mental health assessment is designed to:

- ❖ diagnose mental health conditions such as anxiety, depression, schizophrenia, postnatal depression, eating disorders and psychotic illnesses
- ❖ differentiate between mental and physical health problems
- ❖ assess a person referred because of problems at school, work or home.

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Warning Signs & Need of Mental Health Check-up

If one has any of these five symptoms for more than a few weeks, it may be time for a mental health checkup.

- ❖ Grouchiness
- ❖ Change in Sleeping Habits
- ❖ Difficulty being with people
- ❖ Eating more or less
- ❖ Can't relax

Bullying is a current obvious example and more classes on psychology, both abnormal and positive, can also foster the ideal of self-knowledge, self-scrutiny, and self-enhancement. Pregnant women should be offered with mental health screening [4].

Screening Tools

Screening is available for depression, bipolar disorder, obsessive-compulsive disorder (OCD), generalized anxiety disorder (GAD), schizophrenia, mania, bulimia, borderline personality disorder (BPD), sexual addiction, internet addiction, and many other mental health conditions. Mental health check-up concedes possibility for every 6 months and can be accomplished ahead with master health check-up. Up to date online mental health screening are accessible for an individual's self appraisal [5].

CONCLUSION

For more integral mental health checkups it may be beneficial to visit a qualified psychologist or psychiatrist trained in mental health assessment, cognitive aptitude or intelligence testing, personality profiling and or neuropsychology. A thorough assessment may initially involve a structured interview and selected battery of tests. Such tests may help identify early signs of a mental health related issues such as thought disorder, memory disturbances, behavioral problems, or cognitive deficit. Follow-up checks may be utilized to benchmark the outcomes of treatment and progress over time.

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