

i.nez



Mental Health in Developing Countries

**3rd International Symposium
12th November 2011 in Munich
Organized by i.nez and CIH**

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Most of the so called developing or low/middle-income countries belong to non-Western cultures.

Mental health workers in developing countries are working under substantially different conditions than their colleagues in developed countries.

Research has shown that social, cultural, economic, and other factors influence the course and outcome of mental disorders.

Though there are very imaginative and well run programs in LICs, they hardly have the chance to be made known to others in similar situations.



**Internationales Netzwerk
zur Entwicklungs- Zusammenarbeit
im Bereich psychische Gesundheit e.V.**

**International Network for
Cooperation in Mental Health**

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i.nez is trying to link and support

The main emphasis is the exchange of knowledge, ideas, experience of projects on an international basis - in particular in cooperation with LIC/MIC - towards the prevention and treatment of mental illnesses.

This aim will be realized through courses, exchanges at place of work, on job training, participation and support in organizing workshops and conferences, and the exchange of information between mental health workers.

It will be possible, in certain cases, to support projects financially or with material aids.

i.nez principles

i.nez is a voluntary nongovernmental nonprofit organization

i.nez supports motivated groups or people who share the same aim, especially in LIC/MICs

Lecturers who lecture at **i.nez** organized workshops and conferences are not paid and do not get any honorarium.

Local organizers who collaborate with **i.nez** are not paid but they are doing as well voluntary work.

i.nez does not pay allowances

i.nez tries to keep the costs for participants as low as possible

i.nez is not supported by the pharmaceutical industry

Donors are informed about **i.nez** principles.



**What diseases put most burden on
the individual, the family and the
society?**

BURDEN OF DISEASE IN DISABILITY- ADJUSTED LIFE YEARS (DALYS) BY CAUSE)

% total

1. Infections and parasitic diseases

22,7

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1. Infections and parasitic diseases	22,7
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<u>3. Neuropsychiatric disorders</u>	<u>12,3</u>

BURDEN OF DISEASE IN DISABILITY- ADJUSTED LIFE YEARS (DALYS) BY CAUSE)

	% total
1. Infections and parasitic diseases	22,7
2. Injuries	12,4
<u>3. Neuropsychiatric disorders</u>	<u>12,3</u>
4. Respiratory infections and diseases	11.3
5. Cardiovascular diseases	10,3
6 Maternal/Prenatal Conditions	8.5
7. Malignant Neoplasm's	5,3
8. Digestive diseases	3,3
9. Nutritional deficiencies	3,1

BURDEN OF DISEASE IN DISABILITY- ADJUSTED LIFE YEARS (DALYS) BY CAUSE (ESTIMATES FOR 2000)

	% total
1. Depressive disorders	35,7
2. Addictions	13,8
3. Schizophrenia	8,9
4. Bipolar affective disorders	7,3
5. Dementias	6,5
6. Epilepsy	4,1
7. Others	23,7

The UN General Assembly Declaration in 2010 on global health recognised that mental health problems have “huge social and economic costs”.

The WHO Mental Health and Development report (2010) emphasised the importance of mental health as a development issue in countries with low and middle incomes.

Key messages

- Mental ill health and poverty interact in a negative cycle in low-income and middle-income countries.
- To break this cycle, interventions are needed that address both the social causes of mental illness and the disabilities and economic deprivation that are a consequence of mental illness.
- Mental health interventions were associated with improved economic outcomes in all studies. Improvements in economic status go hand in hand with improvements in clinical symptoms, creating a virtuous cycle of increasing returns.

AGEM e.V.
Arbeitsgemeinschaft Ethnomedizin

25ste Fachtagung Ethnomedizin der AGEM
e.V. im Völkerkundemuseum in Heidelberg.
vom 8.-10. Juni 2012

Vorgeschlagenes Hauptthema:
„Körpermodifikation“

**Für die weitere Arbeit von i.nez sind
Spenden willkommen und steuerlich
absetzbar.**

**i.nez Konto-Nummer: 729707
bei der Stadtparkasse Kaufbeuren
BLZ 734 500 00**

**(Für die Zusendung einer Spendenbescheinigung bitte den Name
und Adresse auf dem Überweisungsträger angeben.)**