

Awareness of Mental Health Disorders among the Indian Population: A Cross-Sectional Study

Presented by:

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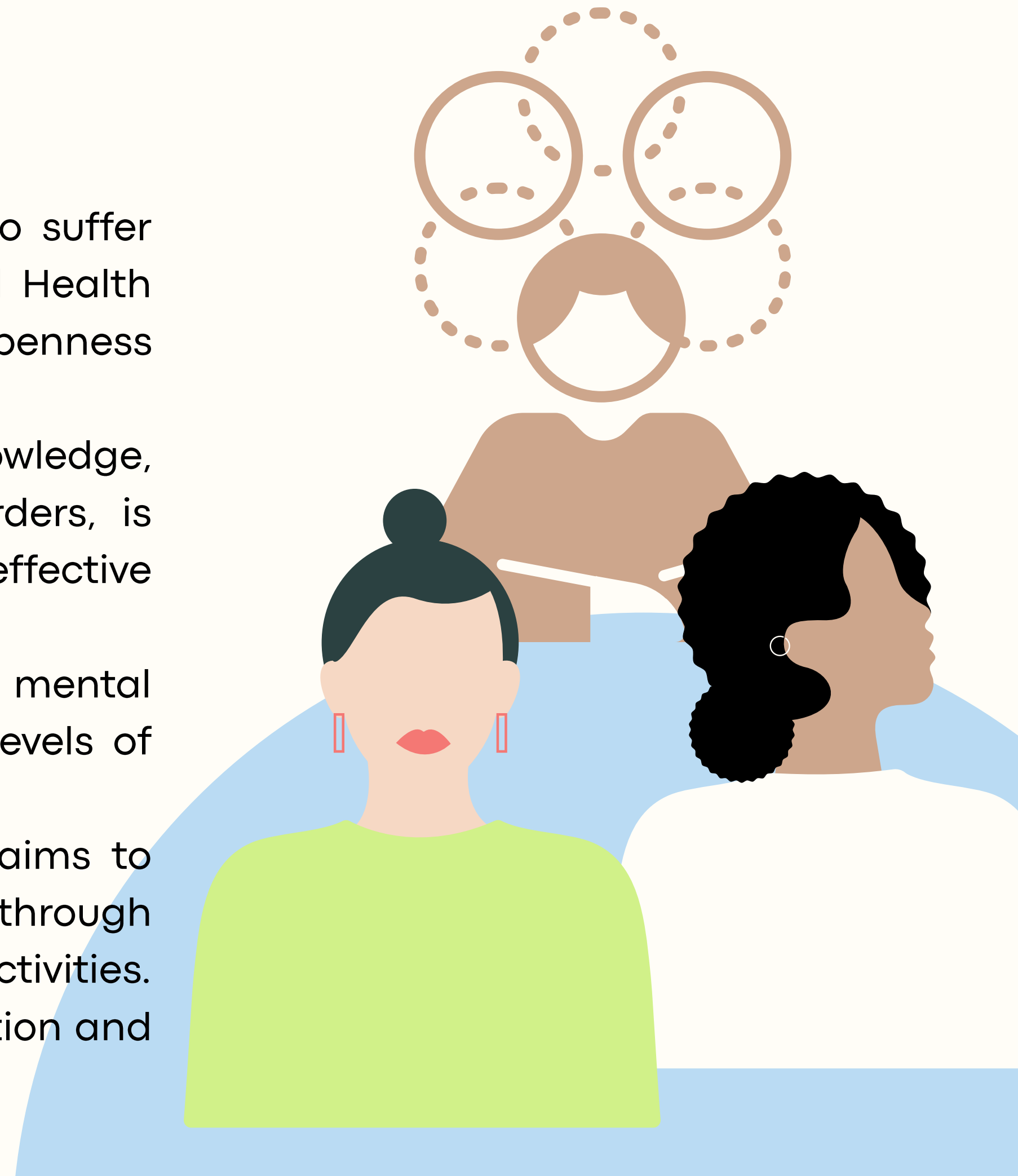
MBA in Healthcare

Guided by: Dr. Anupam Mehrotra



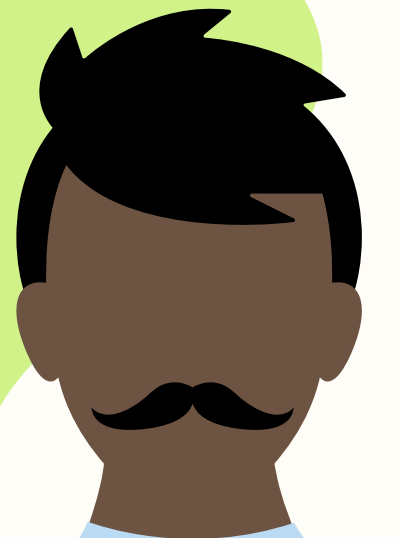
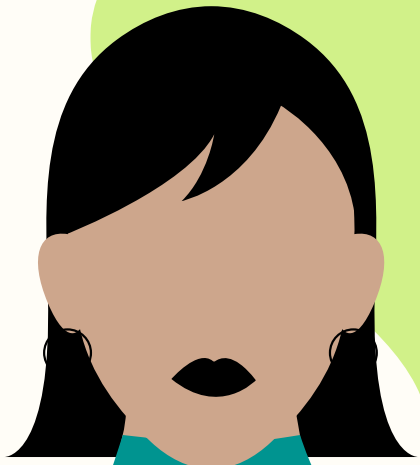
Introduction

- In India, nearly 14% of the population is estimated to suffer from some form of mental disorder (National Mental Health Survey, 2016). Yet, awareness, understanding, and openness toward these conditions remain significantly low.
- Mental health literacy (MHL), defined as the knowledge, attitudes, and practices (KAP) toward mental disorders, is crucial for early identification, stigma reduction, and effective help-seeking.
- Mental health literacy is a cornerstone of effective mental health strategies, yet studies consistently show low levels of awareness in India.
- India's National Mental Health Programme (NMHP) aims to enhance mental health literacy and service delivery through information, education, and communication (IEC) activities. However, its impact is limited by persistent discrimination and inadequate evaluation.



Research Question

- ? What is the level of mental health awareness among the Indian population?
- ? How do socio-demographic factors impact mental health beliefs?
- ? What practices do people adopt to maintain mental well-being?



Objectives



- To assess the level of awareness and understanding of mental health disorders.
- To evaluate the associations between socio-demographic variables and mental health awareness indicators.

Review of Literature

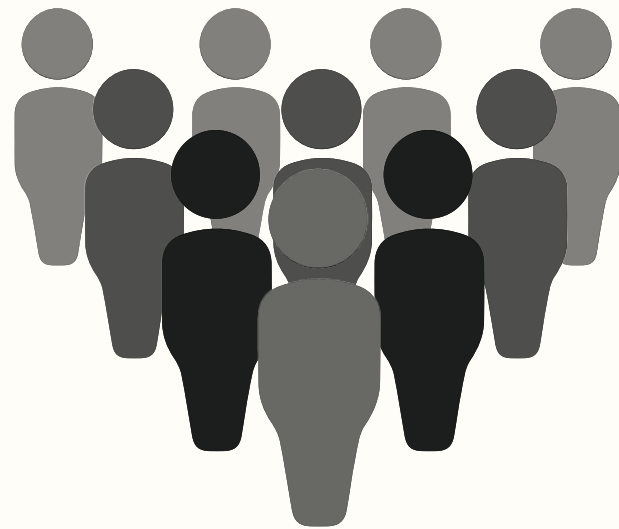
Authors	Year of Publication	Sample size	Sampling Technique	Location of study	Results
Gaiha SM et al.	2023	-	Scoping review	Global	Mass media campaigns increase mental health literacy and reduce stigma, particularly in low- and middle-income countries like India. Culturally relevant messaging and community engagement are effective, supporting awareness initiatives.
Pathare S et al.	2023	4000 (Survey)	Multi-stage cluster sampling	India	The Indian Mental Health Survey showed low mental health literacy (29% recognized depression symptoms) and high stigma, underscoring the need for awareness campaigns to improve recognition and reduce care barriers.
Bhugra D et al.	2022	-	Narrative review	Global	Stigma in India hinders mental health care access. Awareness programs integrating cultural and religious contexts can reduce stigma and promote help-seeking, supporting community-based initiatives.
Maity S et al.	2022	300	Purposive Sampling	India	In India, 62% of college students showed poor mental health literacy. Awareness workshops improved knowledge by 20%, highlighting the effectiveness of targeted educational interventions for youth.
Poreddi V et al.	2024	112	Convenience sampling	India	Among Indian nursing students, mental health literacy was moderate, with 40% holding stigmatizing attitudes. Post-awareness training, stigma reduced by 25%, supporting structured educational programs.

Methodology

Study Population: Indian adults aged 18 years and older

Exclusion criteria :

- Individuals with diagnosed cognitive impairments affecting comprehension.
- Ever diagnosed with a mental health disorder.
- Non-residents of India.



Sample size: 215
Sampling Technique:
Convenience Sampling



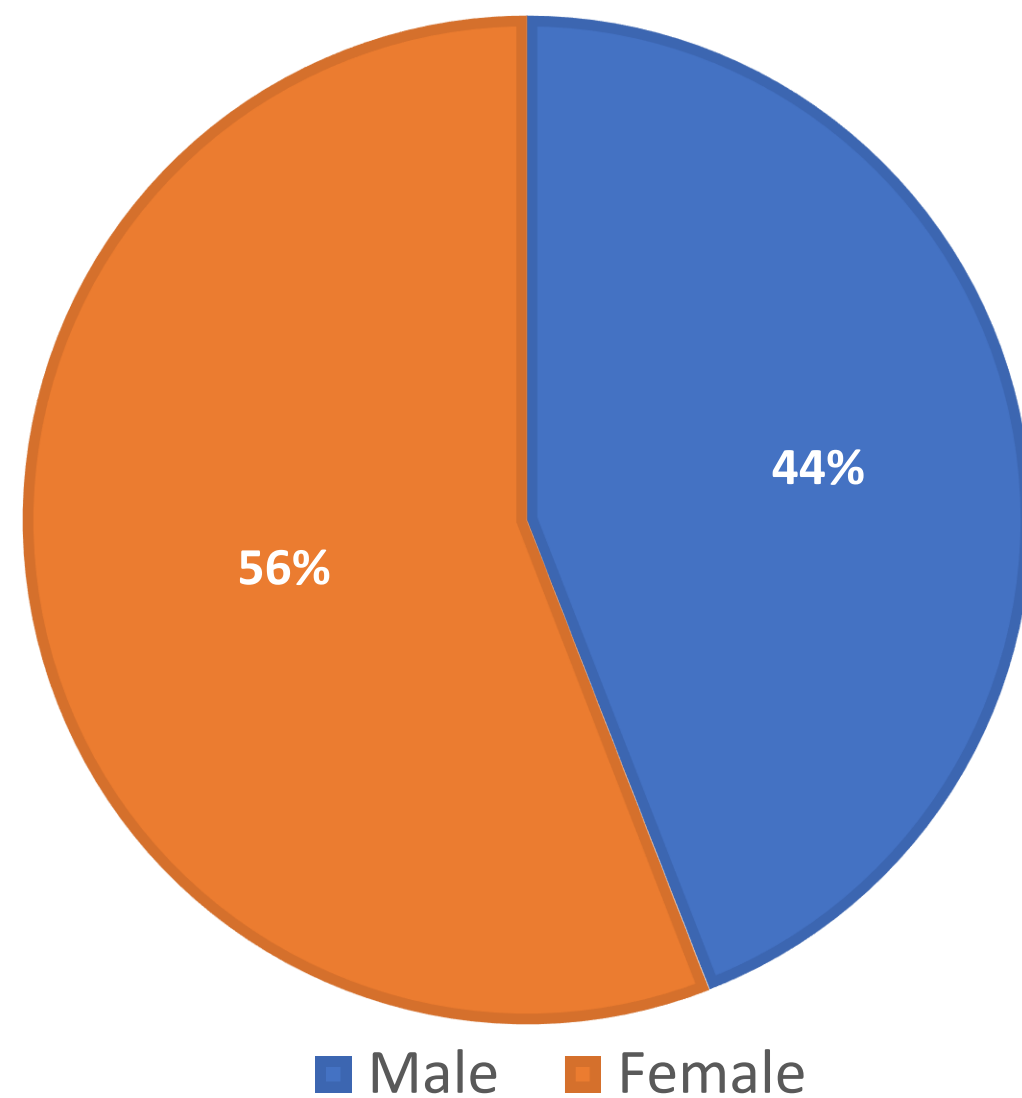
Data Collection:
Quantitative structured
close-ended questionnaire



Data Analysis: SPSS v26
Descriptive and
inferential statistics

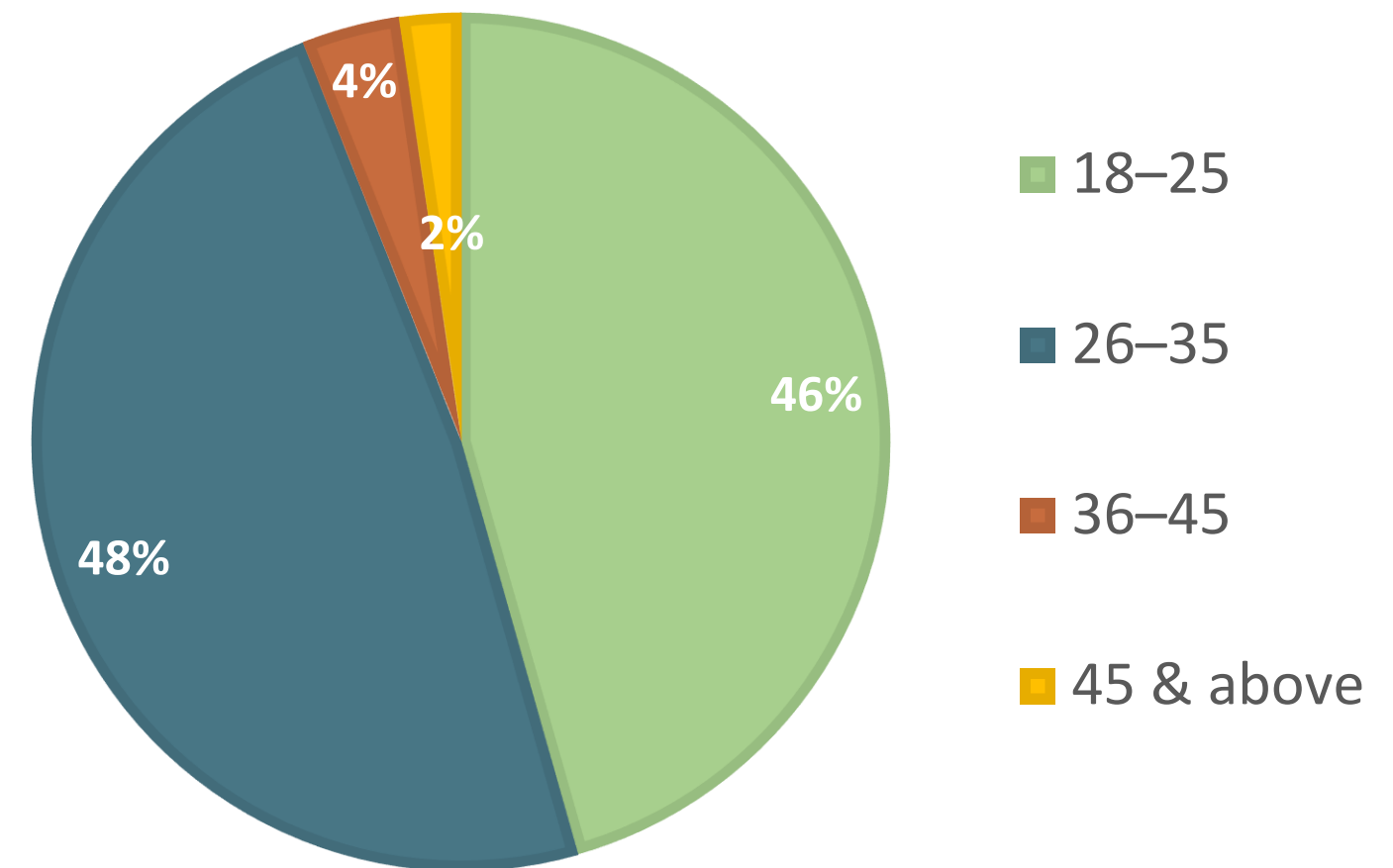
Sociodemographic Profile of Study Participants

GENDER DISTRIBUTION



n= 215

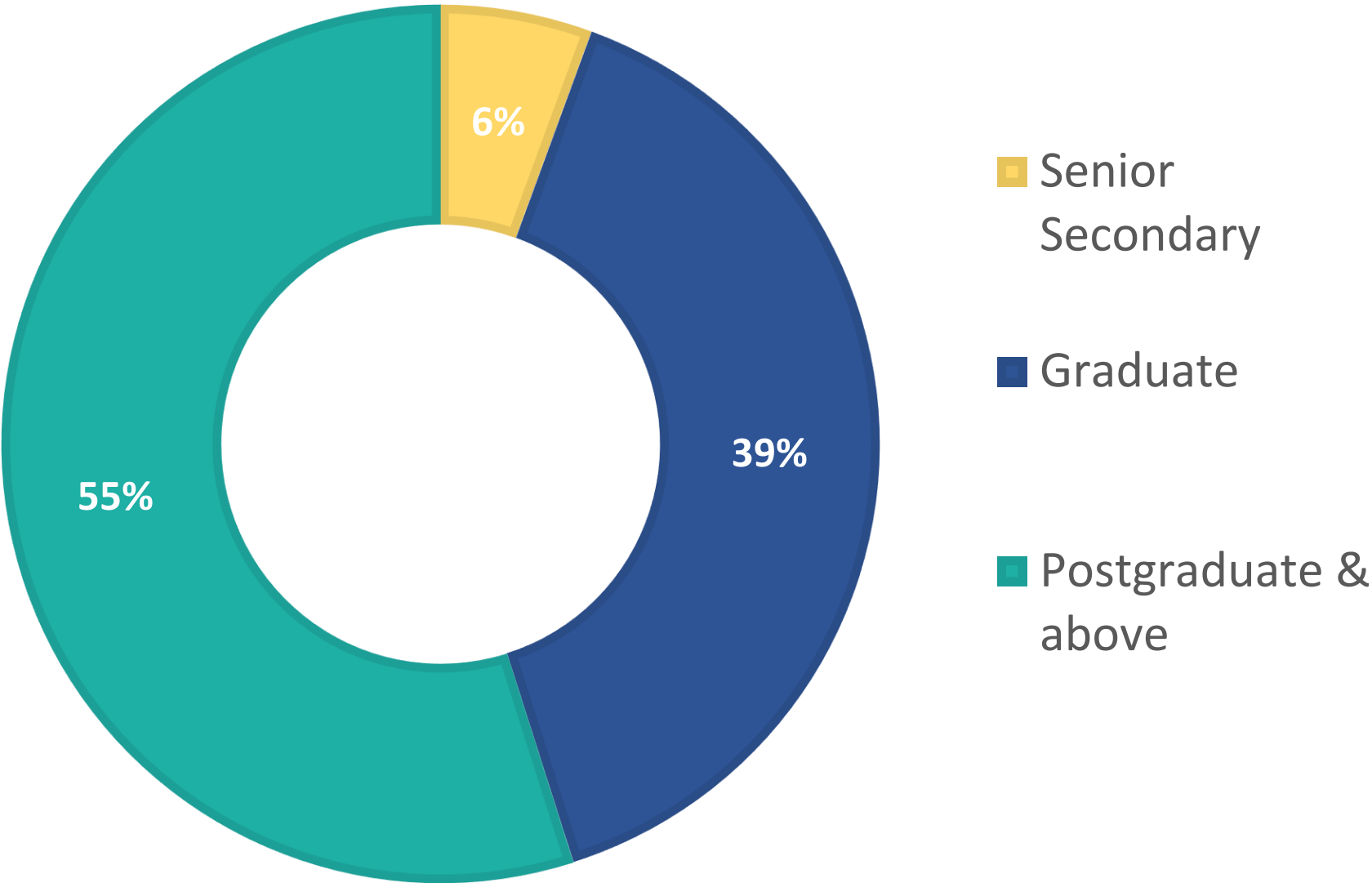
AGE DISTRIBUTION



n= 215

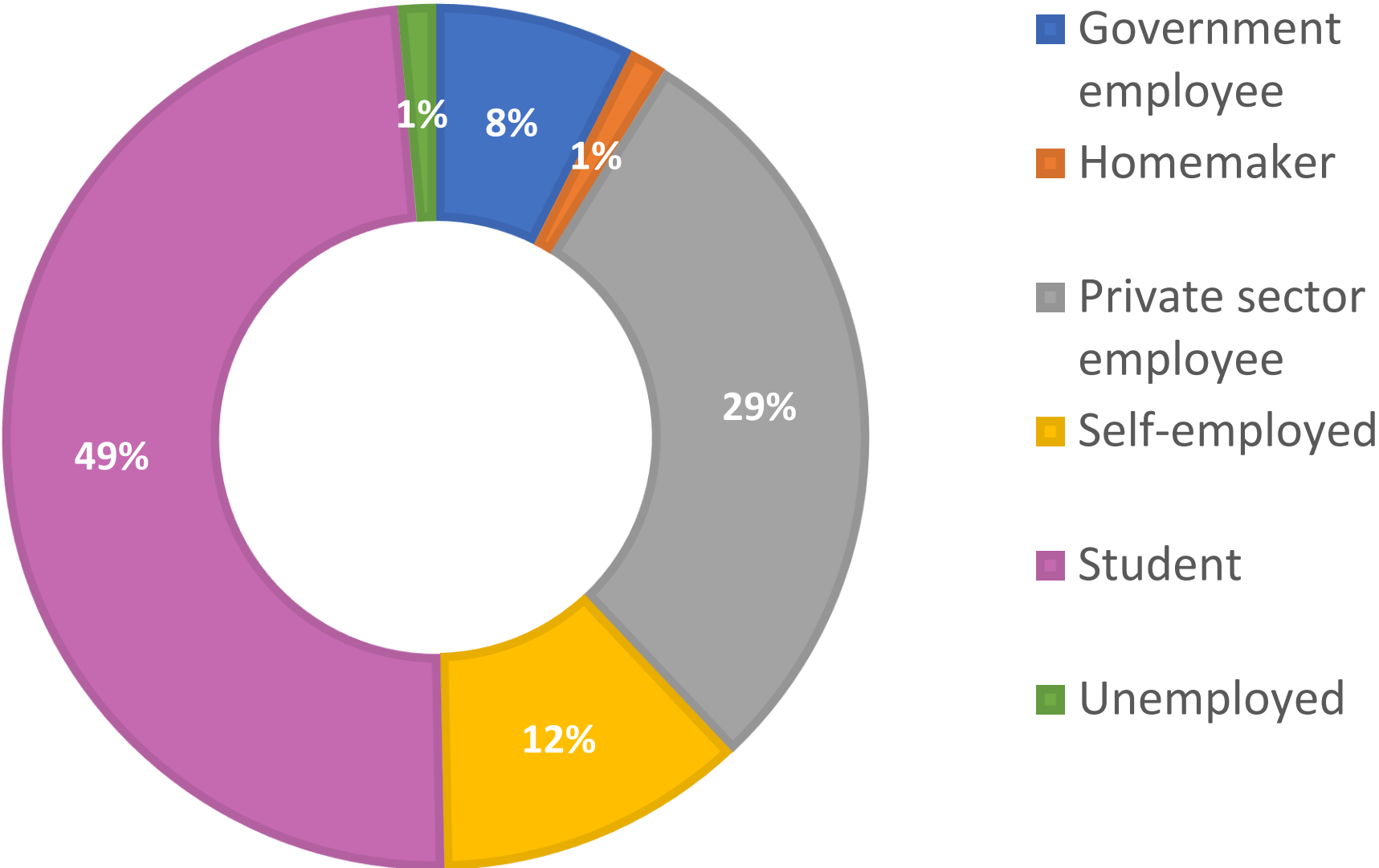
Sociodemographic Profile of Study Participants

EDUCATIONAL QUALIFICATIONS



n= 215

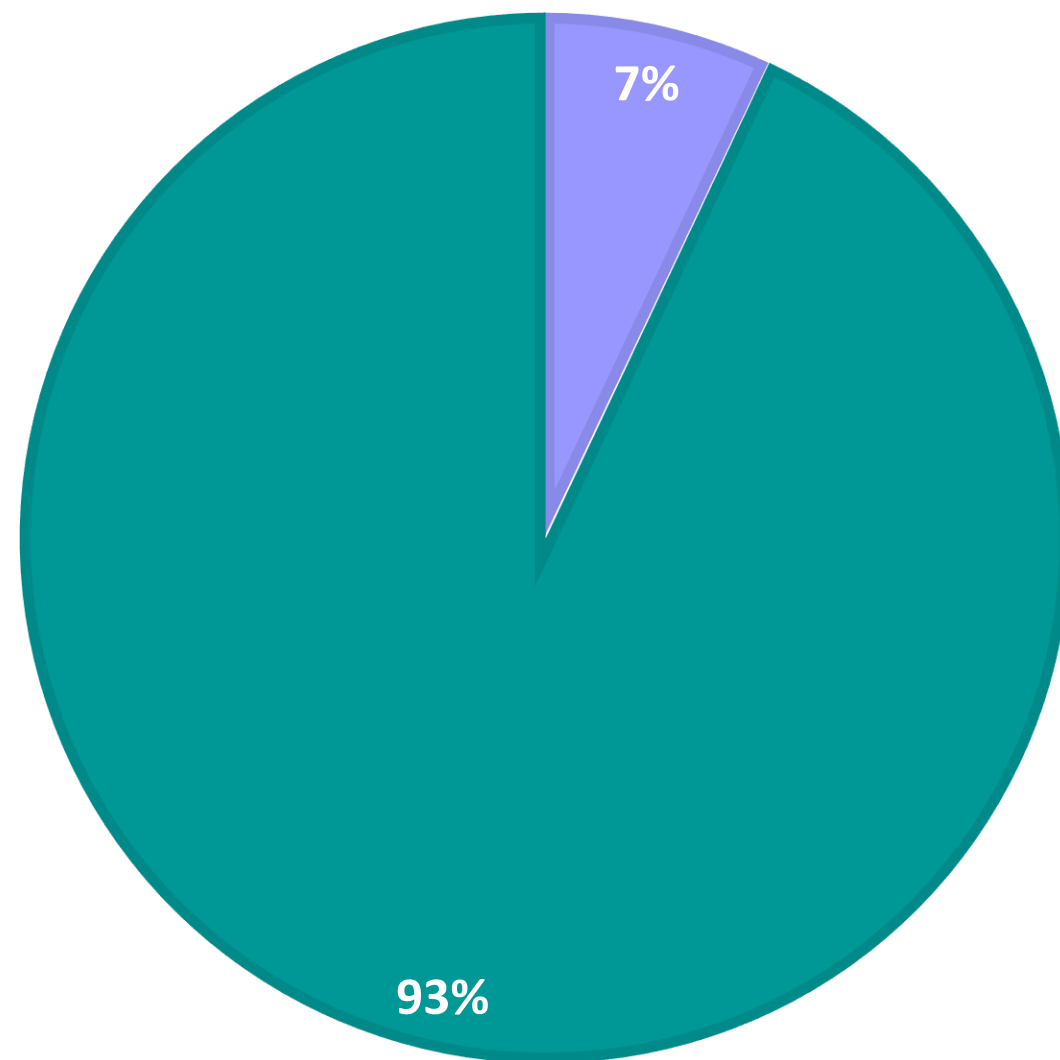
OCCUPATION



n= 215

Sociodemographic Profile of Study Participants

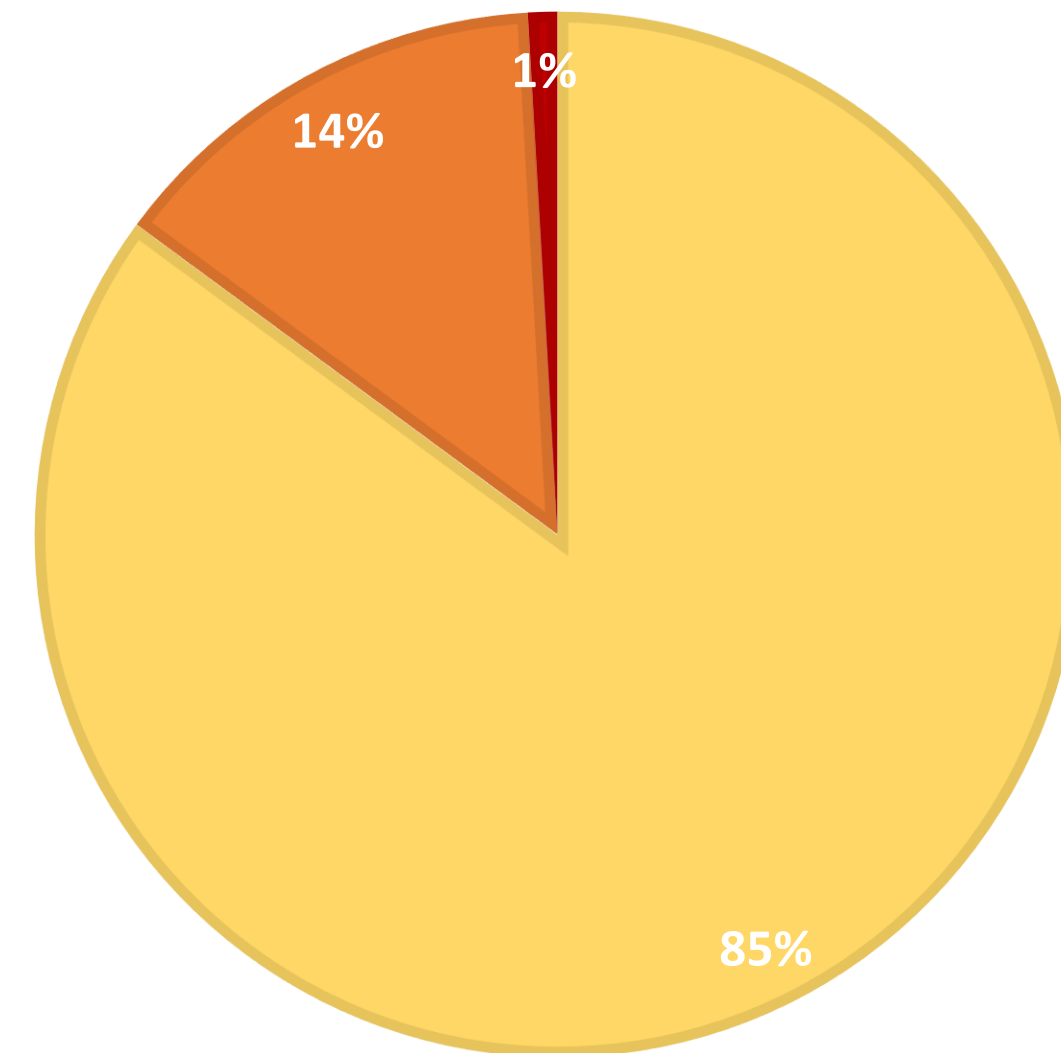
PLACE OF RESIDENCE



■ Rural ■ Urban

n= 215

MARITAL STATUS

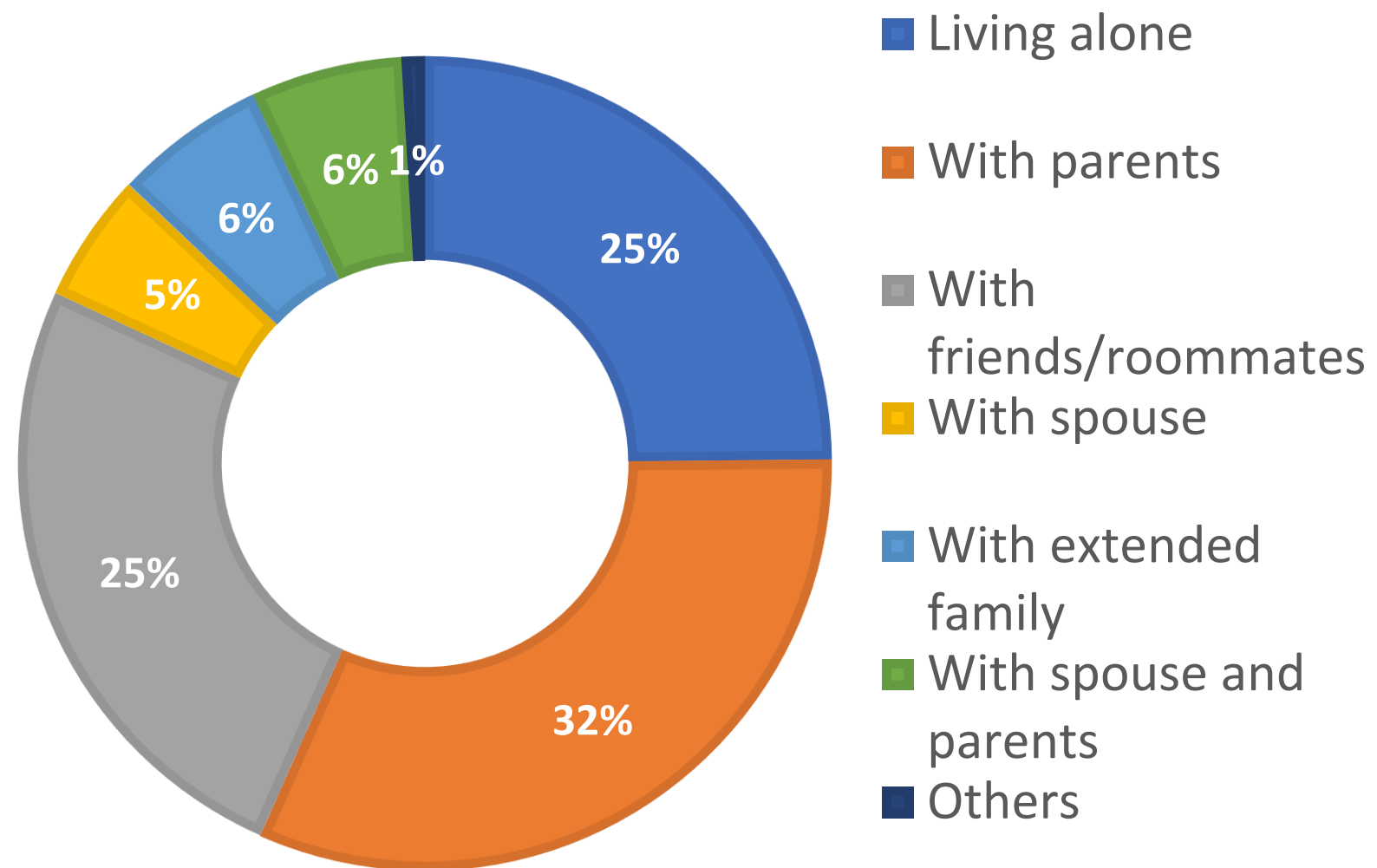


■ Single ■ Married ■ Divorced/Separated

n= 215

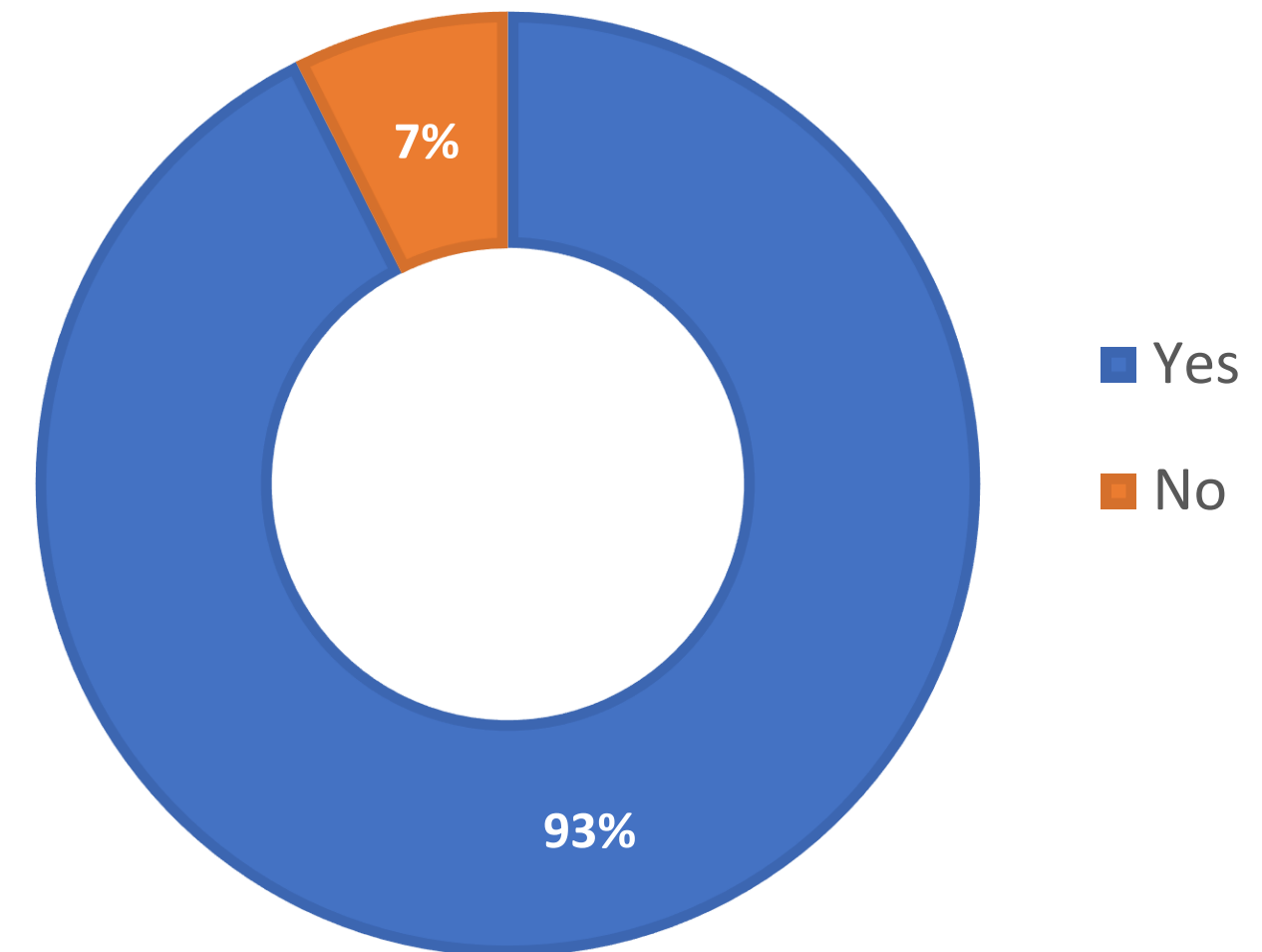
Sociodemographic Profile of Study Participants

LIVING ARRANGEMENT



n= 215

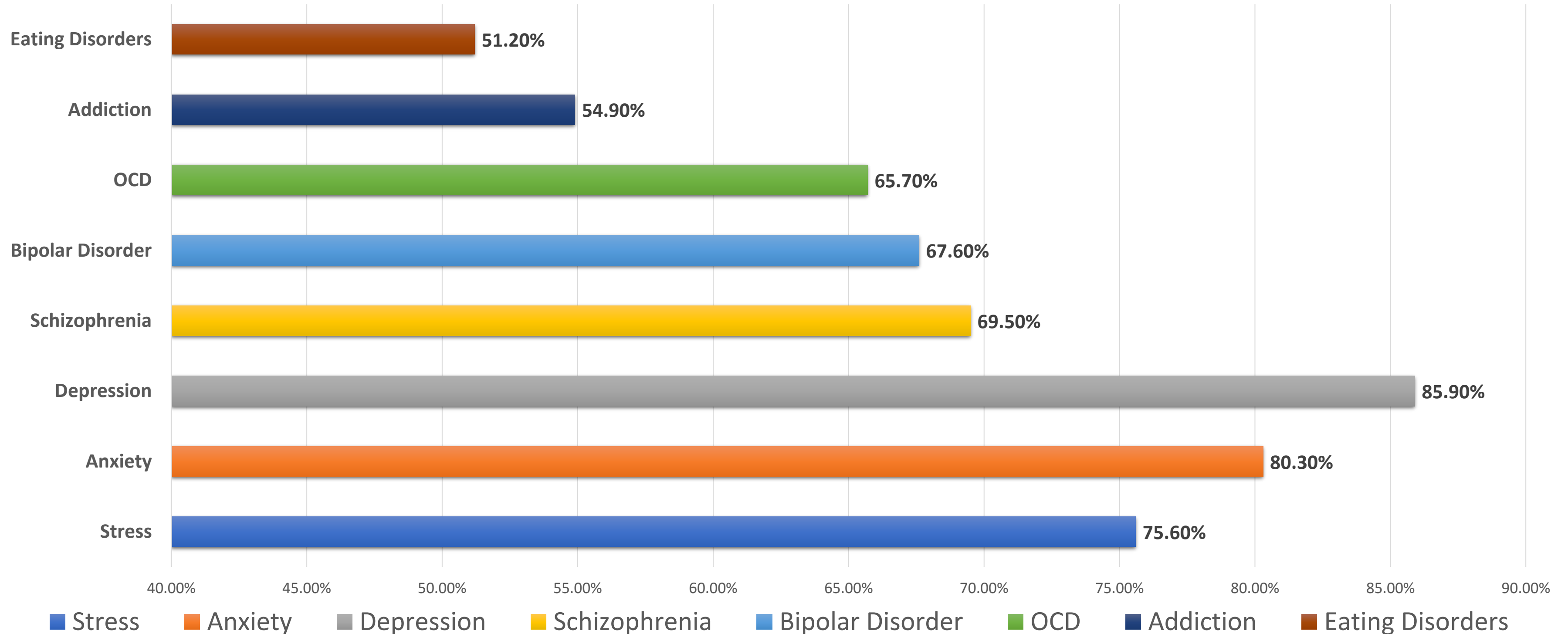
HEARD OF MENTAL HEALTH DISORDERS



n= 215

Identifying Mental Health Disorders

Which of the following do you think are mental health disorders?



n= 215

Key Findings & Interpretation:

Overview of Mental Health Awareness

- High Baseline Awareness: 92.6% of 215 Indian adults aware of mental health disorders.
- Sample Profile: 94% aged 18–35, 93% urban, 94.4% graduates/postgraduates, 85.1% single.
- Societal Insight: Strong awareness among young, urban, educated groups due to digital access and campaigns

Gender Differences in Awareness and Attitudes

- 95.8% of females vs. 88.5% of males aware of mental health disorders
- 42% of females vs. 24% of males strongly disagree mental illness is a weakness
- 74% of females vs. 60.4% of males comfortable discussing mental health.
- Societal Reflection: Women more open, possibly due to caregiving roles; men's reluctance reflects cultural norms of stoicism.

Urban-Rural Divide in Resource Awareness

- 67% of urban residents aware of mental health resources vs. 53.3% neutral among rural (n=15)
- 75% of urban vs. 53.3% of rural residents engage in mental health self-care.
- Societal Insight: Urban areas benefit from better resource access; rural areas face barriers, needing community-based interventions.

Key Findings & Interpretation:

Age Influences Stigma and Help-Seeking

- 18–35-year-olds strongly reject seeking help as weakness (59.2%–66.3% strongly disagree) and show high willingness to seek help (78.5%–81.7% agree).
- 60% of 45+ group agree mental illness is a sign of weakness, but 100% willing to seek help.
- 73.9% of 18–35-year-olds confident using technology for mental health info
- Societal Reflection: Younger generations more open and tech-savvy; older adults hold traditional stigmas, needing targeted education.

Occupational Impact on Attitudes and Practices

- Government (100%) and private sector (95.2%) employees highly aware of mental health disorders.
- 90.4% of students aware; 93/104 engage in stress management*
- Societal Insight: Structured work/education fosters awareness; less formal roles need targeted mental health support.



Key Findings & Interpretation:

Education Reduces Stigma and Boosts Self-Care

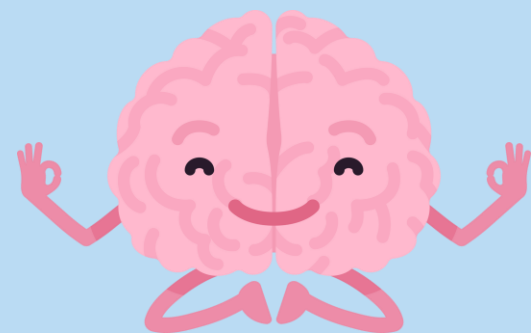
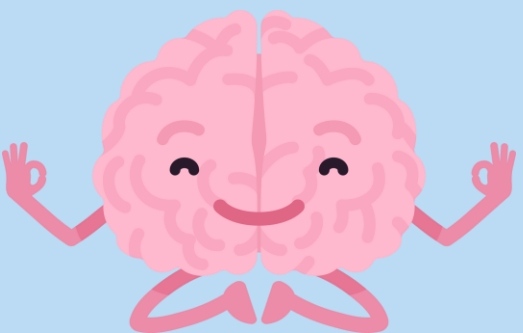
- Higher Education, Lower Stigma: Postgraduates (43.2%) strongly disagree mental illness is weakness vs. 25.9% of graduates*
- 82.3% of graduates and 72.8% of postgraduates engage in self-care*
- Societal Reflection: Education drives progressive mental health views

Disclosure Challenges by Marital Status

- 57% of single respondents (32% strongly agree, 25% agree) hesitant to disclose mental illness
- 66% of married and 100% of divorced/separated disagree with non-disclosure.

Media Perception and Living Arrangements

- 54.7% of those living alone disagree/strongly disagree media portrays mental health accurately
- Those living with parents/roommates more likely to agree media portrayals are accurate.
- Societal Reflection: Living alone fosters critical views, possibly due to diverse info exposure; media needs culturally sensitive portrayals.



Implications and Recommendations

Key Disparities: Urban, young, educated, and employed groups show higher mental health literacy; rural, older, and less formal roles lag behind.

Gender Gap: Women more open, men more stigmatized—need gender-specific campaigns.

Intervention Needs:

- Rural Areas: Community workshops to boost resource awareness.
- Youth/Single Individuals: Stigma-reduction programs in educational settings.
- Older Adults: Education to counter traditional stigmas.
- Media: Culturally sensitive campaigns to improve portrayal accuracy.

Limitation: Underrepresentation of rural (7%) and older adults (6% aged 36+) limits generalizability.

Future Research: Oversample rural/older groups and use larger samples

Interpretation in Context of Recent Research

- 90%+ aware of mental health disorders, driven by post-COVID-19 visibility (Roy et al., 2023) and social media (Gaiha et al., 2021).
- Younger adults struggle with symptom identification despite awareness (Shidhaye et al., 2023).
- Younger respondents prefer secrecy due to internalized stigma, peer pressure (Shrivastava et al., 2022).
 - Willingness to seek professional help increases with age, older adults more open (Devarapalli et al., 2023).
 - Students rely on peers/online resources, fear institutional judgment (Kulkarni et al., 2022).
 - Urban residents more confident using digital tools vs. rural (National Mental Health Survey, 2016).
 - Rural areas lack infrastructure, limiting digital platform use (e.g., MANAS App; Ogorchukwu et al., 2022).



Thank You

