Assessing Mental Health Needs among Adults with Common Mental Health Disorders: an Epidemiological and Stakeholder Perspective

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INTRODUCTION

Common mental health disorders (CMDs) are prevalent among adults. Health inequities exist both in Ghana and in Sweden. Understanding and responding to the needs of adults with CMDs in both contexts requires context-specific information.

METHODS

STUDY 1
Prevalence and social determinants of anxiety and depression among adults in Ghana: a systematic review and meta-analysis

STUDY 2
Geographic distribution of CMDs and role of modifiable neighbourhood characteristics

STUDY 3
Assessing Mental Health Needs among Adults with CMDs, caregivers, community health workers and mental health professionals in Accra, Ghana

STUDY 4
Assessing Mental Health Needs among Adults with CMDs, caregivers and mental health professionals in Uppsala, Sweden

RESULTS

Expected results of Study 1
Pooled prevalence estimates (%) of CMDs. Demographic, economic, environmental, neighborhood, social, and cultural factors related to anxiety and depression among adults in Ghana.

Expected results of Study 2
Spatial patterns of CMDs, impacts of CMDs in Region Uppsala, and related modifiable contextual factors. Identification of hot spot areas for CMDs.

Expected results of Study 3
Insights into mental health needs, experiences and implementation gaps in service provision, from the perspectives of adults with CMDs, caregivers, community health workers and mental health professionals in Accra, Ghana.

Expected results of Study 4
Insights into mental health needs, and implementation gaps in service provision, from the perspectives of adults with CMDs, caregivers and mental health professionals in Uppsala, Sweden.

CONCLUSION

• Addressing the mental health needs of adults with CMDs requires a multifaceted approach that integrates epidemiological data, contextual understanding, and stakeholder perspectives.
• We hope to provide evidence to inform the planning and provision of contextually-relevant mental health services, and promote health equity in these two distinct contexts.

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