



Primary Prevention on Mental Health In Brazil: A Comprehensive Systematic Review and the Perspective of Experts

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Epidemiology, economic and social costs of mental disorders

Over 400 million people suffer from some mental disorder

WHO, 2004
WHO, 2011
Kohn, Levav, Caldas de
Anchoeta, Vicente, Andrade &
Caraveo-Anduaga, 2005

Brazil: 20 million people, 9% of the population, use the mental health services

Brasil, 2003

It is estimated that the European Union spends from 3% to 4% of their GDP on mental health. Australia spends 5 billions dollars per year

Comission of the European
Communities, 2005
Gross, 2008

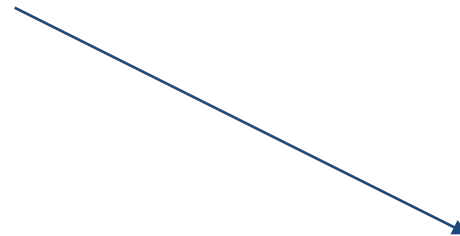
In 2006, Brazil invested around 68 million dollars on CAPS and more than 400 million dollars on psychiatric hospitals

Brasil, 2006

Mental health problems not prevented can lead to deep and longstanding social and economic consequences

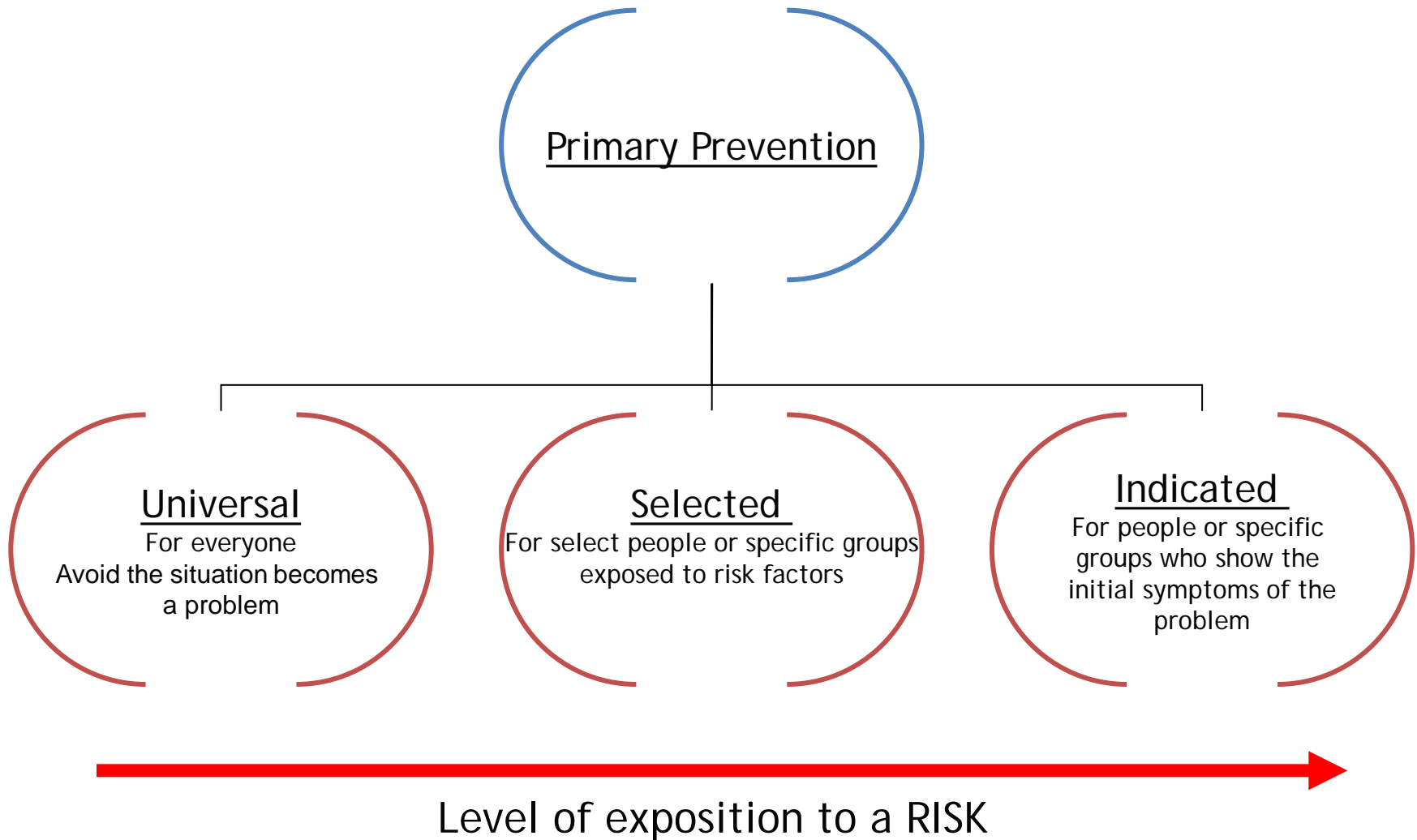
Mihalopoulos, Vos, Pirkis &
Carter, 2011
Zechmeister, Kilian & Mc Daid,
2008
Scott, Knapp, Henderson &
Maughan, 2011

Mental health primary prevention has gained prominence as a priority in public health



A systematic review of 125 programs indicated the efficacy of interventions on preventing negative outcomes in mental health (Doughty, 2005)

Types of primary prevention by severity of risk exposure



Mental health concepts and the contributions from the positive psychology

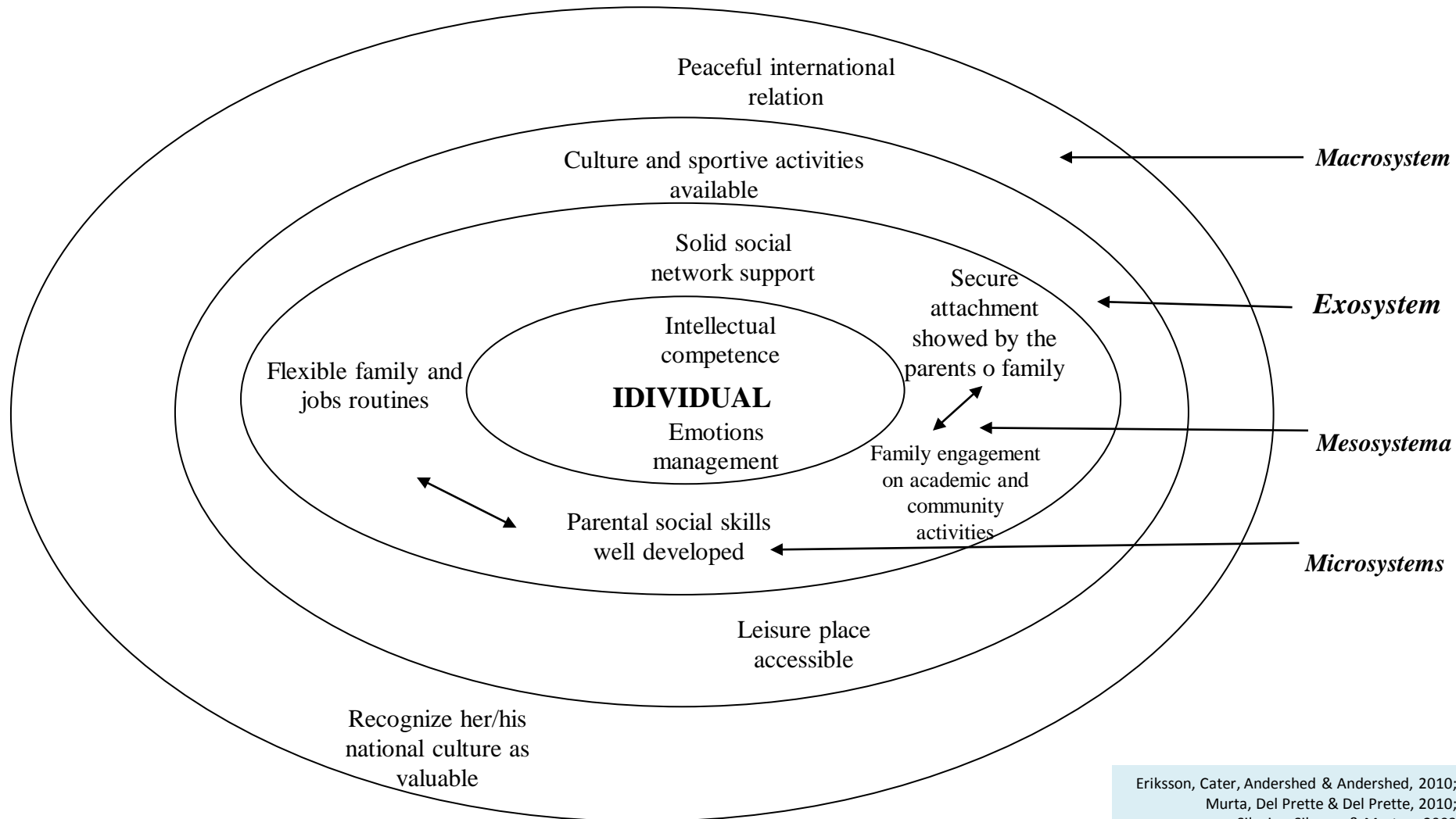
Mental health (WHO, 2004)

“state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

Positive Psychology (Seligman & Csikszentmihalyi, 2000)

Promoting skills studies that act as a protective factor contrary to the emergence of mental disorders

Protective factors on mental health organized in the Human Development Bioecological Model



The State of Art of Prevention Research on Mental Health in Brazil

Context

Successful results in the academic literature

Ginsburg, 2009
Raver, Jones, Li-Grining, Zhai, Metzger & Solomon, 2009
Jones, Brown, Hoglund & Aber, 2010
Williams, Wood & Currie, 2010,
McMillan, Stice & Rohde, 2011

Systematic reviews and meta-analyses indicate evidence of prevention programs efficacy

Christensen, Pallister, Smale, Hickie & Cleave, 2010
Cuijpers, Straten, Smit, Mihalopoulos & Beekman, 2008

The investment of £1 in prevention and health promotion programmes results in savings of £ 83 to the health of the country.

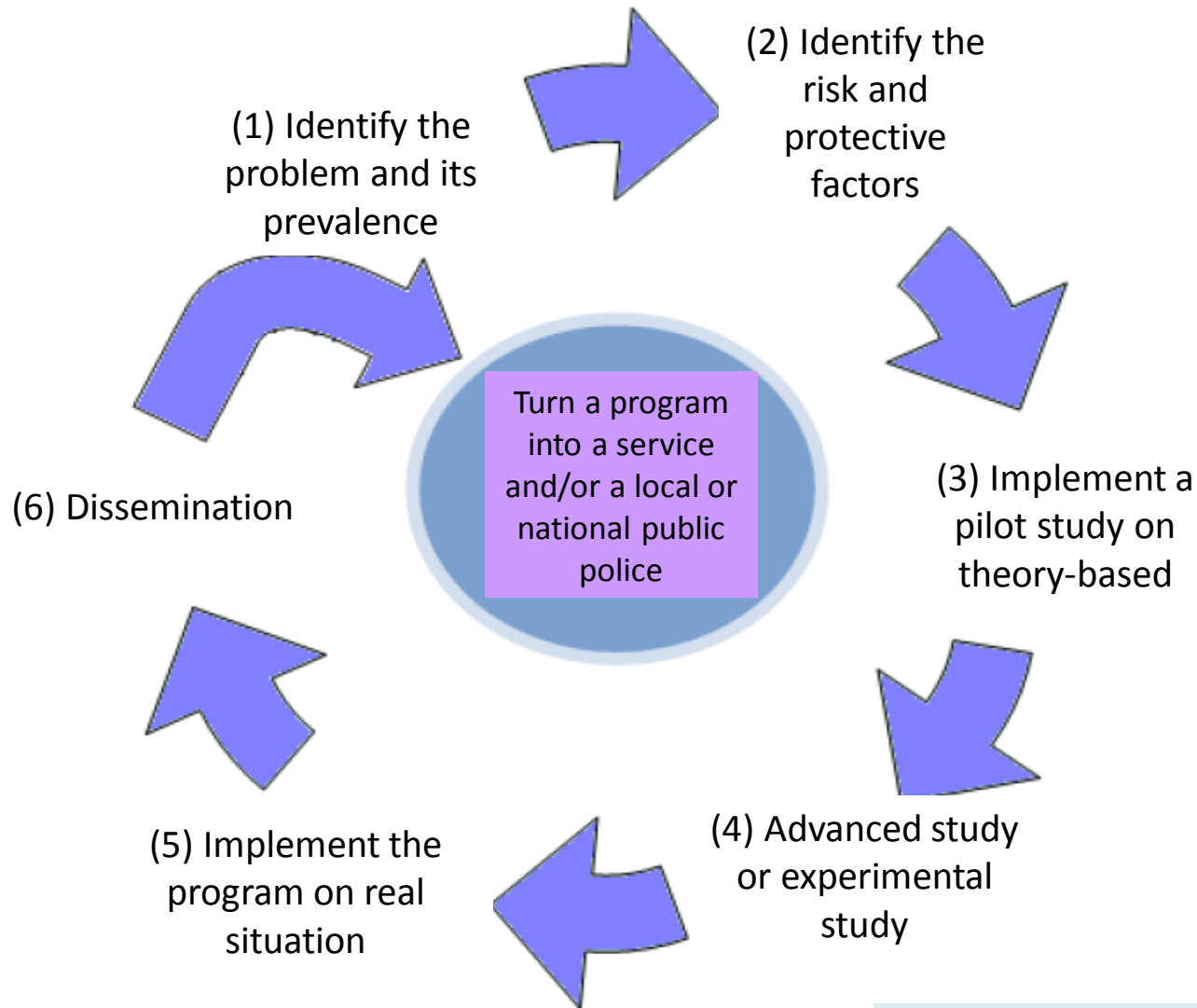
Knapp, Mcdaid & Parsonage, 2011

There are only two studies in Brazil that revised national prevention interventions.

Murta, 2005
Canoletti & Soares, 2004

There are no records on a extensive literature review on prevention

The prevention research cycle



Aim

1. Summarize the prevention research state of art on mental health in Brazil
2. Identify and systematize the Brazilian research on the prevention research cycle described

Method

Method: systematic review of the Brazilian literature

Data base: Scielo, Pepsic (Brazilian Data Bases) and literature reviews found in this study

Period: without initial limit of publication data, until January 2012

Key-words (in Portuguese): “prevention” OR “primary attention” OR “basic attention” OR “health promotion”



Procedures of selection and categorization of the studies

All the titles of the study were organized by a content analyses (Bardin, 1970) in the follow categories:

(a) Mental disorder

(d) Environmental Adversity

(b) Physical disease

(e) Diseases in animals

(c) Accidents

(f) Agriculture

For studies with no specific titles, the research was expanded to the abstract reading and more seven categories were elaborated:

(g) Discussion health and disease

(l) Laws and human rights

(h) Training

(m) Fraud, corruption and politics

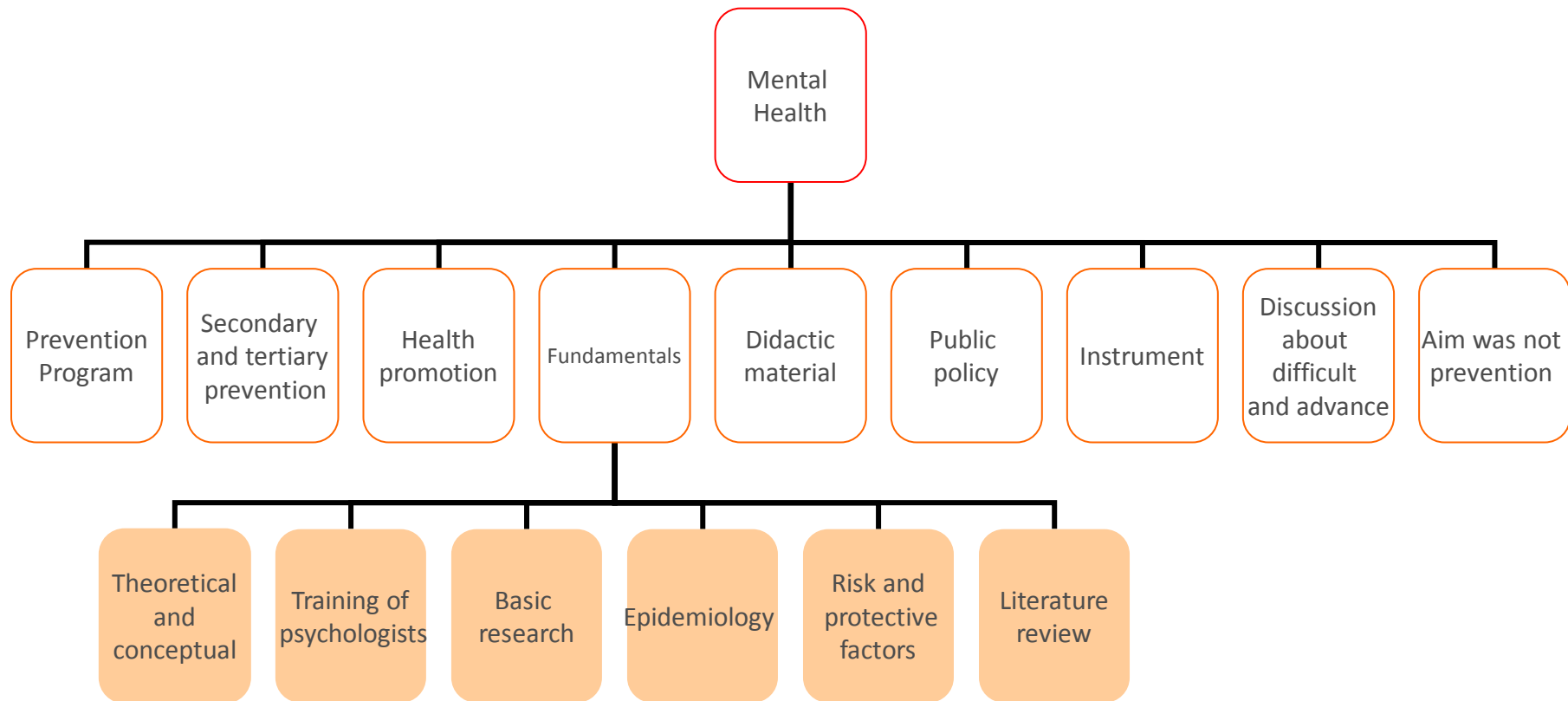
(i) Influence of the culture

(n) Method validation

(j) The role of SUS

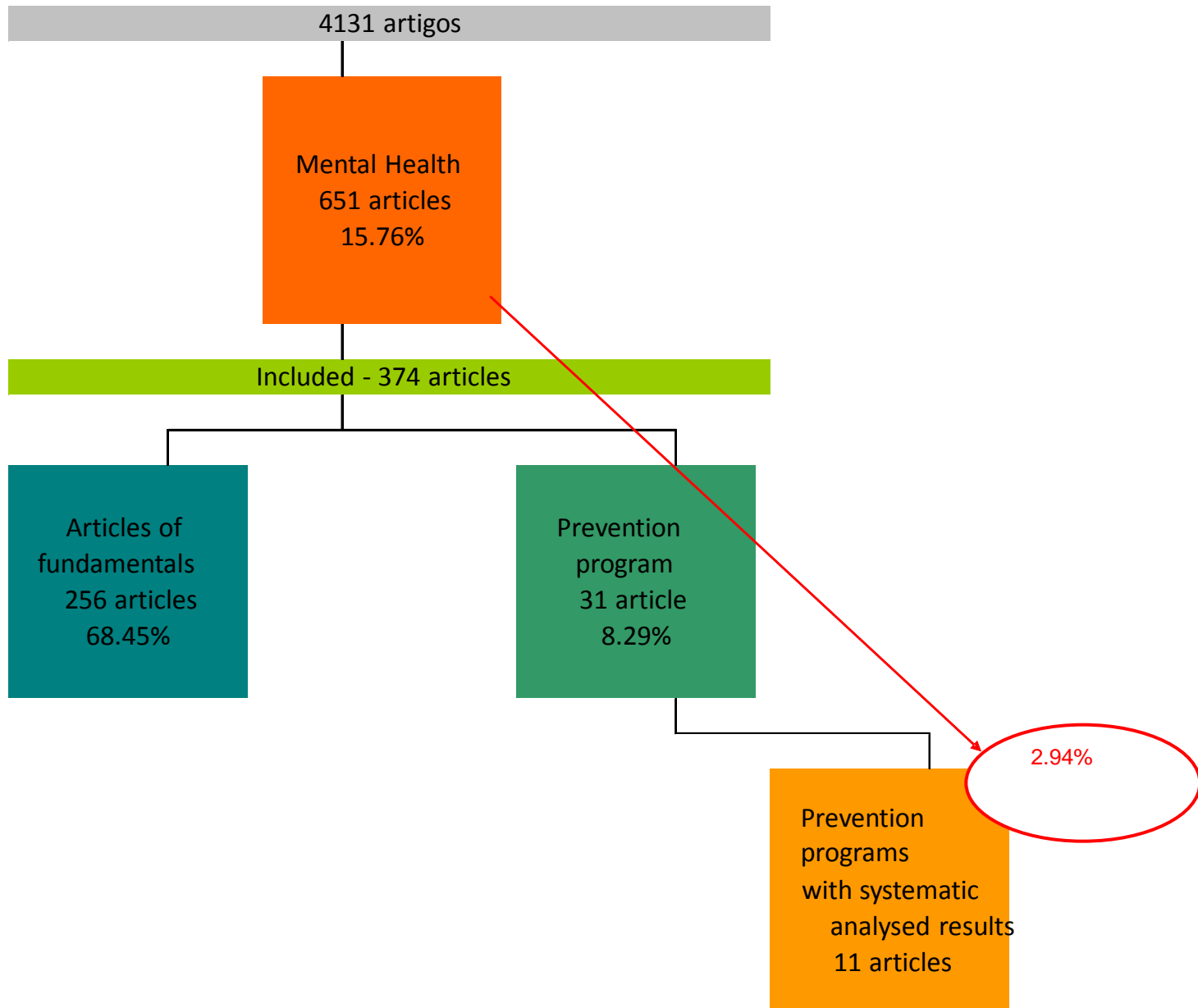
Analyse of prevention research on mental health

The papers identified on the category “mental health” were submitted in a detail analysed of them abstract and aims

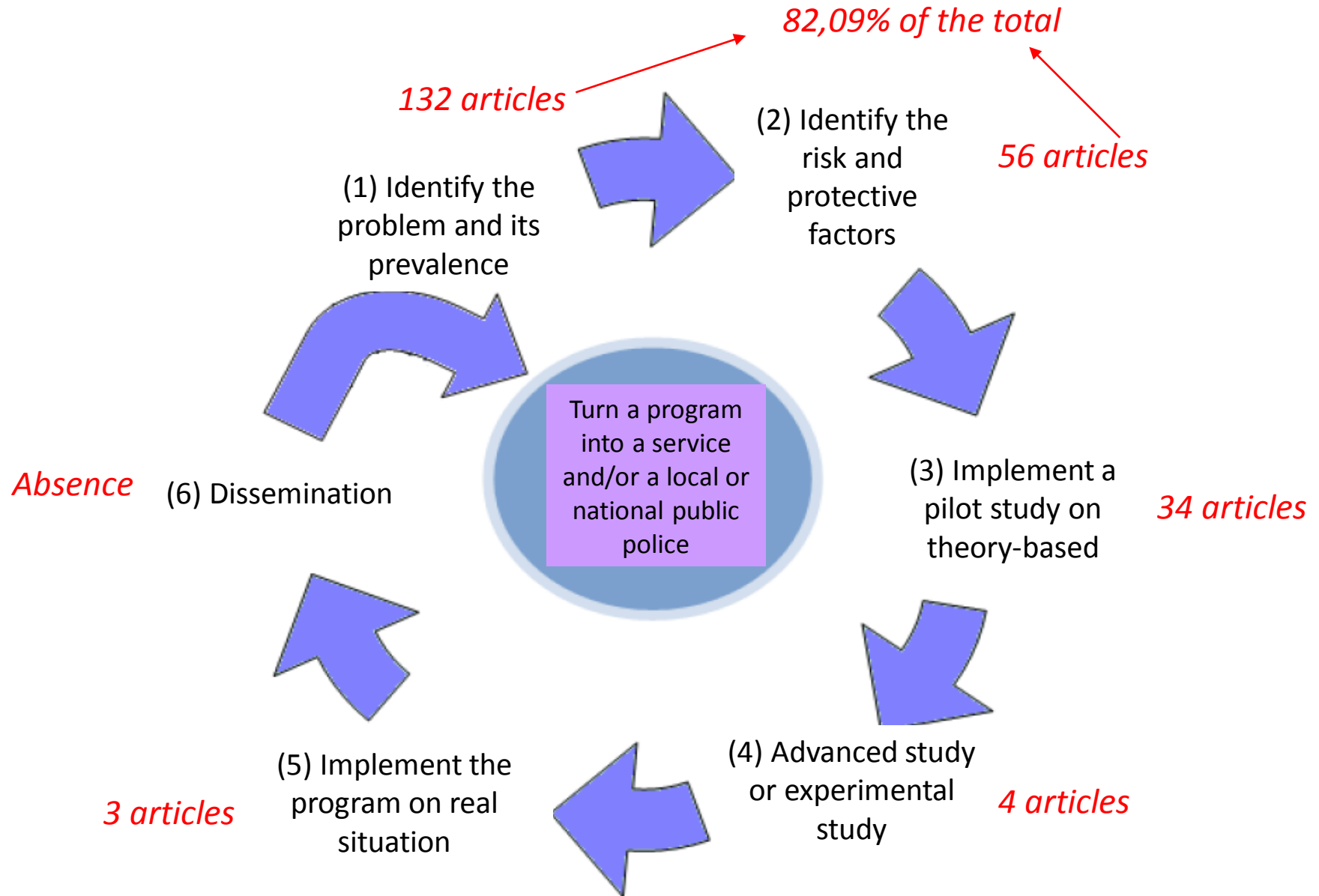


The agreement level between two specialists in content analysis was 97,37%.

Results and discussion



The prevention research cycle



Brazilian prevention programmes: who does this and how primary prevention on mental health is done?

Aim

1. Identify the Brazilian researchers who develop preventive interventions systematically evaluated
2. Describe and evaluate the characteristics of the interventions

Method

Method: systematic review of the Brazilian literature

Data base: Scielo, Pepsic (Brazilian Data Bases) and literature reviews found in this study

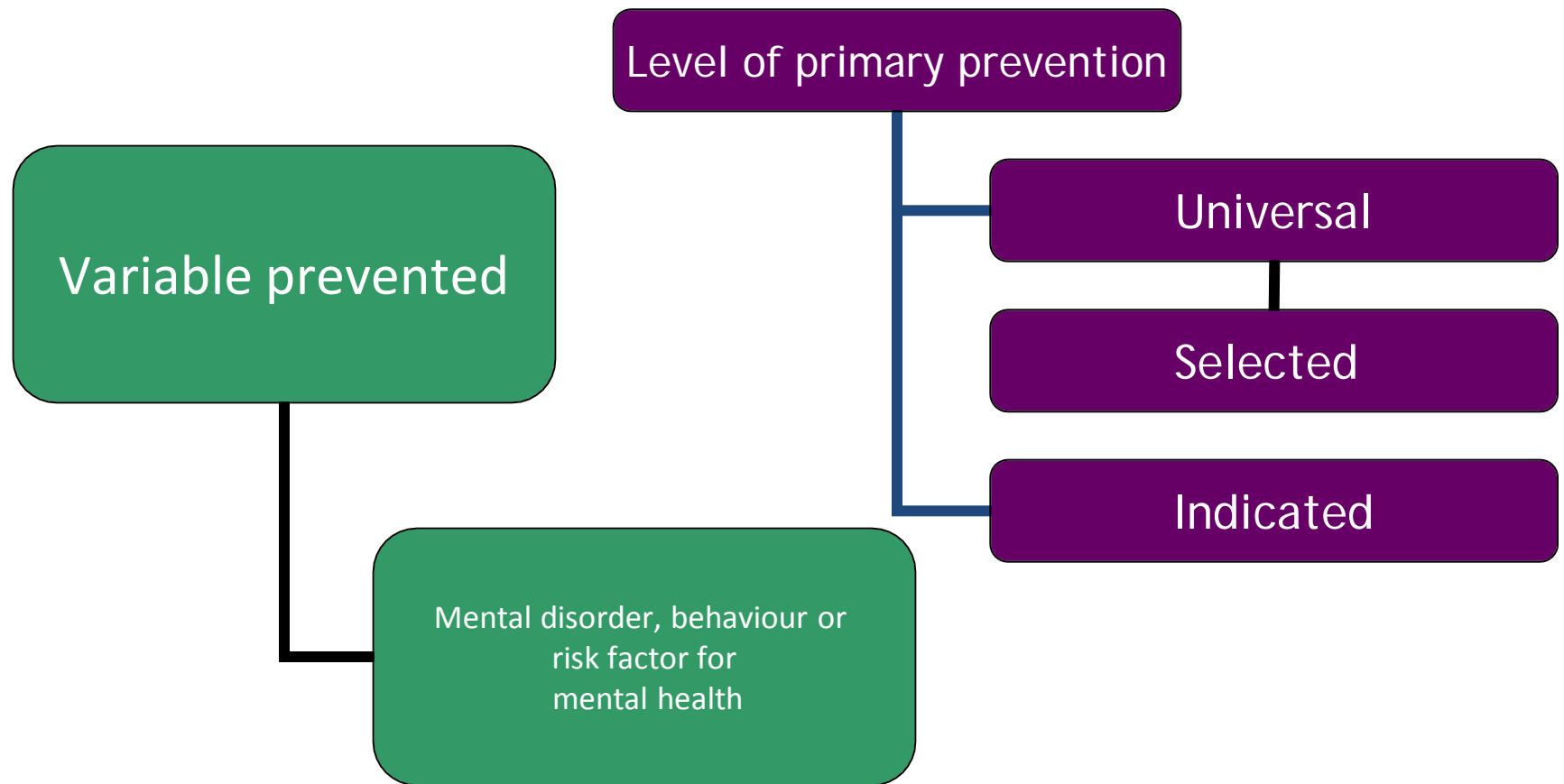
Period: without initial limit of publication data, until January 2012



Two specialists of content analyses and a judge conducted the review. The level of agreement was 92,7%.

Criteria

- Estudo: ano, área de atuação dos autores e filiação institucional



Characteristics of the Intervention

Design

Number of participants

Place

Frequency of the classes/intervention

Duration of the intervention (hours)

Content of the intervention

Instruments

Focus of the intervention

Individual

Environmental

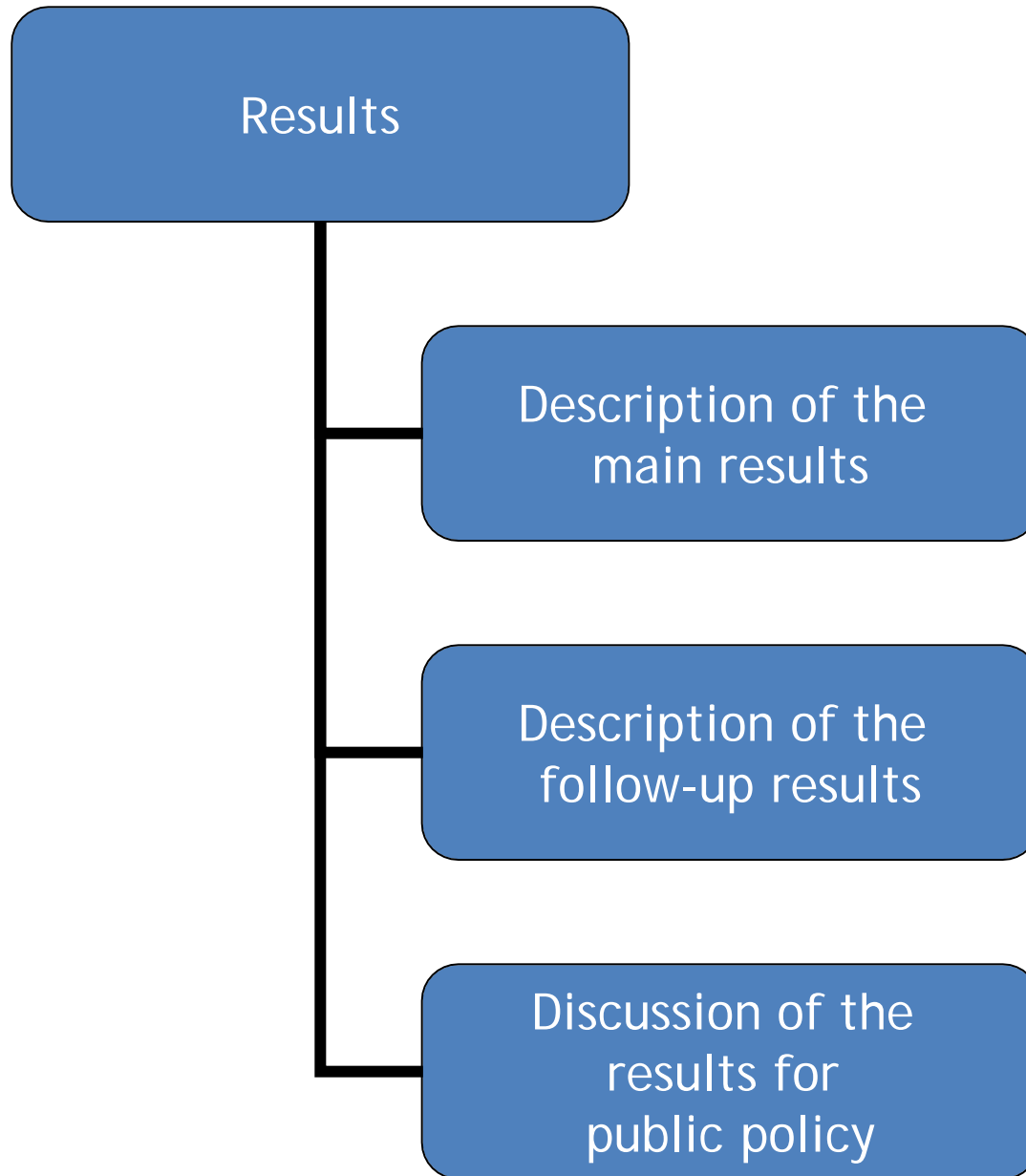
Both

Follow-up

Occurrence of
follow-up

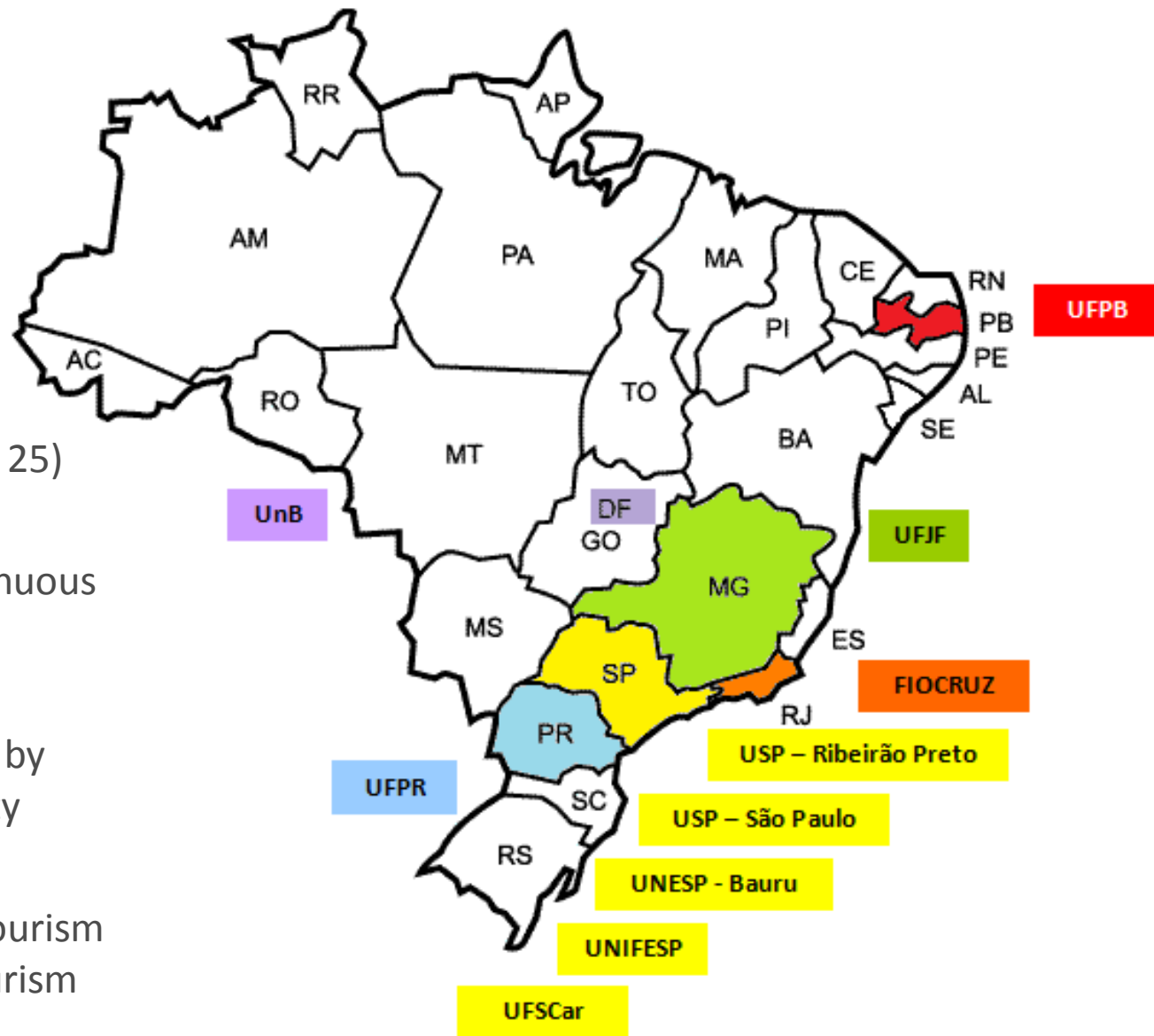
Number of
follow-ups

Frequency of
follow-up



Results e discussion – Who?

- N total – 25 articles e 42 intervention included
- First publication: 2000
- Articles published in scientific journal of psychology (22 dos 25)
- 14 researchers with continuous publications
- All of them are employed by public education university
- Theory approach: behaviourism (56%), cognitive-behaviourism (32%) e logo therapy (4%)



Results e discussion – How?

- Risk factors for mental health are the variable prevented
- Social skills are the condition promoted (41,9%)
- There is predominance of intervention on both focus – individual and environment (65,11%)
- The target population are children and teenagers (92,85%)
- The interventions were delivered in schools (62,79%)
- Follow-up (15,9%) and discussion of the results for public policy (12%)
- 44% did not nominated the research as preventive
- The intervention are long (30 hours to one academic year), around 50 participants, weekly.
- There is positive results for prevention of risk factors for mental health (described by the authors)

The perspective of specialists about the research on primary prevention on mental health in Brazil

Aim

Identify the experts' perspective on research in primary prevention on mental health in Brazil

Method

Multiple Case Study

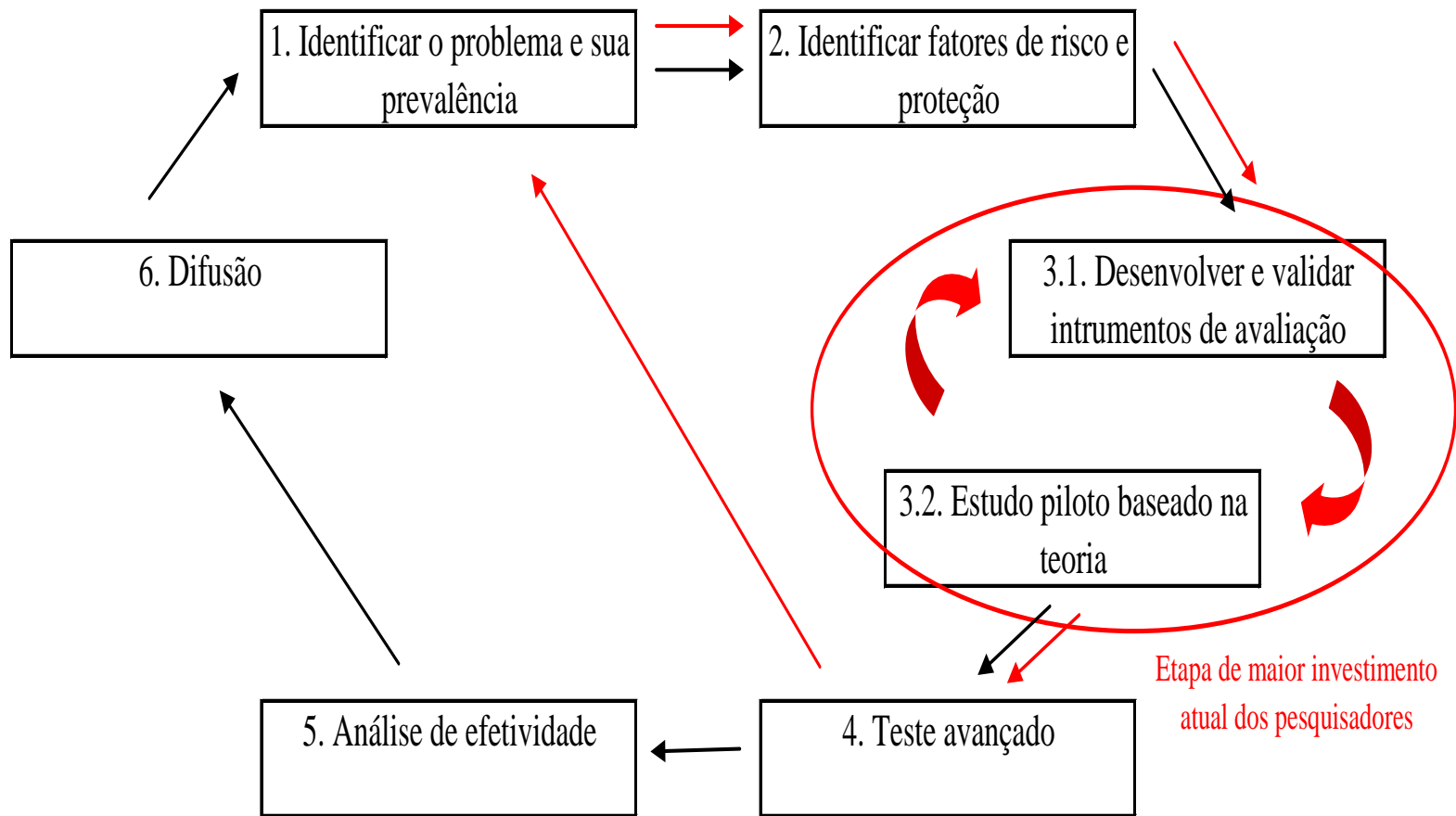
Sample: 4 senior researches, 6 young researches identified in previous studies

Procedures for data collection: personal interviews

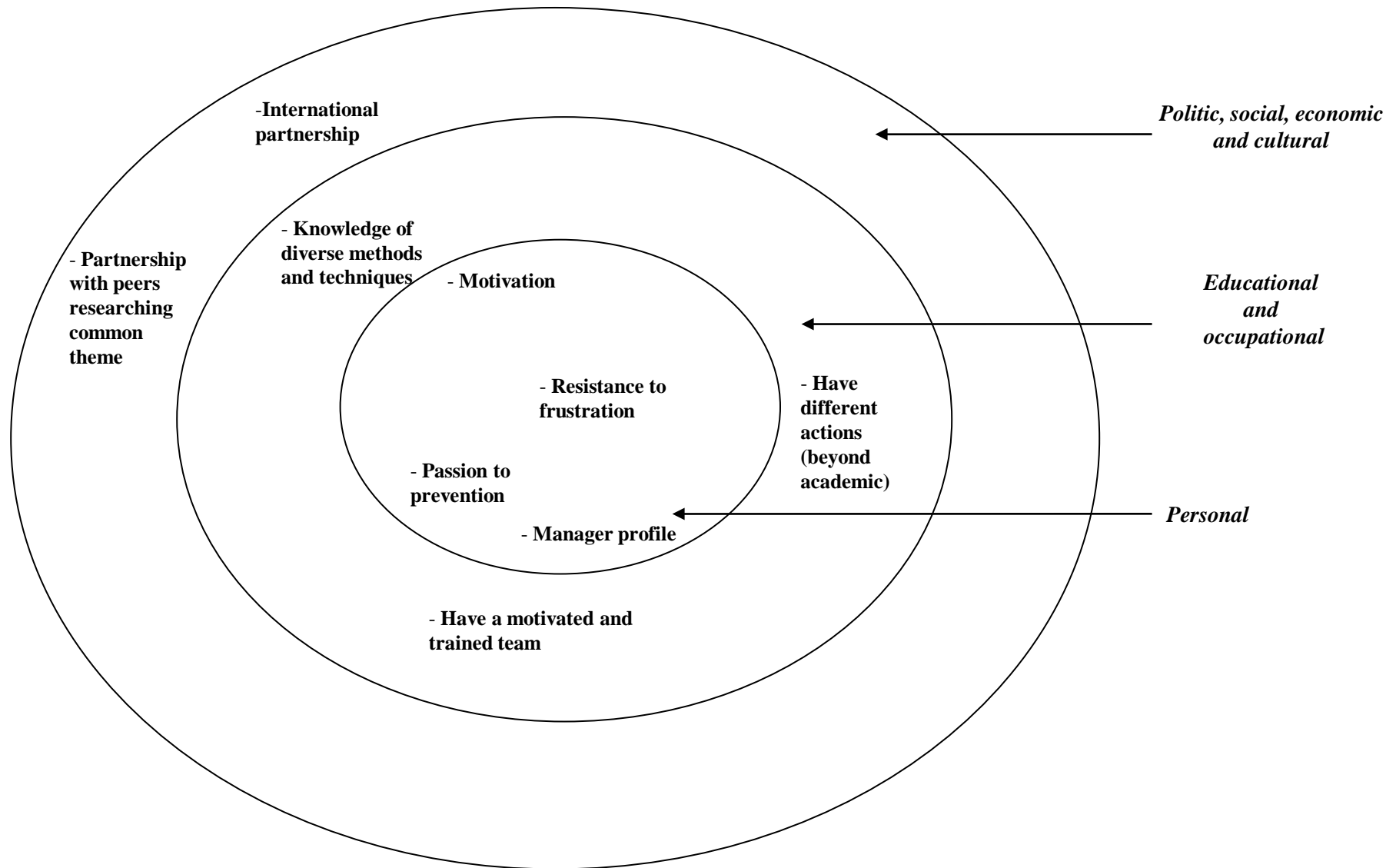
Data analysis: theme/structure contain analysis of transcriptions (Bardin, 1970)



O ciclo da pesquisa em prevenção proposto pelos pesquisadores



Bioecologic resources indicated by the specialists as necessary for a career in prevention research



Major Challenges

- Accumulation of roles
- Mental Health system and network that prioritizes treatment
- Evaluate the results of intervention
- Absence of a specific study area for researchers of mental health prevention
- Dissemination of scientific knowledge
- Low interest of participants
- Lack of resources for longitudinal studies

Training and skills for prevention professionals

- Include teaching prevention into a psychology curriculum guidelines

Focus on the following areas of expertise:

- Scientific methodology
- Statistics and evaluation methods
- Psychological practice evidence-based
- Technical management
- Knowledge of public policies



Notes to the implementation and evaluation of preventive interventions

- Interventions need to be based on solid holistic approaches
- Partnership with professionals from various fields of knowledge
- Inclusion of mixed evaluation methods, with psychological assessment and social impact
- Current focus on the validation of instruments
- Including multimodal assessments with multiple informants and developed by multi professionals teams
- Inclusion of mediators and moderators evaluation
- Knowledge and development of longitudinal studies

Notes for dissemination in academic environments, services and public policies

- Increase disclosure in Conferences and scientific journal
- Building networks of national and international research, including Latin America researchers
- Replication of successful programs in larger samples
- Translate the academic language to a more accessible and commercial language
- Investment in research on cost-effectiveness
- Evaluate the results of interventions
- Strengthen the dialogue with public policies.

Limitations of the research

- ✓ Exclusive review of scientific papers
- ✓ Exclusive review of academic media publications
- ✓ Absence of a detailed investigation of the type of delimitation used in experimental and non-experimental studies
- ✓ No consideration of efficacy, effectiveness and criteria for the dissemination of preventive interventions

Highlights

- ✓ Inclusion of articles published without limit initial date
- ✓ Analysis of the studies by two coders and a judge, prevention specialists in mental health, with calculation of agreement
- ✓ Representative sample of the national scene (4127 articles)
- ✓ Unpublished systematic reviews and relevant to the area
- ✓ Innovation to include the perspective of experts



Research Agenda

- ✓ Analysis of theses, dissertations, books and magazines not indexed media academic
- ✓ Analysis of public documents and other data sources unscientific
- ✓ Interview with professionals who perform preventive interventions and researchers are not