

Challenges For Adherence To Mental Health Care In Brazil

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Abstract:

Adherence to mental health care in Brazil faces significant challenges, stemming from a lack of information, stigma, difficulties in accessing services, and insufficient investment. Mental health, integral to personal development and overall well-being, encounters societal prejudices that create barriers for patients and healthcare professionals. Global statistics reveal that over half of individuals with mental disorders worldwide do not receive treatment, attributing this to financial constraints, limited service access, and a lack of awareness. The Brazilian mental health system grapples with various obstacles, including stigma and discrimination, insufficient investment, unequal access, long waiting queues, integration issues with primary healthcare, and inadequate training of professionals. Addressing these challenges necessitates increased investment in mental health, expanding service networks, professional training, and effective policy implementation. The integration of mental health services with primary care is crucial for a more comprehensive approach. Stigmatization further exacerbates the situation, leading to discrimination and prejudice against those with mental illnesses. Media portrayal and limited access to quality services contribute to these challenges. Combatting stigma requires promoting awareness, education, and implementing policies ensuring equal access to mental health services. The multiprofessional approach in mental health, endorsed by the National Mental Health Policy, recognizes that mental health encompasses biological, psychological, social, and cultural aspects. This approach aims for comprehensive patient care, considering individual circumstances and promoting autonomy and quality of life. Mental health education emerges as a vital component, seeking to reduce stigma, provide information on mental health issues, and impart coping skills. This includes promoting self-care strategies and emotional resilience. In conclusion, addressing the challenges to mental health adherence in Brazil requires a multi-faceted approach involving increased education, expanded specialized services, stigma reduction, and policy changes. Only through these collective efforts can Brazil hope to improve adherence to mental health care, ensuring the well-being of its population.

Keywords: Mental health; Mental Health Care; public health.

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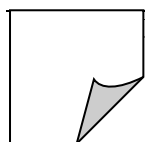
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I. Introduction

Mental health is the pursuit of a state of emotional, psychological, and social balance in which individuals can effectively cope with the challenges of daily life in a productive and healthy manner. It involves emotional well-being, the ability to handle stress, regulate emotions, establish healthy relationships, learn, adapt, make appropriate choices, and maintain a positive outlook on life. Mental health is fundamental for personal development, quality of life, and proper functioning in all areas of life. Adherence to mental health care in Brazil poses challenges for both healthcare professionals and patients. Mental health still faces stigmas and prejudices in society, creating barriers to access and adherence to care.

The percentage of people with mental health disorders attending consultations and follow-ups can vary based on factors such as the availability and access to mental health services, the stigma associated with mental disorders, and awareness of the importance of treatment.

Studies show that many people with mental health disorders do not seek adequate treatment. According to the World Health Organization's Global Burden of Mental Disorders report, more than half of people with mental disorders worldwide do not receive treatment. This may be due to various reasons, including



lack of financial resources, limited access to specialized services, or lack of awareness of the benefits of seeking treatment.

However, there are initiatives and policies aimed at increasing the rate of people with mental health disorders seeking treatment. Awareness programs and mental health campaigns can help combat the stigma associated with mental disorders, encouraging people to seek help. Additionally, expanding mental health services, including their integration into public healthcare systems, can improve access to treatment.

The rate of people with mental health disorders attending consultations and follow-ups can also vary depending on the type of disorder. For example, individuals with disorders such as anxiety and depression often find it easier to seek treatment as these disorders are more common and widely recognized. On the other hand, individuals with less prevalent disorders such as schizophrenia or bipolar disorder may encounter more difficulties in receiving necessary treatment.

This article addresses precisely this theme: the difficulty of accepting a diagnosis in Mental Health and the challenges of adhering to effective treatments.

II. Methods

In the context of an academic essay on Mental Health, in Brazil, methodology plays a crucial role in the analysis and understanding of these health conditions. A robust methodological approach may involve the combination of quantitative and qualitative methods to examine the complex relationships between social determinants and health. This may include the analysis of demographic and epidemiological data to identify patterns of disease incidence and prevalence in different social groups, as well as qualitative studies that explore the experiences and perceptions of affected communities. Additionally, participatory and collaborative research with marginalized individuals and groups may be essential for understanding the social and cultural contexts that shape health disparities. By adopting a comprehensive and inclusive methodological approach, researchers can significantly contribute to the identification of effective policies and interventions that address the social roots of diseases and promote health equity in Brazil.

As it is an essay, the authors chose to present the bibliographic references (which informed the discussion) only at the end of the text.

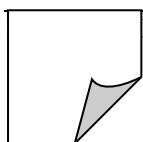
III. Results And Discussion

One of the main problems is the lack of information about mental illnesses, their symptoms, and treatments. Often, people cannot identify that they are facing a mental health issue and, therefore, do not seek appropriate treatment. Additionally, there is a lack of awareness about the importance of mental health and its influence on overall well-being.

Another obstacle to adherence to mental health care is the difficulties in accessing services. The mental health system in Brazil is still inadequate, with many regions lacking specialized professionals or suitable healthcare units. This leads to long waiting times for diagnosis and treatment, which can worsen symptoms and reduce the quality of life.

Mental Health services in Brazil face several challenges that hinder the provision of effective and quality care to the population. Among the main challenges are:

1. **Stigma and discrimination:** There is still social stigma associated with mental disorders. Many people are afraid to seek help or do not believe in the effectiveness of treatments, delaying diagnosis and access to services – this topic will be further addressed in the next sections of this article;
2. **Lack of investment:** Mental Health historically receives less investment than other areas of healthcare, leading to a shortage of resources and adequate infrastructure in services, as well as a lack of specialized professionals;
3. **Inequality in access:** Access to Mental Health services is unequal, especially for people living in rural areas or peripheral regions. Additionally, services are concentrated in large cities, making it difficult for the population in more remote areas to access them;
4. **Long waiting queues:** In many services, demand far exceeds the capacity for assistance, resulting in long waiting queues. This wait can worsen individuals' mental health conditions and reduce their quality of life;
5. **Difficulty in integration with Primary Health Care:** The lack of integration between Mental Health services and Primary Health Care hinders the early identification of mental health problems and proper patient referrals;
6. **Lack of effective policies:** Despite advances in Brazilian legislation with the creation of the Psychiatric Reform Law, which advocates for the gradual replacement of psychiatric hospitals with community services, the effective implementation of these policies remains a challenge. Many psychiatric hospitals still operate inadequately, with structural problems and human rights violations;
7. **Inadequate training of healthcare professionals:** The training of healthcare professionals is still insufficient regarding Mental Health. Many professionals are not adequately prepared to deal with the specific demands of this area, compromising the quality of care.



To overcome these challenges, there is a need for adequate investment in Mental Health, including expanding the service network, training professionals, and implementing effective policies. It is also necessary to promote awareness and combat stigma to encourage people to seek help and treatment early. The integration of Mental Health services with Primary Care is crucial for a more comprehensive and effective approach to mental health problems.

Stigmatization In Mental Health

Stigmatization in mental health in Brazil is a serious problem that affects not only people living with mental illnesses but also their families and communities. Stigmatization occurs when an individual is labeled or stereotyped due to their mental illness, leading to discrimination and prejudice.

Various stigmas are associated with mental illnesses, such as the belief that people with mental health problems are dangerous, violent, unpredictable, or unable to lead a normal life. These stereotypes often lead to isolation, social exclusion, and hinder access to adequate treatment and support.

One of the main consequences of stigmatization in mental health is the lack of understanding and empathy from society. This results in a lack of support and compassion for those facing mental health problems, making it difficult to seek help and adhere to treatment.

The media also plays a significant role in perpetuating stereotypes and stigmatization. Mental illnesses are often portrayed in negative and sensationalized ways, reinforcing the distorted and prejudiced view of the population.

Additionally, limited access to quality mental health services contributes to stigmatization. In Brazil, the mental health system still faces challenges such as a lack of trained professionals, scarce resources, and services concentrated in large cities. This makes it difficult to obtain an accurate diagnosis, access medications, and receive effective treatment.

To combat stigmatization in mental health in Brazil, it is necessary to promote awareness and education about mental illnesses, demystifying stereotypes and informing the population about the reality of these conditions. Moreover, it is essential to invest in public policies that ensure equal access to mental health services, strengthen the assistance system, and provide better treatments and support.

Creating support groups and discussion spaces can also help in adherence to mental health care, providing emotional support and sharing experiences. Reducing stigmatization in mental health is a collective task that involves efforts from all sectors of society, including patients, families, healthcare professionals, policymakers, and the media. Promoting a culture of inclusion, respect, and acceptance is crucial to ensure that all individuals have their rights and dignity preserved, regardless of their mental health condition.

Multiprofessional Approach In Mental Health

The multiprofessional approach in mental health in Brazil is a practice that involves the participation of professionals from different fields in the care and treatment of individuals with mental disorders. This approach recognizes that mental health cannot be understood solely from a medical perspective but must take into account all aspects that influence an individual's life.

This approach seeks to integrate professionals such as psychiatrists, psychologists, nurses, social workers, occupational therapists, among others, to provide a wide range of mental health services. Each professional possesses specific skills and knowledge that can contribute to more holistic and comprehensive care.

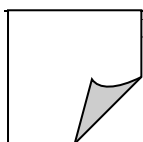
The multiprofessional approach in mental health aims to promote comprehensive patient care, considering not only biological but also psychological, social, and cultural aspects. This approach seeks a more complete and individualized understanding of the individual, taking into account their life context, social support network, and subjectivity.

Thus, the multiprofessional approach aims to build an individualized therapeutic plan, respecting the particularities of each person and seeking to promote autonomy and quality of life. Through collaboration among different professionals, it is possible to conduct a more comprehensive assessment and provide more extensive care, considering not only the diagnosis but also rehabilitation and social reintegration.

In Brazil, the multiprofessional approach in mental health is supported by the National Mental Health Policy, which seeks to promote deinstitutionalization, strengthen the psychosocial care network, and involve the community in the care of individuals with mental disorders. This policy recognizes the importance of teamwork and the need for an integrated approach to promote mental health.

Mental Health Education

Mental health education refers to the availability of information, knowledge, and skills provided to individuals to promote understanding and awareness of issues related to mental health. It involves teaching strategies for promoting mental health and coping skills to deal with stress and everyday life challenges.



Mental health education is essential because mental health is a fundamental part of overall health and an individual's well-being. It encompasses emotional, psychological, and social aspects of an individual's life and affects their ability to cope with stress, make decisions, work productively, and maintain meaningful relationships.

One of the main goals of mental health education is to reduce the stigma and prejudice associated with mental illnesses. Many people face barriers to seeking help when experiencing mental health problems due to social stigma and a lack of understanding about these issues. Mental health education seeks to promote a culture of openness, empathy, and support that encourages people to seek treatment and support when needed.

Additionally, mental health education aims to provide information about signs and symptoms of mental health problems, as well as prevention and treatment strategies. This enables individuals to recognize when they or someone around them is facing difficulties and to seek appropriate care.

Mental health education also includes the promotion of self-care skills and emotional resilience. This involves teaching healthy coping strategies, such as regular physical exercise, adopting a balanced diet, seeking social support, and practicing relaxation and meditation techniques. These skills can help individuals cope with stress and adversity more effectively, reducing the risk of developing mental health problems.

In summary, to improve adherence to mental health care in Brazil, it is necessary to invest in educating the population on the subject through awareness campaigns and information. Additionally, it is crucial to expand the availability of specialized mental health services, ensuring the presence of trained professionals in all regions of the country.

IV. Conclusion

Adherence to mental health care is a challenge in Brazil due to a lack of information, stigma, difficulties in accessing services, and insufficient investment. Stigmatization in mental health is a serious problem that leads to discrimination and prejudice, making it difficult to seek help and treatment. The multiprofessional approach in mental health seeks to offer more comprehensive and integrated care, considering all aspects that influence an individual's life. Mental health education is essential to promote understanding and awareness of issues related to mental health, reducing stigma and providing information and skills to cope with everyday challenges.

To improve adherence to mental health care, it is necessary to invest in educating the population, expand the availability of specialized services, and combat stigma and discrimination.

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