

# World Congress on Mental Health

November 13-14, 2019 | London, UK

## Accepted Abstracts



# WORLD CONGRESS ON MENTAL HEALTH

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## **A smartphone-based intervention to buffer the negative effects of perceived discrimination among ethnic minority college students**

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We present a smartphone-based self-affirmation App that has been designed to help buffer ethnic minority college students from the negative effects of perceived ethnic discrimination experienced on campus. Self-affirmation theory suggests that if an individual is threatened (i.e., devalued) in an important area of the self (such as being denigrated for being a part of a particular racial/ethnic social group), then affirming a different area of the self (e.g., reminding individuals of the important values that they hold), can diffuse the threat by dampening stress responses. Self-affirmation writing interventions have successfully helped prevent academic decline (i.e., grade point average) among African-American and Latino/Hispanic college students in the United States. These self-affirmation writing interventions have been delivered through paper-and-pencil and have not yet been tested using mobile technologies. We present descriptive statistics and qualitative analyses of a pilot smartphone study conducted with Latino- and Asian-heritage college students at the California Polytechnic State University, San Luis Obispo (Cal Poly). The participants completed a two-week daily diary on their smartphones. In addition, they completed an initial intake survey and 2-month follow-up survey. The survey included measures of psychological well-being, health risk behaviors (alcohol, drug use, and nutrition), sense of belonging to the campus community, grade point average, and general physical health. Participants were randomly assigned to an experimental group (who completed the self-affirmation intervention) and a control group (who completed a no affirmation writing exercise). Ethnic minority students at Cal Poly reported experiencing significant microaggressions on campus. Participants further reported that the App was easy to use and not overly burdensome in terms of time commitment. The App's potential use in educational and therapeutic settings is discussed.

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## Leaders- How is stress impacting your workplace?

**Marketa Swaby**

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In the UK, 55% of sickness absence days are related to mental illness, around 15 million lost working days each year. Let's stop this idea that mental health is a thing you don't talk about at work EVER, EVER, EVER.

Workplace Mental Health Training is designed to help both managers and employees increase their knowledge and confidence to lead meaningful mental health conversations in the workplace.

This workshop is an introduction to understanding mental illnesses; conditions and symptoms. Explores the history and stigma of mental illness to challenge assumptions and teaches some practical tools to support you to manage a range of complex or challenging mental health issues with more confidence.

### Learning Objectives:

- To explore the culture of mental illness to mental health approaches
- To start a change conversation about mental health and understand if people are ready to change or not
- To manage disclosure of a mental health issue with confidence

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## Systematic review to examine the association between female infertility and common mental disorders

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**Background:** Infertility is a global health issue in both developed and developing countries. The estimates of people going through infertility worldwide is as high as 48.5 million couples worldwide. Although male factor infertility accounts for more than half of global cases of childlessness, infertility remains a burden often put on most women in many societies. Female infertility is diagnosed as a medical condition, but its enormous impact on social and psychological functioning on those experiencing it, cannot be overemphasized.

**Methods:** A thorough search was conducted in MEDLINE, EMBASE, PSYCHINFO and CINAHL databases using key word searches female, infertility, sub-fertility, mental health, anxiety and depression. Screening of the included studies and also of studies that cited included studies, with subsequent quality appraisal, data extraction and final analysis and synthesis of the data.

**Results:** This review included eighty-three studies in its final analysis. Almost ninety percent of the studies reviewed reported a significant association between female infertility and anxiety and depression. Reports from one population study found that levels of anxiety and depression in infertile women, were comparable to that of the general population. Sociodemographic factors including increased age, no or low education, low or no employment were significantly associated with higher levels of anxiety and depression. In some regions, anxiety and depression was significantly associated with lack of husband's support.

**Conclusions:** There is substantial evidence to indicate that female infertility is significantly associated with common mental disorders, in particular, anxiety and depression. Majority of studies included were cross-sectional, which limits inference on the direction of causality.

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## Severe alcohol withdrawal syndrome: Development of a risk stratification tool and alternative treatment pathway to support early hospital discharge

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**Statement of the problem:** Patients who have Alcohol Dependence Syndrome (ADS) are admitted to hospital just in case they develop Severe Alcohol Withdrawal Syndrome (SAWS). The primary alcohol reason for hospital attendance is Alcohol Withdrawal Syndrome (AWS). AWS spans a spectrum that ranges from mild to severe and approximately 10% of patients who have ADS will experience SAWS when they stop drinking. However, with no tools available to quickly stratify ADS severity and low risk of SAWS the numbers of short to zero stay hospital admissions are on the increase. The purpose of this study was to develop an AWS risk stratification tool that could identify and support staff to safely discharge low risk patients from the emergency department avoiding unnecessary admission.

**Methodology & theoretical orientation:** The study was conducted in three parts. First: a systematic literature review to identify the variables linked to SAWS development. Second: a retrospective cohort study investigating the statistical significance of these variables in the development of SAWS and third: the development of a risk stratification tool.

**Findings:** Three variables: Glasgow Modified Alcohol Withdrawal Scale (GMAWS), hours since last drink, and Fast Alcohol Screening Test (FAST) were statistically significant and displayed excellent predictability in identifying low risk of SAWS and high risk of SAWS.

**Conclusions & significance:** A simple risk stratification tool was developed using variables collected in the emergency department that would help clinicians to identify those at low risk of SAWS and support their discharge home. Recommendations; to implement the tool into the emergency department for the purpose of early discharge and referral into a home supported alcohol detoxification on day of discharge for patients at low risk of SAWS.

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## A delphi survey of practitioner's understanding of mental capacity

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**Purpose:** The introduction of the Mental Capacity Act and Deprivation of Liberty Safeguards has provided the basis for sweeping changes in health and social care. This study explores the views of practitioners including GPs, nurses, social workers, physio/occupational therapists and care assistants who were presented with a variety of scenarios.

**Design/methodology/approach:** The Delphi method was used to elicit the views of participants. It was aimed at generating a consensus of opinion. This method usually works with a large sample for heterogeneous groups, so in the first round 98 participants from a range of professional groups participated.

**Findings:** Participant responses demonstrated inconsistencies in their interpretation of the scenarios. Disagreements were most profound when a patient's decision was in conflict with clinical advice, and when to conduct a capacity assessment. Participant responses highlight the lack of consensus in clinical, even within settings or professions. This demonstrates the complication surrounding the MCA and its application in practice.

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## The use of psychopharmacy as a response to the school complaints

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The Education Secretary in the city of Petrópolis, a city located in the country of Rio de Janeiro state, in Brazil, contains a Counseling of School Psychology (CSP) which receives referrals about students with school complaint. By school complaint we understand “the difficulties which refer to the schooling process of the child/student and generate referrals of psychological evaluation or individual service” (Oliveira, Bragagnolo & Souza, 2014, p. 06). We made a documental research analyzing these referrals, produced in 2013 and 2015, aiming the identification of the diagnoses and uses of psychotropic drugs in children by behavioural with the goal of investigating a possible appropriation of medicalizing speeches by the educational institutions and, therefore, a drug therapy treatment as an answer to school complaints. The analysis of the referrals revealed that from 254 children, 65 received diagnoses, being the most frequent the Attention Deficit Hyperactivity Disorder (27) and the Oppositional Defiant Disorder (12). Among these, 6 children were diagnosed with both disorders. Independent of medical diagnoses, 100 children use psychotropic drugs, considering that among the 144 students who were referred but did not use any psychotropic drug, 41 were referred to specialists with this goal. The medications with a higher number of prescriptions were Carbamazepine, Ritalin and Risperidone. Treating school complaints with diagnoses and medications that blame children and their families is to neglect a precarious educational system and the social indicators which promote inequality and violence. It is a Psychology’s duty to analyze and question which educational practices Psychology itself is cooperating when the professionals receive referrals that silence these realities and reproduce a biologizing model, which has in the medical intervention a correcting possibility for those who uncover the school as a sickness promoting institution.

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## Happiness, according to lyubomirsky, king, and diener (2005)

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Happiness, according to Lyubomirsky, King, and Diener (2005), is associated with and precedes numerous successful outcomes. According to the researches conducted by United Nations Development Program, the subjective feeling of happiness, or more formally Subjective Well-Being (SWB), serves as a critical indicator for quality of life - health, longevity, income and social skill.

Among many potential antecedents of SWB, political and social scientists have long debated for the important research question of whether democracy can bring happiness. Extensive research question has investigated this question empirically, sampling from different areas of the world, such as Latin America (Granham & Pettinano, 2001), North America (Álvarez-Díaz, González, & Radcliff, 2010) and Europe (Böhnke, 2007). Despite numerous researches conducted, the results are far from conclusive. While many studies have supported the positive impact of the level of democracy, some studies obtained contradicting results. For example, Fosu (2013) have found that in Africa, politically accountable governments are linked to more chance of political disorder, which may in turn reduces citizens' well-being. Likewise, in the context of Switzerland, Dorn, Fischer, Kirchgässner, and Sousa-Poza (2007) have concluded that democracy does not significantly affect well-being of the citizens.

We argue that one important reason causing these inconsistencies is that the definition of democracy varies across countries, especially among non-western countries. In the specific context of China, Tianjian and Jie (2010) have proposed that, probably influenced by powerful propaganda, the majorities in the country agree on the Confusion model of democracy, characterized by strong support for the governing regime. Such divergence in the definition of democracy may confound the effects of the objective measurement of democracy (e.g. the Democracy Index) on SWB. In this sense, the application of subjective measurements of democracy is preferable in that it effectively takes into account the variations of the personal definition of democracy.

The current study investigates the impact of subjective measurement of democracy (i.e. perceived level of democracy of the nation) on individual's SWB, using a sample of Chinese residents. We have chosen to conduct the current research with a Chinese sample based on two reasons. First, Asian countries are generally under-representative in previous researches; therefore, researches conducted in these countries are necessary to supplement the existing findings. More importantly, the definition of democracy is especially controversial in this authoritarian country, thus weakening the appropriateness of the objective measurement of democracy.

Another important contribution of the current research is that it empirically tests how the impact of democracy on SWB varies among different demographic groups. The detection of the boundary of such effect could potentially suggest its mechanisms.

The current study utilizes the Chinese dataset from World Value Survey (WVS) Wave 6, which consists of the responses from a representative Chinese sample. The interviews, which were conducted in 2013 with strict compliance to the protocol of WVS, have been proven methodologically sound in various researches. The hypotheses were tested with linear regression. An important issue of such cross-sectional analysis was the potential endogeneity of the effects; we have thus applied a novel method that are based on heteroscedasticity measurement to estimate the degree of endogeneity and remove its confounding effects. The results have confirmed our hypothesis that the perceived level of democracy is positively related to individual SWB, and that the income level positively moderates such effect. However, surprisingly, we have also found that the social class negatively affect the relationship between perceived level of democracy and individual SWB. The potential explanation as well as the implications of the findings were discussed. Last, we pinpoint two directions for future researches: (1) longitudinal studies could be carried out to theoretically avoid the endogeneity problem and replicate the current findings; (2) more researches are needed on how social policies would affect SWB in non-western context.

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