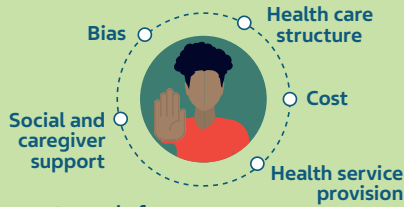


Social determinants of mental health in neuropsychiatric disorders

Social factors

account for a similar number of deaths as the leading pathophysiological causes in the US¹

Barriers to healthcare are linked with social, economic and/or environmental disadvantages^{2,3}



Barriers can prevent people from seeking healthcare altogether⁴



Those who do seek help may experience a lack of understanding or poor treatment⁵



What can I do?

- Identify structural root causes for clinical problems in patients⁶
- Connect patients with community resources⁷
- Introduce training schemes on bias into healthcare settings⁸

Social determinants of mental health can impact health outcomes^{11,12}

Stigma, lack of social support, and homelessness can lead to reduced adherence to medication¹¹

With schizophrenia, poor treatment adherence can lead to:¹²



What can I do?

- Use motivational interviewing^{13,14}
- Adopt an individual approach for each patient¹⁵
- Engage with family and support networks¹⁵

Social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age⁹

Social determinants of mental health can include discrimination, social isolation, and stigma¹⁰

Neuropsychiatric disorders are associated with stigma, social isolation, and lower quality of life¹⁶⁻¹⁸

We can help our patients by addressing social determinants of health

HCPs who use specific methods for asking patients about social challenges are more likely to report helping their patients than those who do not know how to ask (93.8% vs 52.9%; $p=0.003$)^{25,b}

What can I do?

- Use established scales to clinically assess social isolation and loneliness in at-risk patients^{22,23}
- Provide social support with mentoring programs or social recreation interventions²⁴
- Address negative thoughts with techniques such as cognitive behavioral therapy²⁴

Social isolation and loneliness are risk factors for poor health and increased overall mortality^{19,20}

Loneliness has been associated with increased odds of experiencing:^{21,a}



^aIn an investigation of the cross-sectional baseline data of the Gutenberg Health Study, consisting of 15,010 participants. Loneliness was determined after controlling for demographic variables and other sources of distress; ^bIn a study of 47 health workers in Canada.

HCP, healthcare professional; US, United States.

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