

## XVI. MENTAL HEALTH : IMAGES AND REALITIES

### 1. THE FEELING OF BEING ILL : PERCEPTION OF DISORDERS AND PRESENCE OF DISORDERS

- In comparison to other sites, in Madagascar and Mauritius the feeling of being ill seems more widespread and concerns a majority among respondents presenting disorders identified by the MINI
- For all French sites, 30% of respondents presenting at least one disorder identified by the MINI state they feel they are ill.

- Barely half the respondents in France have talked about these problems with those close to them. Yet more than half state they have received help or advice from someone close.
- Further to this, the comparison of representations explored in the first part of the survey and the prevalence of disorders as identified by the MINI tends to show that there is a gap or misfit between perceptions of respondents and screening results based on CIM-10 criteria.
- Thus, 9 114 individuals (83.7% of respondents) state they have NEVER had treatment for “INSANITY”, or “MENTAL ILLNESS”, or “DEPRESSION”.

✓ Among these, 2328 individuals (25.5% of people saying they have NEVER been treated for “INSANITY”, “MENTAL ILLNESS” or “DEPRESSION”) present at least one disorder following administration of the MINI

Anxiety disorders	Depressive disorders	Alcohol addiction	Psychotic disorders	Drugs addiction	Bulimia, anorexia
1 420* (15,6 %)	976* (10,7 %)	329* (3,6 %)	133* (1,4 %)	110*(1,2 %)	30* (0,3 %)

✓ Also among these, 1 324 individuals (14.5% of respondents saying they have never been treated for “insanity”, “mental illness” or “depression”) present at least one disorder via the MINI that is felt to be troublesome.

Anxiety disorders	Depressive disorders	Psychotic disorders	Drugs addiction	Bulimia, anorexia	Alcohol addictions
892* (9,8 %)	567* (6,2 %)	62* (0,68 %)	48*(0,52 %)	18* (0,19 %)	15* (0,16 %)

NB several diagnoses are possible.

- These results should be set against those obtained from other studies, which have shown that one of the main reasons why people do not consult in case of anxiety or depressive disorders, for example, is the difficulty subjects have in recognising psychological symptoms and/or their difficulty in admitting that their problems are of psychological nature.

## 2. PRESENCE OF DISORDERS IDENTIFIED VIA THE MINI AND REPRESENTATIONS OF DISORDERS.

- In the first part of the survey, 12 questions enable exploration of behaviours and conduct that were the most frequently mentioned in the different cultural sites as belonging to a mental disorder. Among these, some are directly in line with disorders that can be highlighted by the MINI. An attempt was made to determine whether actually presenting the particular disorder influenced representations.

- The following correlations were explored :

Presence of disorders via the MINI	Behaviours
Depressive disorders	Attempted suicide
	Isolated, withdrawn, wants to be alone, attempted suicide
Major depressive episode	Attempted suicide
Anxiety disorders	Attempted suicide
	Somebody who is anxious
Generalised anxiety	Somebody who is anxious
Alcohol addiction	Regularly drinks alcohol
Alcohol abuse	
Drug addiction	Regularly takes drugs
Drug abuse	
Drugs taken in the last year	
Psychotic syndrome	Delirious, has hallucinations

- The analysis shows that the actual presence of disorders in a set of data has little influence on representations of behaviours, i.e. whether or not a subject presents a disorder via the MINI, the representation of the most descriptive behaviour for the disorder is unchanged in its qualification insane/mentally ill/depressive or none of the three.
- There is one exception : people identified as addicted to drugs or as having taken drugs in the course of the year, have a much more marked tendency to consider that someone who takes drugs regularly is neither insane, nor mentally ill, nor depressive (“none of the three” obtains 73% against 47.7%).

**TABLE 50 : PRESENCE OF DEPRESSIVE DISORDERS VIA THE MINI VERSUS  
" IN YOUR OPINION, SOMEONE WHO ATTEMPTS SUICIDE IS AN "INSANE", A "MENTALLY ILL", A  
"DEPRESSIVE" PERSON, "NONE OF THE THREE" ?**

			<i>Depressive disorders with the MINI</i>		<b>Total</b>
			Yes	No	
<i>In your opinion, someone who attempts suicide is</i>	<b>AN "INSANE" PERSON</b>	Number	150	820	<b>970</b>
		% of depressive disorders	10,0%	8,8%	<b>8,9%</b>
	<b>A "MENTALLY ILL" PERSON</b>	Number	204	1 378	<b>1 582</b>
		% of depressive disorders	13,6%	14,7%	<b>14,6%</b>
	<b>A "DEPRESSIVE" PERSON</b>	Number	1 005	6 175	<b>7 180</b>
		% of depressive disorders	66,8%	66,0%	<b>66,2%</b>
	<b>"NONE OF THE THREE"</b>	Number	146	976	<b>1 122</b>
		% of depressive disorders	9,7%	10,4%	<b>10,3%</b>
<b>TOTAL</b>	<b>Number</b>	<b>1 505</b>	<b>9 349</b>	<b>10 854</b>	
	<b>% of depressive disorders</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	

**TABLE 51 : PRESENCE OF PSYCHOTIC DISORDER VIA THE MINI VERSUS " IN YOUR OPINION, SOMEONE WHO IS DELIRIOUS, HAS HALLUCINATIONS IS AN "INSANE", A "MENTALLY ILL", A "DEPRESSIVE" PERSON, "NONE OF THE THREE"? "**

		Psychotic disorders via the MINI		Total	
		Yes	No		
<i>In your opinion, someone who is delirious, has hallucinations is :</i>	<b>AN "INSANE" PERSON</b>	Number	63	2 928	<b>2 991</b>
		% of psychotic disorders	28,8%	27,6%	<b>27,6%</b>
	<b>A "MENTALLY ILL" PERSON</b>	Number	103	4 838	<b>4 941</b>
		% psychotic of disorders	47,0%	45,6%	<b>45,6%</b>
	<b>A "DEPRESSIVE" PERSON</b>	Number	21	1 307	<b>1 328</b>
		% psychotic of disorders	9,6%	12,3%	<b>12,3%</b>
	<b>"NONE OF THE THREE"</b>	Number	32	1 548	<b>1 580</b>
		% psychotic of disorders	14,6%	14,6%	<b>14,6%</b>
<b>TOTAL</b>		<b>Number</b>	<b>Number</b>	<b>10 621</b>	<b>10 840</b>
		<b>% psychotic of disorders</b>	<b>% in depressive disorders</b>	<b>100,0%</b>	<b>100,0%</b>

$p=0,68$

**TABLE 52 : PRESENCE OF DRUG ADDICTION DISORDERS VIA THE MINI VERSUS  
 " IN YOUR OPINION, SOMEONE WHO REGULARLY TAKES DRUGS IS AN "INSANE", A "MENTALLY ILL", A  
 "DEPRESSIVE" PERSON, "NONE OF THE THREE?" "**

			<i>Drugs dependence via the MINI</i>		<b>Total</b>
			<b>Yes</b>	<b>No</b>	
<i>In your opinion, someone who regularly takes drugs is :</i>	<b>AN "INSANE" PERSON</b>	Number	2	1 490	<b>1 492</b>
		% of drugs dependence disorders	2,2%	13,8%	<b>13,7%</b>
	<b>A "MENTALLY ILL" PERSON</b>	Number	4	1 778	<b>1 782</b>
		% of drugs dependence disorders	4,3%	16,5%	<b>16,4%</b>
	<b>A "DEPRESSIVE" PERSON</b>	Number	19	2 370	<b>2 389</b>
		% of drugs dependence disorders	20,4%	22,0%	<b>22,0%</b>
	<b>"NONE OF THE THREE"</b>	Number	68	5 133	<b>5 201</b>
		% of drugs dependence disorders	73,1%	47,7%	<b>47,9%</b>

<b>TOTAL</b>	<b>Number</b>	<b>93</b>	<b>10 771</b>	<b>10 864</b>
	<b>% of drugs dependence disorders</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>

This analysis of the relationship between presence of disorders and representations can be pursued by exploring other components of the representation such as prospects of cure, care, awareness of disorders and suffering, associating certain stated attitudes (consumption of medication, psychotherapy). To improve reliability, the emphasis has been put on the commonest disorders, which are anxiety and depressive disorders.

The following correlation were explored :

Presence of disorder via the MINI	Elements of the representation
At least one disorder identified by the MINI Depressive disorders <sup>1</sup> , troublesome or not Anxiety disorders <sup>2</sup> , troublesome or not Depressive and anxiety disorders, troublesome or not	Is it possible to treat a "depressive" person without medication ?
	Is it possible to cure a "depressive" person ?
	Should a "depressive" person be treated without his/her consent ?
	Is it possible to treat a person who is "mentally ill" without medication ?
	Does a "depressive" person know he is depressive?
	Does a "depressive" person suffer ?
	Is a "depressive" person cut off from his family ?
	Is a "depressive" person deprived of access to work?
	Is a "depressive" person cut off from society ?
	Is a "depressive" person cut off from society ?
<b>Stated attitudes</b>	

<sup>1</sup> Depressive disorders: major depression [CIM-10 : F32], isolated or recurrent [CIM-10 : F33], present and/or past and dysthymia [CIM-10 : F34.1]

<sup>2</sup> Anxiety disorders = (generalized anxiety [F41.1], agoraphobia [F40.0], Panic disorder [F41.0], social phobia [F40.1], OCD [F40.2] or PTSD [F43.1])

Have you ever been treated for "insanity" ?
Have you ever been treated for "mental illness" ?
Have you ever been treated for "depression" ?
Have you ever taken medication for a nervous condition ?
Have you ever had "psychotherapy" ?

**TABLE 53 : PRESENCE OF ANXIETY AND DEPRESSIVE DISORDERS AND STATED CARE CONSUMPTION**

	<b>Overall sample<sup>3</sup></b>		<b>Have ever been treated for "depression"<sup>4</sup></b>		<b>Have ever taken medication for nervous condition</b>		<b>Have ever had "psychotherapy"</b>		<b>Know someone who is a "depressive" person</b>		<b>Think that a "depressive" person can be cured without medication</b>	
<b>Overall sample</b>	10 868	100%	1 231	11,3%	2 677	24,6%	722	6,6%	6 179	56,8%	4 711	43,7%
<b>At least one disorder</b>	3 241	29,8%	707	21,8%	1 338	41,2%	434	13,4%	2 071	63,8%	1 511	46,3%
<b>Anxiety disorder</b>	2 031	18,7%	497	24,4%	917	45%	300	14,7%	1 325	65,1%	895	44%
<b>Anxiety disorder + hindrance</b>	954	8,8%	201	21,1%	420	44%	128	13,4%	609	63,8%	421	44,1%
<b>Depressive disorder</b>	1 440	13,2%	406	28,2%	659	45,8%	236	16,4%	910	63,2%	671	46,6%
<b>Depressive disorder + hindrance</b>	911	8,4%	305	33,5%	472	51,8%	185	20,3%	608	66,7%	439	48,2%

<sup>3</sup> Percentages of this column are based on the total number of interviewees. Thus, 8,4% of the interviewees have a depressive disorder associated with hindrance

<sup>4</sup> Percentage presented in grey columns are to be read in line. Thus, 11,3% of the overall sample declare having already been treated for "depression" ; 40% of people presenting associated anxiety and depressive disorders declare they have already been treated for "depression".

<b>Anxiety disorder + depressive disorder</b>	682	6,3%	257	37,7%	369	54,1%	149	21,8%	452	66,3%	296	43,4%
<b>Anxiety and depressive disorders + hindrance</b>	515	4,7%	206	40,0%	291	56,5%	123	23,9%	338	65,6%	234	45,4%
				↗		↗		↗		→		→

- There is a gradient for how troublesome disorders are felt to be : it is greater for depressive disorders than for anxiety disorders.
- The more symptoms accumulate, (anxiety > depression > anxiety + depression), the more likely subjects are to state that they have had treatment for depression, that they have taken medication for a nervous condition or have had psychotherapy. It would therefore appear that there is a correlation between the presence of symptoms and stated care consumption

**TABLE 54: PRESENCE OF TROUBLES AND REPRESENTATIONS LINKED TO "DEPRESSION"**

	<b>Overall sample<sup>5</sup></b>		<b>A « depressive » person is cut off from his/her job<sup>6</sup></b>		<b>A "depressive" person is cut off from society</b>		<b>A "depressive" person is cut off from his/her family</b>		<b>A "depressive" person must be cured even if he doesn't want to</b>		<b>Think that a "depressive" can be cured</b>	
<b>Overall sample</b>	10 882	100%	4 566	41,9%	2 894	26,6%	2 071	19,1%	7 433	68,3%	9 611	88,7%
<b>At least one disorder</b>	3 244	29,8%	1 366	42,0%	874	26,9%	665	20,5%	2 171	67,0%	2 811	88,3%
<b>Anxiety disorder</b>	2 036	18,7%	834	41%	511	25,1%	390	19,2%	1 333	65,3%	1 811	89,2%
<b>Anxiety disorder + hindrance</b>	954	8,8%	370	38,8%	212	22,2%	179	18,8%	594	62,3%	829	86,9%
<b>Depressive disorder</b>	1 440	13,2%	637	44,2%	429	29,8%	314	21,8%	994	69,0%	1 211	88,3%
<b>Depressive disorder + hindrance</b>	911	8,4%	401	44,0%	264	29,0%	188	20,6%	624	68,5%	814	89,4%
<b>Anxiety disorder + depressive disorder</b>	682	6,3%	293	43,0%	187	27,4%	140	20,5%	465	68,2%	611	89,6%
<b>Anxiety and depressive disorders + hindrance</b>	515	4,7%	224	43,5%	142	27,6%	99	19,2%	351	68,2%	460	89,3%
				→		→		→		→		→

- However, representations do not change : whatever the disorders present, representations associated with depression do not alter.

<sup>5</sup> Percentages of this column are based on the total number of interviewees. Thus, 8,4% of the interviewees have a depressive disorder associated with hindrance

<sup>6</sup> Percentages presented in grey columns are to be read in line. Thus, 26,6% of the overall sample think "that a "depressive" person is cut off from society"; 27,6% of people having comorbide depressive and anxiety disorders associated with hindrance, share this same opinion.