

MENTAL HEALTH SOLDIER



Dr Harish Shetty



Smile is a sign of ...



Respect



It is neither awe



Nor it is fear



Feelings...Acknowledge, Identify, Accept , Express & Exhaust.



ANGER



ANGER



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Resentment



Hostility



Hate



Revenge



SADNESS





Sadness is
a
positive
emotion,
while
Depression
is a
negative
state.

Dr Harish Shetty



**SOLITUDE IS
A GOOD
PLACE TO
VISIT,**



**BUT A
BAD
PLACE TO
STAY.**

DR HARISH SHETTY

Jealousy



FEAR



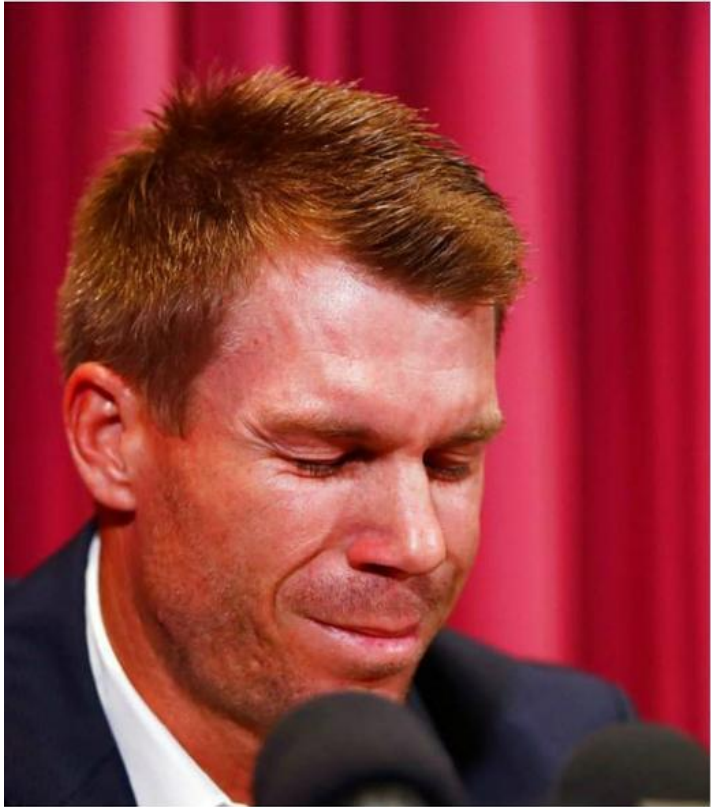
JOY



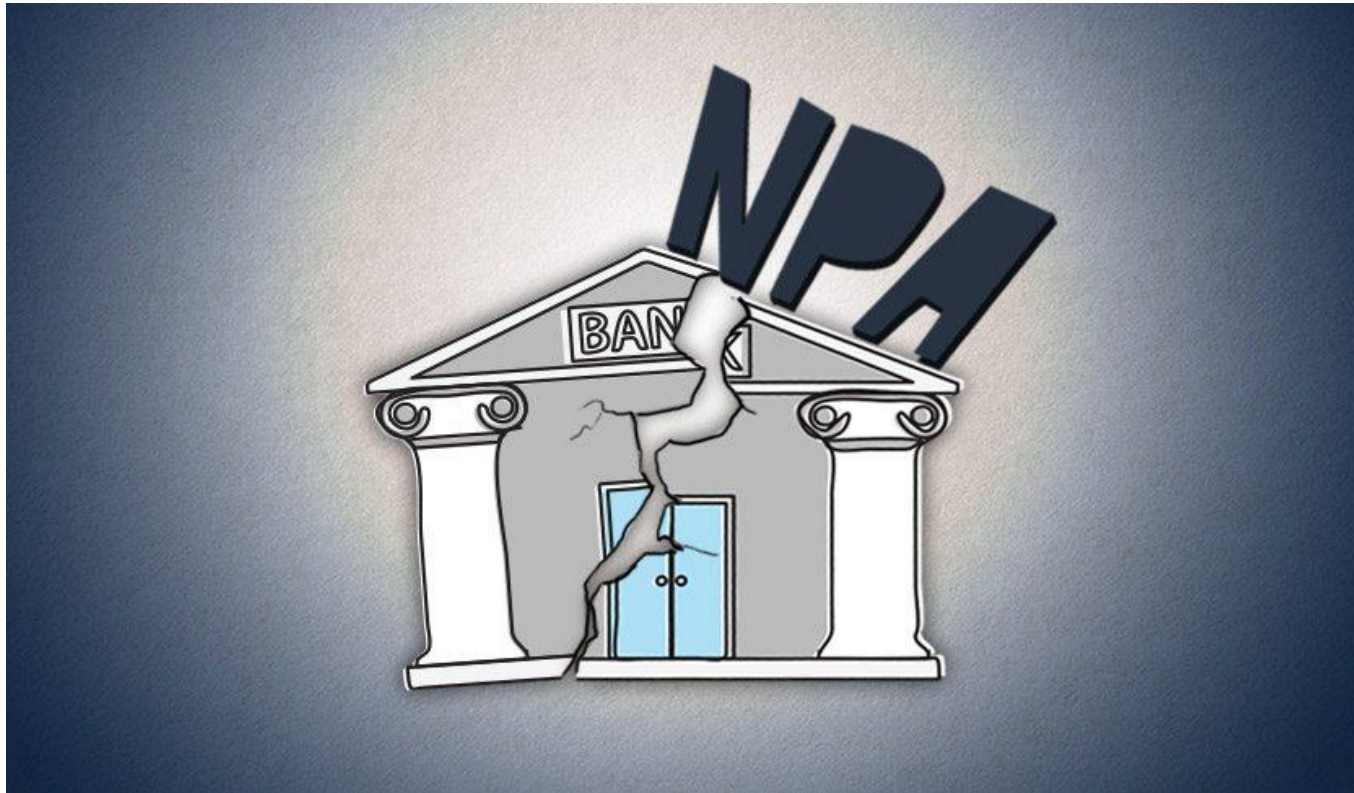
LOVE



GUILT



SHAME



DEALING WITH FEELINGS



FEELING



ADJECTIVE

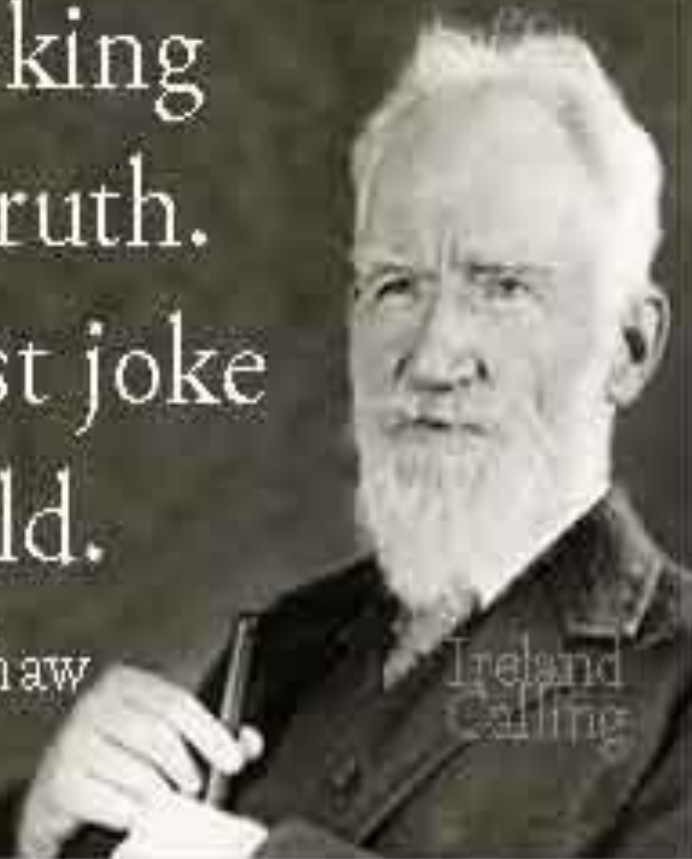


SARCASM

My way of joking
is to tell the truth.
It's the funniest joke
in the world.

George Bernard Shaw

irelandcalling.ie



Block & Lock



ISOLATION



IRRITABILITY

Cricketer Rayudu Slaps Senior Citizen



INSOMNIA



INFERTILITY



IMPULSIVITY



IMPOTENCE



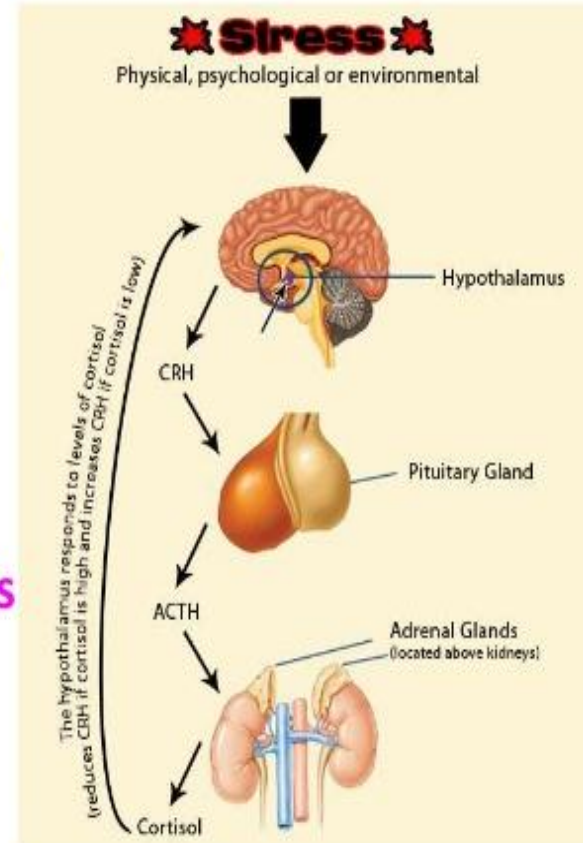
MISTRUST



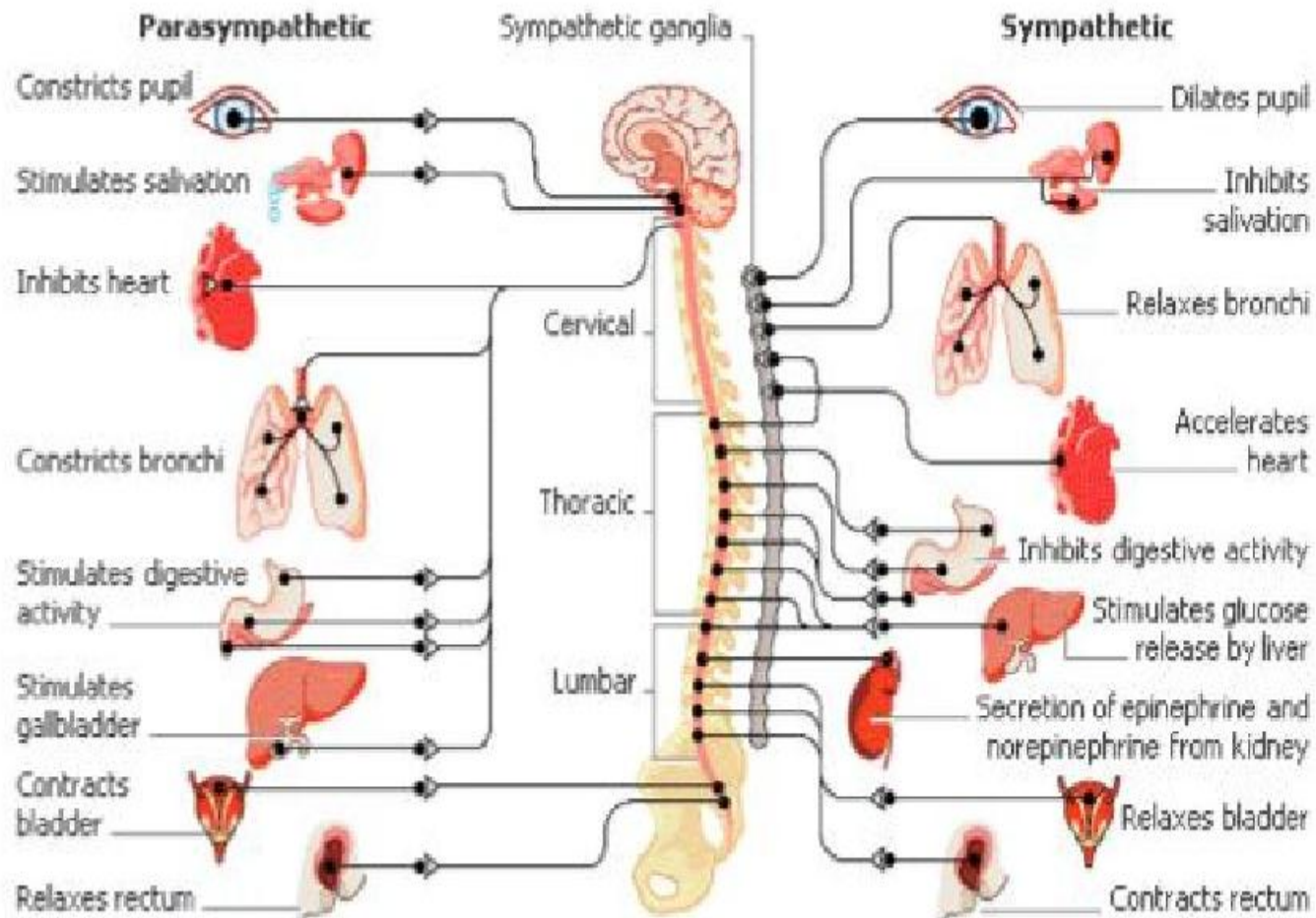
तुला नवरा वर भरोसा नाही का ?

HPA axis

- **Hypothalamus** triggers the release of
- CRH (Corticotrophin releasing hormone) which activates the
- **Pituitary Gland** which releases the hormone
- ACTH (Adrenocorticotrophic hormone) which is carried by the blood to the
- **Adrenal gland** which releases stress hormones
- Cortisol/ Adrenalin and Noradrenalin
- To assist the body deal with the stressor

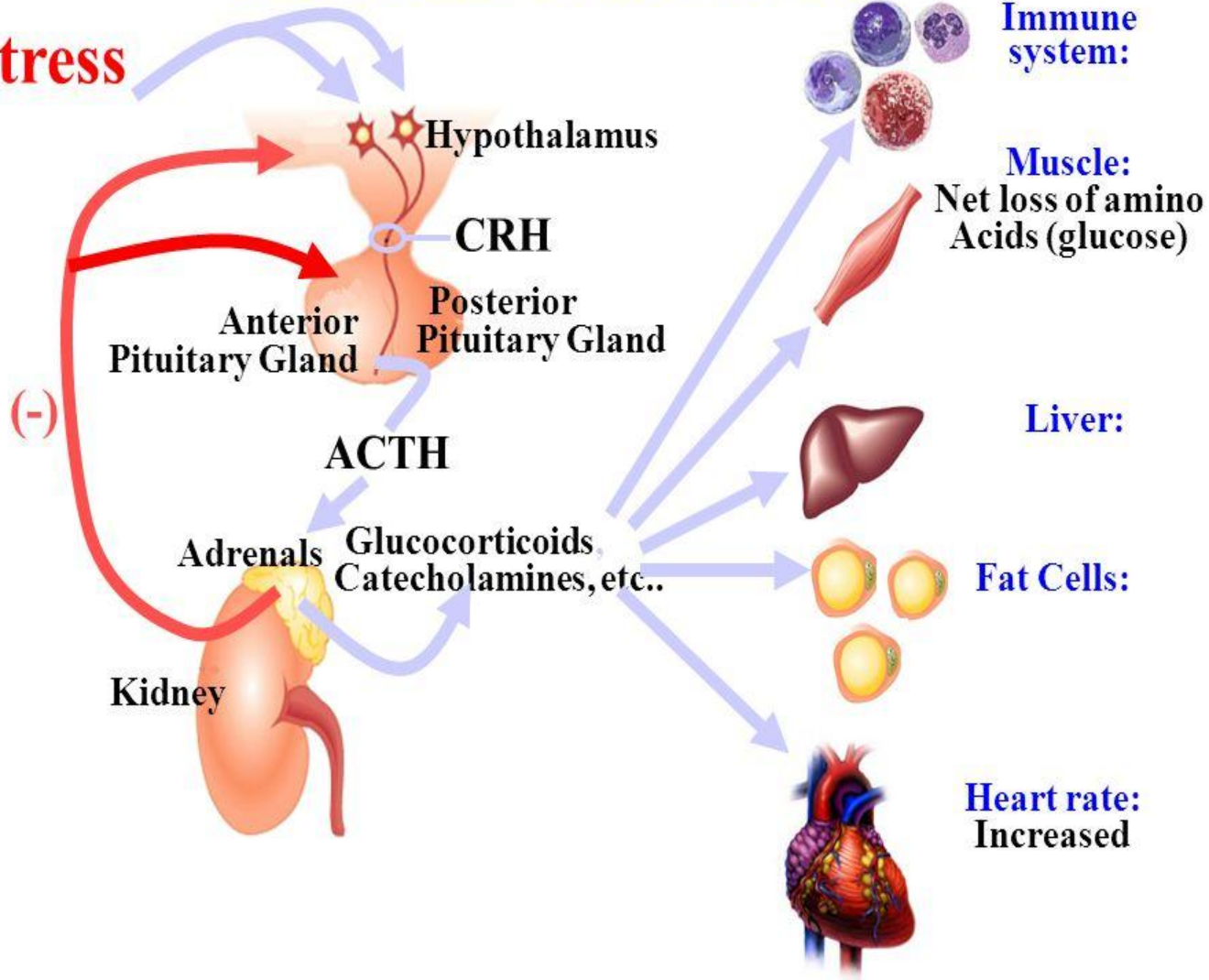


Physiological Stress Response



Glucocortical Stress Hormones

Stress



Stress is caused by
being 'here' but wanting
to be 'there'.

-Eckhart Tolle

Depression is very cunning...
It comes in many disguises



Dr Gin Malhi

Suicide is not about ...



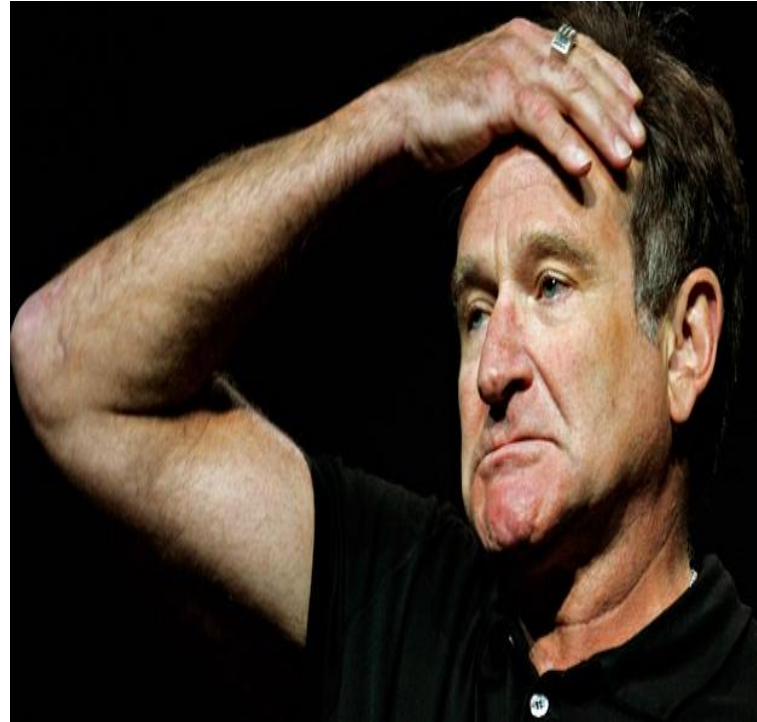
COURAGE

OR



COWARDICE

SUICIDE IS ABOUT THE MENTAL STATE



DON'T CHASE THE ROOT CAUSE ...



Attempted suicide is accident of the mind.



BARKING DOGS MAY BITE ...



EVERYBODY HAS AN OPINION ON ...



SPRAIN OF THE MIND



FRACTURE OF THE MIND



Depressi is fracture on of the mind



NIMHANS 2016 study has revealed a shocking prevalence of mental illness in India.

At least 13.7 per cent of India's general population has been projected to be suffering from a variety of mental illnesses

10.6 per cent of this requires immediate intervention.

In all, nearly 150 million Indians are in a need of active medical intervention.



20% of depressed Indians are
pregnant or new mums: Nimhans
study

TNN | Updated: Nov 5, 2016,



Little interest or pleasure in doing things



Feeling down, depressed , or Hopeless.



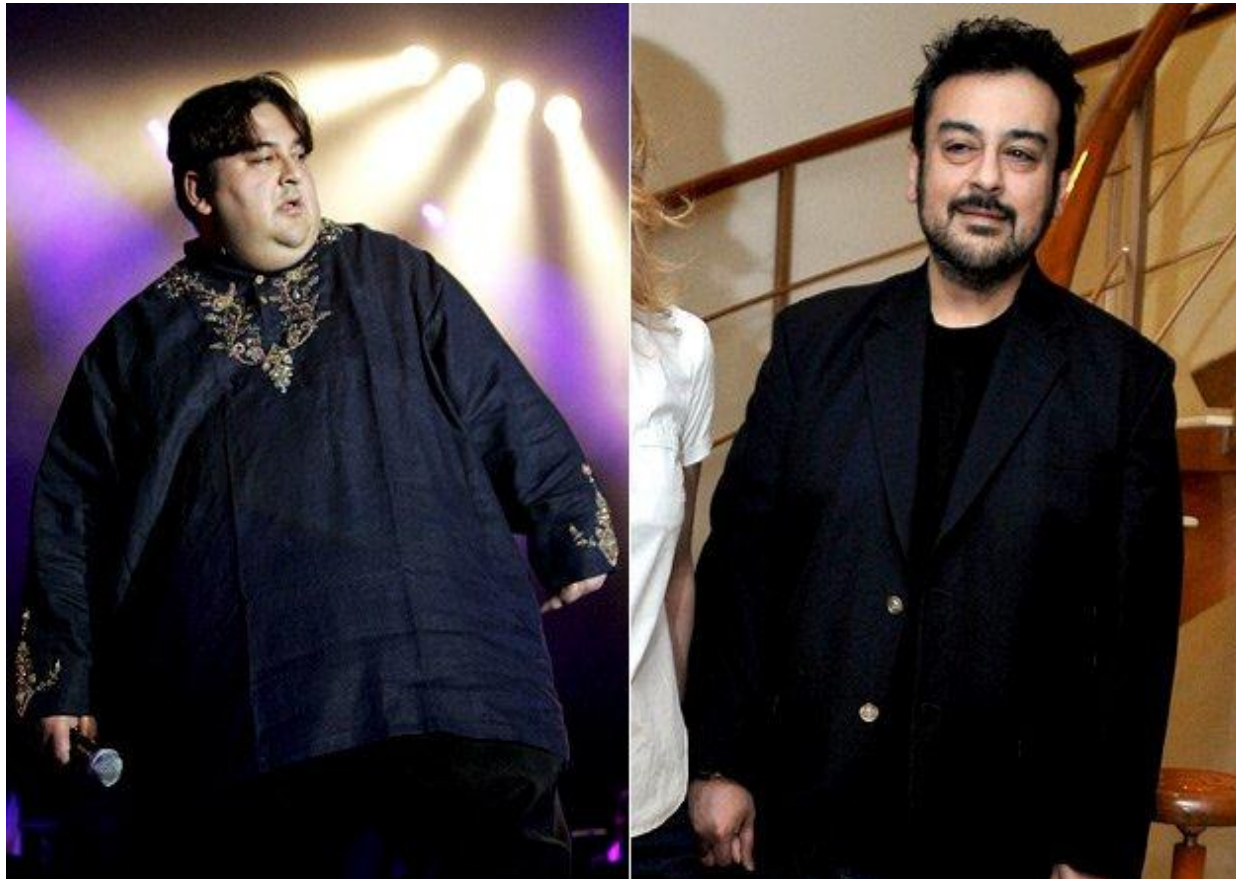
Trouble falling or staying asleep, or sleeping too much



Feeling tired or having little energy



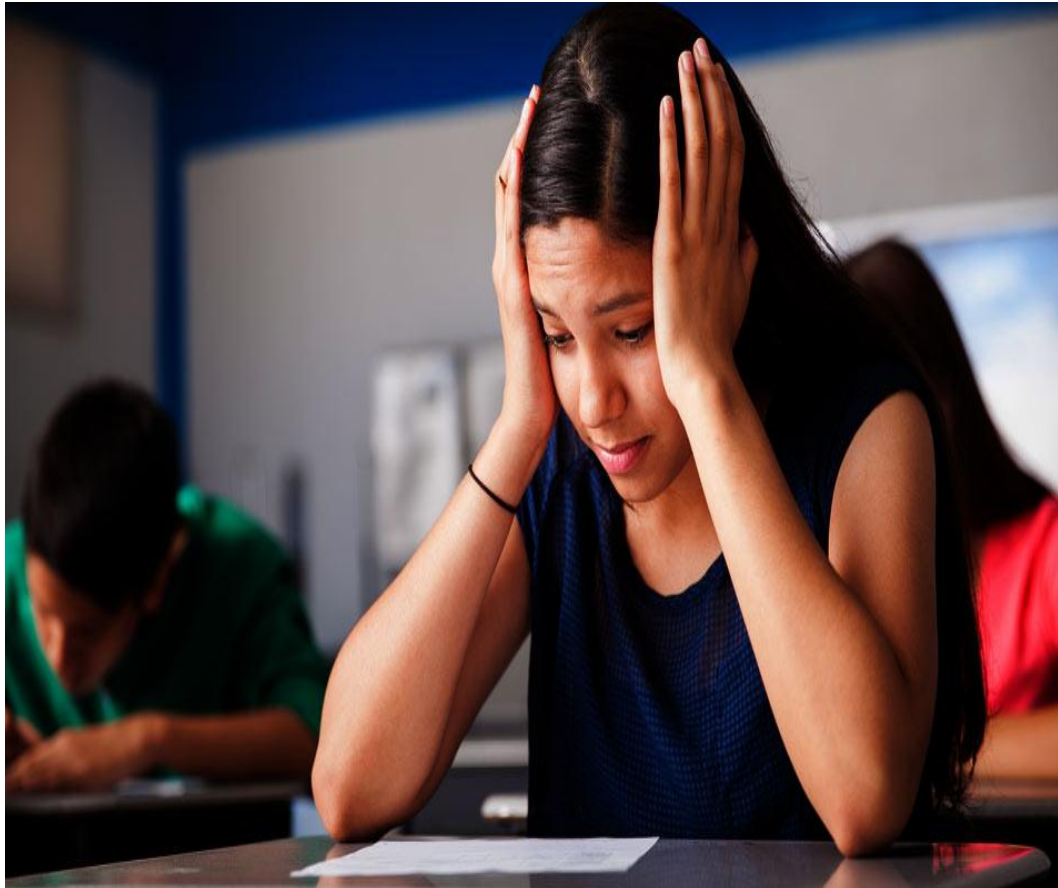
Poor appetite or overeating



Feeling bad about yourself — or that you are a failure or have let yourself or your family down



Trouble concentrating on things, such as reading the newspaper or watching television



Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.



Thoughts that you would be better off dead or of hurting yourself in some way.



The Patient Health Questionnaire-2 (PHQ-2)

Patient Name _____ Date of Visit _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?

	Not At all	Several Days	More Than Half the Days	Nearly Every Day
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1. Little interest or pleasure in doing things	0	1	2	3
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2. Feeling down, depressed or hopeless	0	1	2	3
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The Patient Health Questionnaire-2 (PHQ-2) - Overview

The PHQ-2 inquires about the frequency of depressed mood and anhedonia over the past two weeks. The PHQ-2 includes the first two items of the PHQ-9.

- The purpose of the PHQ-2 is not to establish final a diagnosis or to monitor depression severity, but rather to screen for depression in a “first step” approach.
- Patients who screen positive should be further evaluated with the PHQ-9 to determine whether they meet criteria for a depressive disorder.

Clinical Utility

Reducing depression evaluation to two screening questions enhances routine inquiry about the most prevalent and treatable mental disorder in primary care.

Scoring

A PHQ-2 score ranges from 0-6. The authors¹ identified a PHQ-2 cutoff score of 3 as the optimal cut point for screening purposes and stated that a cut point of 2 would enhance sensitivity, whereas a cut point of 4 would improve specificity.

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed — Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

SCREEN EVERYONE FOR DEPRESSION.

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