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CTD: 21ME - MEDICAL GENETICS, BIO-MEDICINE, EPIDEMIOLOGY AND PUBLIC HEALTH
SUB-DOMAIN: 8. MENTAL HEALTH AND WELLBEING

PANEL TITLE:

ISSUES OF MENTAL HEALTH AND INTELLECTUAL DISABILITY: AN ALARMING CONCERN

CONVENOR: DR. KALYANI RATH

DISCUSSANT: MADHU KUMARI

ABSTRACT

Mental health is as crucial as the physical health. It is mostly referred to the balanced development of the individual personality as well as emotional attitude that enables a person to live harmoniously with fellow being. It is also a matter of relation of an individual towards the community as well as the society. It is sad and ironic that intellectually challenged people are not accepted well in the society. The magnitude of mental health is diverse and there are several conditions that are socially ignored for fear of social stigma. Some of the major challenges recognised for being cause of these challenges are Schizophrenia, depressive psychosis, neurosis which leads to intellectual disabilities. Impulse control, mood dysregulation and perceived threat appear to underlie most of the aggressive behaviours reported. The prevalence of any diagnosed ICD-10 disorders, conduct disorder, anxiety disorder, hyperkinesis and pervasive developmental disorders were significantly greater among children with ID. Children and adolescents with ID are at significantly increased risk of certain forms of psychiatric disorder. The cause behind such illnesses also varies in terms of different organic conditions, such as metabolic, neurological, endocrine diseases. Heredity and socio-pathological causes are also leading to mental illness. These challenges may develop in different phases of human life, and its intensity may vary. These individuals need affection, sense of belongingness, independence, achievement, self-actualization and above all humane understanding and empathy. Rising number of suicides, increase in episodes of depression after COVID-19 Pandemic and several other factors including hereditary anomalies have brought to the forefront, need for upfront discussion on the subject. Anthropology and anthropologists are engaged in the study of psycho-social conditions related to mental health since the inception of the discipline and it is integral to the understanding of individuals in society.

The proposed panel aims to discuss different arena of intellectual disability, challenges faced by individuals and community at large. Mental health specialist, medical anthropologist, psychological anthropologists, social psychiatrist, public health experts and those engaged in teaching special children are invited to make presentations in this panel.

Keywords: Mental health, Intellectual disability, Schizophrenia, Heredity

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