Policy Analysis for Depression Management at Low and Middle-Income Countries

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Abstract

Background: Depression as a disease at this era considered one of the major influencers on work productivity and also had a social impact at high income countries but the situation at Low- and Middle-income countries are worser may be due to (lack of awareness, prioritization issues and other social reasons) the objective for this research is analysis for health policies about disease management.

Method: Analysis for international guidelines was integrated with local survives and local health care professionals like (psychiatrist, Neurologists plus patients’ groups representatives) at previous countries plus quality-of-life questionnaires for the patients were conducted. Analysis for Cost from health systems for all depression and depression related expenditures. For guaranteeing Robustness of our findings One-way probabilistic sensitivity analysis was conducted for all parameters affecting on practice.

Results: The following results were founded.

Conclusion: Innovative medicines might have a significant positive impact on enhancements of health systems for depression management through (Quality of life Enhancement, Economic Burden reduction).

Keywords: Policy Analysis; Depression Burden

Background

Depression as a disease at this era considered one of the major influencers on work productivity and also had a social impact at high income countries but the situation at Low- and Middle-income countries are worser may be due to (lack of awareness, prioritization issues and other social reasons) the objective for this research is analysis for health policies about disease management, with depression burden. A World Health Assembly resolution passed in May 2013 has called for a comprehensive, coordinated response to mental disorders at the country level.

Challenges facing Health System for such kind of Diseases.

What is the impact and how can innovative medicines enhance management policies and resources?

How can health systems get benefits from policy analysis reports.

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WHO depression overview

Worldwide with more than 264 million people affected [1]. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15 - 29-year-olds.

Although there are known, effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their disorder [2]. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. Another barrier to effective care is inaccurate assessment. In countries of all income levels, people who are depressed are often not correctly diagnosed and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants [3-8].

Method

Analysis for international guidelines was integrated with local survives and local health care professionals like (psychiatrist, Neurologists plus patients' groups representatives) at previous countries plus quality-of-life questionnaires for the patients were conducted. Analysis for Cost from health systems for all depression and depression related expenditures. For guaranteeing Robustness of our findings One-way probabilistic sensitivity analysis was conducted for all parameters affecting on practice.

Results and Discussion

The following results were founded.
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Figure 2

Citation: Abdalla Abotaleb. “Policy Analysis for Depression Management at Low and Middle-Income Countries”. EC Clinical and Medical Case Reports 4.9 (2021): 19-22.
Conclusion

Innovative medicines might have a significant positive impact on enhancements of health systems for depression management through (Quality of life enhancement, economic burden reduction).

Bibliography