

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

Abdalla Abotaleb*

WHO Project Manager, President of Global Society of Biologicals and Outcomes Research (GLSBOR), Spain

***Corresponding Author:** Abdalla Abotaleb, WHO Project Manager, President of Global Society of Biologicals and Outcomes Research (GLSBOR), Spain.

Received: July 27, 2021; **Published:** August 30, 2021

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 worse 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 survivors 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 worse 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.

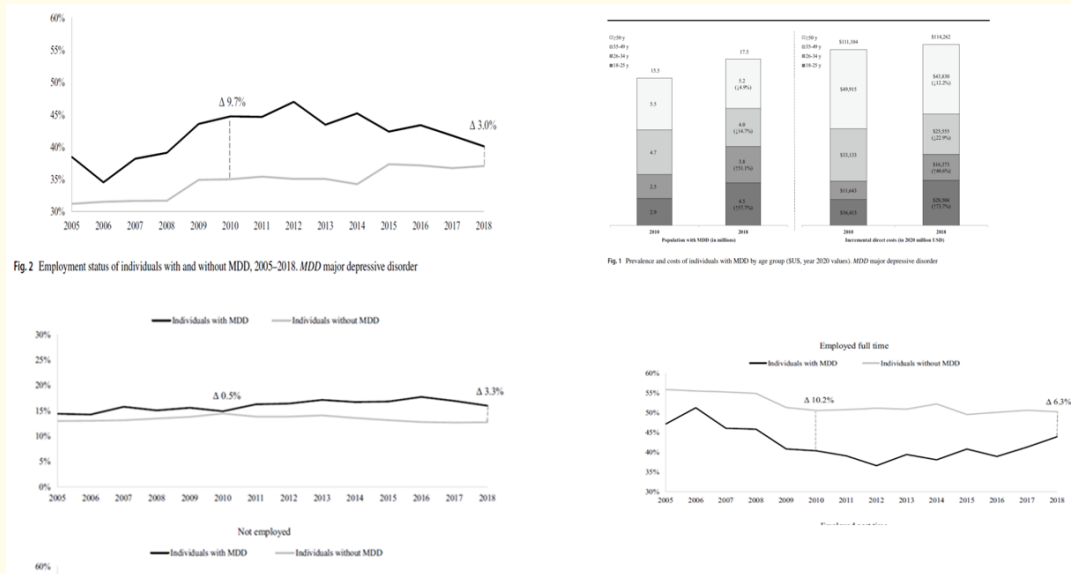


Fig. 2 Employment status of individuals with and without MDD, 2005–2018. MDD major depressive disorder

Fig. 1 Prevalence and costs of individuals with MDD by age group (US, year 2020 values). MDD major depressive disorder

Figure 1

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.

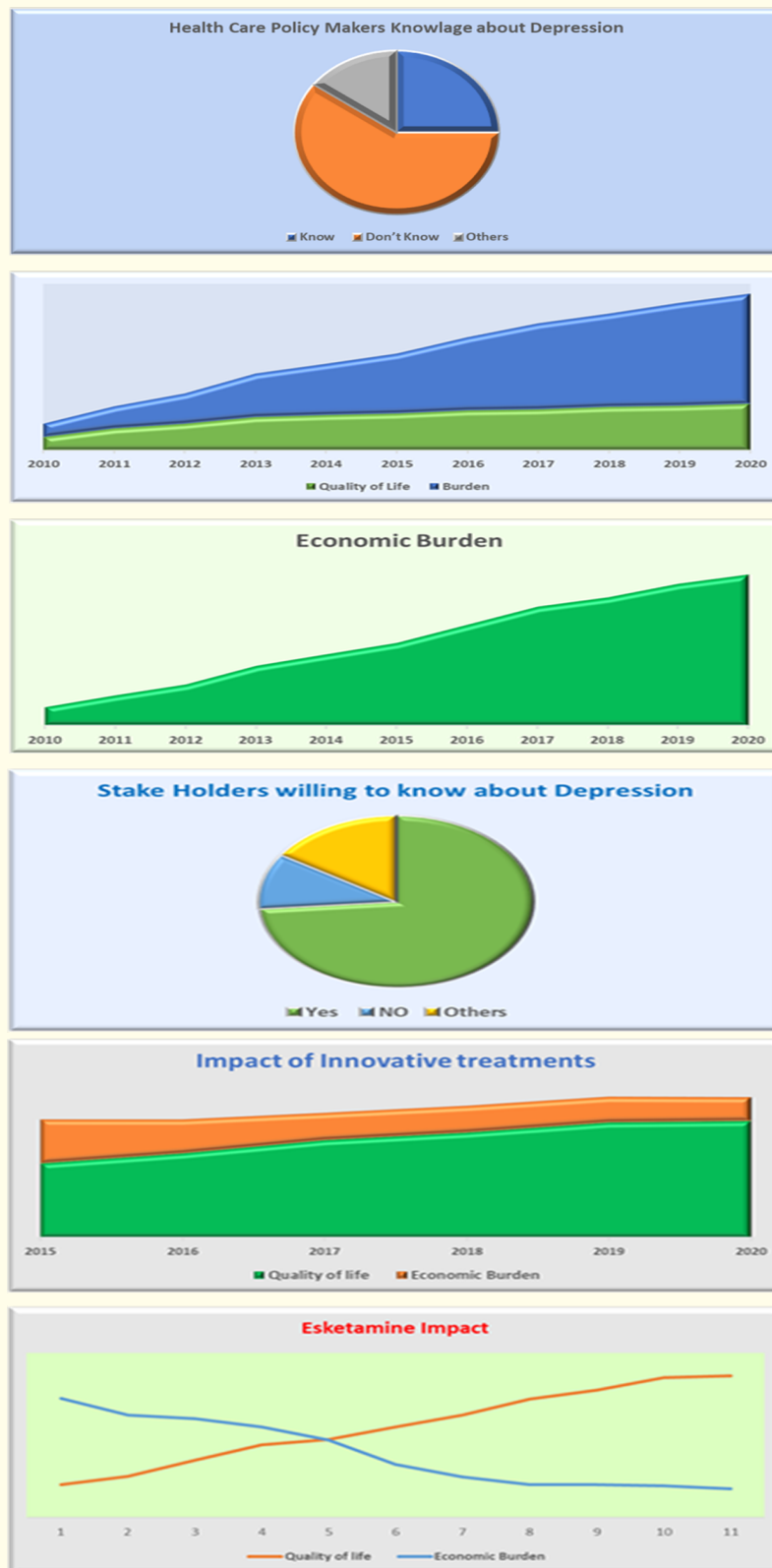


Figure 2

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

1. WHO Depression Fact Sheet. World Health Organization (WHO) (2020).
2. Friedrich MJ. "Depression is the leading cause of disability around the world". *JAMA: The Journal of the American Medical Association* 317.15 (2017): 1517.
3. Liu Q., *et al.* "Changes in the global burden of depression from 1990 to 2017: findings from the Global Burden of Disease Study". *Journal of Psychiatric Research* 126 (2020): 134-140.
4. Depression and Other Common Mental Disorders: Global Health Estimates". World Health Organization (WHO) (2017).
5. The US Burden of Disease Collaborators. "The State of US Health, 1990-2016: burden of diseases, injuries, and risk factors among US States". *JAMA: The Journal of the American Medical Association* 319.14 (2018): 1444-1472.
6. Brody DJ., *et al.* "Prevalence of depression among adults aged 20 and over: United States, 2013-2016". *National Center for Health Statistics* (2018): 303.
7. Greenberg PE., *et al.* "The economic burden of depression in the United States: how did it change between 1990 and 2000?" *The Journal of Clinical Psychiatry* 64.12 (2003): 1465-1475.
8. Greenberg PE., *et al.* "The economic burden of adults with major depressive disorder in the United States (2005 and 2010)". *The Journal of Clinical Psychiatry* 76.2 (2015): 155-162.

Volume 4 Issue 9 September 2021

© All rights reserved by Abdalla Abotaleb.