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STIGMATIZATION OF MENTAL DISORDERS

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A mental disorder is a clinical disease that cause disturbances in a person's thinking, behavior and emotional state. It is usually caused by stress or impairment related to somatic disease. There are many different types of mental disorders. So why are these disorders really important? What can the lack of proper treatment lead to?

To begin with, in 2018 more than a quarter of people around the world aged 18 to 25 years suffered from any mental impairments. In 2019 970 million people had anxiety and depressive disorders. Because of the COVID-19 pandemic, the rate of mental disorders has increased significantly. Beside, anxiety is the most popular mental disorder in the world.

What can the lack of proper treatment lead to?

- Firstly, the death rate of disturbed people is greatly higher than official data, because even family and friends don't know about difficult emotional state of people with a disease.

-Secondly, mental disorders are the main cause of death to 14.3% of people around the world, that is to say about 8 million deaths each year.

And of course, mental disorders are not always understood as a disease. There are people who thinks that psychological disorder are not such important as physical disease. But they just don't consider the first one outcome of the other or vice versa.

Society sticks labels and creates stigmatization and discrimination against disturbed people needed medical attitude, care and treatment. Many people have also experienced violations of human rights. Mentally ill people are afraid of thinking they are not normal or they can't be accepted by relatives, friends or loved one.

Mental health stigmatization has existed very long time. Mass media and social norms also promote spreading of stigma in communities all over the world.

First of all, healthy people overlook suffering people. It means these disorders are as invisible for others, unlike, for example, a fractured extremity.

However, some symptoms of mental illness destroy the system of norms of social behavior. For example, someone in a manic stage of bipolar disorder might talk too much with others. The behavior of patients can be unpredictable, illogical or frightening. And somebody perceives it as hostility.