



Mental Health in Europe: the need for a common language, standard classification criteria and official communication

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INTRODUCTION:

4 studies about communication in Mental Health

Among the main objectives of the European Commission's current strategy 'Together for Health: A Strategic Approach for the EU 2008-2013' there is the need to produce and distribute Health knowledge. Communicating scientific findings in the domain of Health in general and of Mental Health in particular is then crucial. Such a communication process involves researchers and general audience (including a) **peers and medical staff**, b) **policy makers**, c) **journalists** and d) **general public**) and it is actually the main challenge of scientists today. Effective communication of Mental Health research can protect the public from being misled and from any form of stigmatization, overthrow previous misinformed beliefs, influence public policy and lead to further progress and clinical applications.

Through **4 studies** we reflect upon the role of communication and its different facets in Mental Health research trying to answer the following question: which communication strategies should be adopted in Mental Health and for which challenges?

Communication is the basic process through which knowledge is made available and reachable to professionals as well as to general public. And in particular, health communication is the central social process in the provision of health care delivery and the promotion of public health.

STUDY 2 - The REFINEMENT Glossary: an example of a multilingual tool

Mental Health information is expected to reach the people who need it in the languages they can understand. With this aim dictionaries and glossaries are officially provided in order to make Mental Health information more equitable and effective throughout common and shared definitions and terminology. There cannot be any cross-sectional dialogue nor any exchange of ideas and views about Mental Health without a previous agreement on the terms to adopt.

Notwithstanding the presence of the a lot of official glossaries and of several other language resources about Mental Health terms, there is still a lack of well-defined, standardized definitions and terminology for the description (and then evaluation) of different Mental Health services. In response to this need, the **REFINEMENT** group proposes its methodology for defining and standardizing the basic concepts, functions and structures of Mental Health care, i.e. a glossary to promote a common language for comparisons among Mental Health services.

STUDY 4 - The E-MentH Questionnaire: a multicenter study (France, Ireland, Italy, Spain)

It is recognized that young people experience difficulties in accessing mainstream Mental Health services particularly because of the stigma that remains associated with Mental Health problems. One potential solution is to use the many websites available offering information and support on these issues. However, young peoples' usage and views on using the Internet for this purpose has yet to be examined.

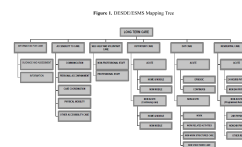
This quantitative descriptive study aims to elicit the views of students from 4 European Universities - **Verona** (Italy), **Paris** (France), **Cadiz** (Spain) and **Cork** (Ireland) - on using the Internet for mental health information and support. Data will be collected using a 25-item self-designed questionnaire and analyzed using descriptive statistics.



STUDY 1 - The REMAST toolkit for the REFINEMENT project: an example of classification and standards for Mental Health services in

In a globalized world, **standards** constitute the best way to ensure a common language across countries, and international classification systems represent themselves a valuable asset for data comparability.

Notwithstanding their structural differences, Mental Health care systems in Europe converge to the same need for an improvement in the quality of Mental Health services. International comparison of these systems is allowed by process measures at national/regional levels throughout instruments like national indicators, registers, etc. One of the main instruments of the **REFINEMENT** project is actually a mapping toolkit called **REMAST** which is aimed at standardizing the description of services through the geolocalization and the analysis of the spatial dimensions of primary, general health and social services used by people with mental disorders. The REMAST compared Mental Health services in 9 European countries: **Italy, Austria, France, England, Spain, Norway, Finland, Estonia and Romania**. Through codes (**DESDE-LTC**), utilization data and comparative analyses, the description of these services provides a deeper insight on the actual organization and structure of European Mental Health care.



STUDY 3 - The FILS SANTÉ JEUNES survey: an example of the use of the Internet for Mental Health information seeking in French teenagers

Around 30% of the world's population is aged 10-24 years and mental and behavioral disorders are among the leading causes of disability in this age group. The health care system should then offer "youth-friendly services", recurring to the Internet which is the most accessed information tool by people under 25. However, the Internet usage among young people has not been extensively analyzed so far.

www.filsantejeunes.com is a French website financed by the National Institute for Health Prevention and Education (INPES) attached to the French Ministry of Health. It is exclusively addressed to young people looking for information on health. On **March 7th 2013** an online questionnaire was launched on **www.filsantejeunes.com** to investigate the usage of this website and the attitudes of French-speaking young people when looking for health information on the Internet.

The first analyses on partial data will be conducted at the beginning of June 2013. Literature on the creation of specific online questionnaires for young people has been systematically reviewed.

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Websites

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