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VI Македонски психијатриски конгрес со меѓународно учество

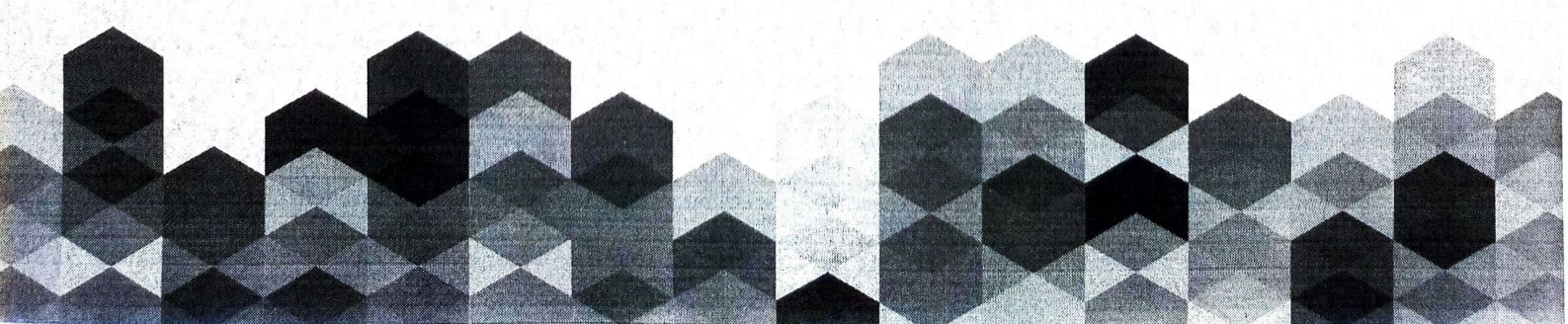
„ПСИХИЈАТРИЈАТА И МЕНТАЛНОТО ЗДРАВЈЕ ВО 21-ИОТ ВЕК“

31.10 до 3.11.2018
Охрид-Македонија

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The conclusion of this study is that a specific profile of a personality with certain features of the five-factor model is a risk factor for depressive disorders. These findings can have practical and very useful application in the diagnosis, prognosis and treatment of depression.

Key words: depressive disorders, personality profile, five - factor model of personality

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THE FOURTH DIMENSION OF HEALTH – SPIRITUAL HEALTH IN CLINICAL PRACTICE

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Health professionals are challenged by the current holistic viewpoints on the human as an integrated being. This implies that he is not only a biological, psychological and social, but also a spiritual being. The WHO has already set a serious need for the fourth dimension of health – the spiritual health. Presentation of three clinical cases. The Operational model by F. English (unconscious internal motivators) for psychotherapy process was applied. The work on the Transcia aspect increases the spiritual dimension and the contact with the personal spiritual self. The SHAS (Spiritual Health Assessment Scale) was used for evaluation before and after the process. In all cases, increasement in three parameters (self-development, self-actualization and self-realization) was measured after the process. Good spiritual health increases one’s personal capacities with higher self-esteem, optimism, proactivity, cathexis of positive emotions and resilience to stress.

Keywords: fourth dimension of health, spiritual health, SHAS, Transcia

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RAISING PUBLIC MENTAL HEALTH AWARENESS IN MACEDONIA

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Introduction: The importance of raising awareness for health issues is evident in the 21st century. Mental health issues need to be recognized and appropriately addressed by the general public. Our idea is launching a multimedia campaign where we can raise public mental health awareness through various social media outlets. In addition, we plan to organize an information event on 10th of October marking the world mental health day where, we as psychiatry residents, give out information slips and pamphlets and engage in educational conversations with the general public. Methods: The information event held on 10th October organized by the psychiatry trainees section of Macedonia will give us the chance to directly impact the public opinion of mental health disorders. Furthermore, we plan to increase our activity over the social media giving out information videos and texts. Dedicated youtube videos, facebook page, and twitter news feed will be utilized for the purposes of the campaign.

Concept and strategy: Raising a mental health campaign in Macedonia can have a positive impact on the public mental health of the country. The primary goal is reaching to as many people in order to raise public awareness and destigmatize the mental health disorders. The initial time framework is one year with possible extensions and attachments of the new working project. The videos and texts will be written and reviewed by doctors and made purely for raising awareness and informational purposes.

Aim: Launching an awareness campaign in Macedonia for mental health issues will help destigmatize mental health care, encourage people to seek help, promote early detection of symptoms, engage our patients in the mental health care process