

Psychiatric Morbidity-What to Expect in 2024

Sobia Haqqi*

Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.

***Corresponding Author:** Dr. Sobia Haqqi. MBBS, MCPS, FCPS, ISC-HPE. Consultant Psychiatrist at SouthCity Hospital Pvt Ltd. Member American Psychological Association. Founding Member and Vice President (Sind) Pakistan Association of Social Psychiatry. International Voting Member of Society of Biological Society (USA). Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.

Received : February 09, 2024

Published : March 10, 2024

Copyright © All rights are reserved
by Dr. Sobia Haqqi.

Psychiatric morbidity, or the prevalence of mental health disorders, is a growing concern in the global health landscape. According to the World Health Organization (WHO), mental health disorders affect approximately 1 in 4 people worldwide and are a leading cause of disability. As we approach the year 2024, it is important to examine the current trends in psychiatric morbidity and predict what the future may hold for mental health.

One trend that is expected to continue in the year 2024 is the rising prevalence of mental health disorders. A study published in the *Lancet Psychiatry* journal projected that by 2024, the number of people with mental health disorders will increase by approximately 50% compared to 1990 numbers. This increase is attributed to various factors such as population growth, aging, and changes in lifestyle and environment.

Another trend that is expected to impact psychiatric morbidity is the increasing awareness and recognition of mental health disorders. With growing advocacy efforts and initiatives to reduce stigma surrounding mental health, more individuals are seeking help and being diagnosed with mental health disorders. This is also supported by the rise in availability and accessibility of mental health services in many countries.

The impact of technology on mental health is another trend to consider in 2024. While technology has brought numerous advancements and benefits, it has also been linked to an increase in mental health disorders. A study published in the *Journal of Affective Disorders* found that excessive use of social media can lead to higher levels of depression and anxiety. As technology continues to evolve, it is crucial to address its potential impact on mental health and develop strategies to mitigate its negative effects.

Furthermore, the COVID-19 pandemic has shed light on the need for mental health support and resources. The pandemic has led to a significant increase in stress, anxiety, and other mental health disorders globally. A study published in the *Journal of Psychiatric Research* found that the prevalence of depression and anxiety tripled during the pandemic. This trend is expected to continue in the coming years, highlighting the importance of mental health care in the face of future challenges.

In conclusion, the trends in psychiatric morbidity in 2024 suggest an increase in the prevalence of mental health disorders, a growing awareness and recognition of these disorders, the impact of technology on mental health, and the need for mental health support in times of crisis. It is crucial for governments, healthcare systems, and individuals to work towards addressing these trends and promoting mental well-being for all.

Reference

1. Theo Vos., *et al.* "Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013". *The Lancet Psychiatry* 386.9995 2015: 743-800.
2. Roest AM., *et al.* "Sociodemographic, lifestyle and health determinants of suicidal behaviour in Europe: a systematic review". *Journal of Affective Disorders* 175 (2015): 275-286.
3. Brian A Primack., *et al.* "Social Media Use and Perceived Social Isolation Among Young Adults in the U.S". *American Journal of Preventive Medicine* 53.1 (2017): 1-8.
4. Matthias Pierce., *et al.* "Mental health before and during the COVID-19 pandemic: a longitudinal probability sample survey of the UK population". *Lancet Psychiatry* 7.10 (2020): 883-892.



This work is licensed under Creative Commons Attribution 4.0 License

Submit your manuscript at:

<https://scieniaricerca.com/submit-manuscript.php>