

What are the causes & effects of changes in normal people's Mental Health?

Contents

What are the possible causes & the effects of changes in normal people's Mental health.....	3
What are the key drivers that are responsible for changes in individual's Mental Health?.....	5
What are the major challenges?	5
Appendix 1	6

What are the possible causes & the effects of changes in normal people's

Mental Health?

This independent report explores the possible causes and the effects of changes in a normal people's mental health. We believe that everyone suffers from some form of mental health issue every day of their life from the moment they were born until the end of their life.

We have developed an ideal visual mental health assessment meter (MHM) with a scale ranging from 1-10, which could be used to visually observe and predict at what level/condition an individual's mental health could be at by taking into consideration their actions and their behaviour.

The speed at which the needle pointer on the MHM moves/swings (forward and backward) would vary across individual's because, it would depend on several factors such as their personality, attitude, general health condition, age and their strength of will and mind power. For example, an individual with a weaker will/mind power would easily get angry or frustrated over small issues and their reaction would be abnormal in comparison to someone with a stronger will/mind power. Therefore, the needle pointer on MHM would swing/move much faster than someone with stronger will and mind power.

The different emotions or expressions (e.g. anger, upset, happy, sad, frustrated, anxiety etc) which individual's experience on a daily basis are examples of temporary changes in mental health level/condition. We believe that an individual's mental health condition is normal if they fall within the range of 2-5 on the scale (Img.1). It is normal for the mental health needle pointer to swing/move forward and backward several times within that range on a day to day basis because, their mood and emotional feelings would change throughout the day. No living individual would be on 1 on the MHM scale.



Img.1 – MHM shows the predicted level at which mental health condition begins from the point of birth (normal).

Individual's should start worrying about their mental health well-being, when they feel stressed, often caused by anxiety to do with relationship problems, business problems, loss of loved ones, financial problems, temporary health related issues etc. In those circumstances, the needle pointer would ideally swing/move closer towards 5 on the MHM scale. The needle pointer would remain closer to that figure until the problem is resolved (Img.2). To reduce the stress level,

the individuals should seek professional advice (e.g. counselling, medical treatment, etc) or solve the problem them self. If appropriate actions are taken, then the stress level would be temporary and the needle pointer on the MHM scale would drop down below moderate level 5 on the MHM scale.



Img.2 – MHM shows the predicted level at which stress begins.

If the problems are not resolved or the issues in life, business etc continues to grow over a period of time, the needle pointer would continue to move toward 7 on the MHM scale and when it reaches 7 on the MHM scale (Img.3), the individual could possibly end up in depression, which could lead to other forms of health related issues. For individual's to reach that level, their issues must have continued for a very long time and had not been resolved or some form of tragic event had taken place in their life, such as loss of a loved one, big financial loss, saviour health related issue etc. Individuals with weaker will power/mind strength would easily reach this level with minor business or personal issues in their life. Often patients in such cases would require long term treatment and a carer to look after them.



Img.3 –MHM shows the predicted level at which stress could turn into depression.

Individuals, who are unaware of their own actions or behaviour, would have fully lost their mind/will power and would be on or above 8 on the MHM scale (Img.4). Often those individual's would require 24/7 monitoring to prevent them from harming them self and others. They are often referred to mental health hospital for further treatments.



Img.4 – MHM shows the predicted level at which depression could lead to insanity/mad.

What are the key drivers that are responsible for changes in individual's Mental Health?

We believe there are four key drivers that could affect an individual's mental health.

Psychological - Relationship problems, failure in certain areas of life or business, bad/traumatic events in life, social and surrounding environment etc

Physical – Injuries etc

General health issues – Stroke, paralytic attack, virus, aging etc

Genetic disorder – Abnormal mental health from birth

Individuals who are psychologically affected can be treated by appropriate professionals by educating and counselling them. Mental health issues that are caused by physical change or by general health condition, would possibly cure itself or by medical treatments. Individuals born with abnormal mental health/defective gene in DNA are often incurable, but the effects of mental health issues may be reduced by medical and psychological treatments.

What are the major challenges?

- Pin pointing exactly where on the MHM scale an individual mental health condition is at, although a prediction can be made by assessing their behaviour and actions (see Appendix 1).
- Identifying the best suitable treatment for individual's with mental health related issues above normal level.
- Identifying the exact length of time for a treatment to cure a patient.
- For individual's - the major challenge would be to strengthen their will and mind power and also, being able to understand and have full control over their mind.

This brief report is based on our understanding around mental health issues and the effects it could have on a normal person's day to day life and those with moderate to severe mental health issues. We don't have any scientific evidence to prove the contents of this report.

Appendix 1

MHM range	Some possible causes for changes in Mental Health	Some possible effects of change in Mental Health	Status/Level
0 – 2	<ul style="list-style-type: none"> - None 	<ul style="list-style-type: none"> - None 	Perfect
2 – 5	<ul style="list-style-type: none"> - Carry out same day to day activities - Temporary human emotional feelings and thoughts (e.g. happy, sad, upset, health, angry etc) 	<ul style="list-style-type: none"> - Few arguments/conflicts of interests - Minor use of foul language at times - Partying, clubbing, singing, dancing, shopping etc. - Carry out normal day to day activities easily and accurately 	Normal
5 – 7	<ul style="list-style-type: none"> - Persisting short term problem/s in life (relationship, financial, family matters, loss of close friend or relative etc), poor general health condition or business failure (financial losses, drop in sales, loss of staff etc) - Low- moderate level of errors - Greed and jealousy - Boredom - Low level of anxiety etc 	<ul style="list-style-type: none"> - Frequently argue/conflicts of interest - Frequently use foul language - Forgetful/inaccurate with day to day tasks - Health (sleepless nights, headaches, weight loss etc) - Often bully/harass others - Loss of appetite - Frequently drink alcohol & smoke cigarettes 	Stressed Stress begins – Individual’s should seek professional’s advice.
7 – 8	<ul style="list-style-type: none"> - Persisting long term problems in life (relationship, financial loss, family matters, loss of very close friend, family member or relative etc), - Long term moderate to savour health issue/s or business failure (big financials, etc). - High level of errors 	<ul style="list-style-type: none"> - Arguments/ fights - Excessive use of foul language - Forgetful/inaccurate with day to day tasks - Health (insomnia, headaches, weight loss etc) - Bully/Harass others - Loss of appetite - Alcoholic & heavily smoke 	Depressed Stress could lead to depression – Individual’s should definitely seek professional’s advice.

	<ul style="list-style-type: none"> - Moderate – High level of boredom - Moderate - High level of greed and jealousy - Loneliness - Moderate – High level of anxiety etc 	<ul style="list-style-type: none"> cigarettes - Feel life is over, etc 	
8 – 10	<ul style="list-style-type: none"> - Possibly followed on from a long term depression - Injures - Genetic disorder - Viruses - Illegal substances etc 	<ul style="list-style-type: none"> - Negative attitude & behaviour - Argumentative/fights - Loss of control over their will and mind power - Tries to harm them self or others etc 	<p>Insane/Mad</p> <p>Loss of will and mind power. Often mental hospital treatment may be required.</p>