

Role of Mental Health in Producing Health Disparities

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ABSTRACT

The study explores the function of mental health in making health disparities over global population area. Many rural areas of different countries where people cannot avail health services or other social, environmental requirements and needs are more likely to encounter mental health issues. Facts and figures will be developed for establishing key difference areas of inequality that indirectly encourage disparities in the mental health of the majority of the population in different communities worldwide. The essay also reflects on the social determinants of health and shed light on the impact of inequality of mental health.

Keywords: *disparities, determinants, population, chronic, communities, rural, healthcare.*

1. INTRODUCTION

The mental health disparities have reached the majority number of the global population in the current generation. It is been observed that majority of people who suffers from mental health disparities are coming from the lower incomes communities significantly and also suffered different level of discrimination in the society. Those people who deal with difficulties and challenges in their lives are most likely to generate mental health problems than other people in the community. These attributes of mental health problems differ from one another and always creates different outcomes distinctly. This unequal distribution of mental health varies from person to person and is considered a mental health disparity. This essay describes the roles of mental health in producing health disparities over the global population. Key in-depth knowledge and figures that highlights the core reason behind inequalities causing mental health disparities are the main aim of this research.

2. DISCUSSION ON MENTAL HEALTH DISPARITIES

According to many research studies, it has been found that a high amount of mental pressure and depression is the main reason behind human being's getting mental health issues. Approximately more than about 240 million of the global population suffers from mental health-related problems; this includes men, women, and children. Social inequalities, financial differences,

educational inequalities and many more environmental factors are there which are significantly influencing and compromising people's mental health and causing mental health disparities. Health disparities severely impact people who have frequently encountered different difficulties and obstacles regarding their health regarding their racial group, gender, social status, economic status, mental health, physical disability, and geographical location. It has been observed that the likelihood of healthy people achieving their goals and objectives is much more significant than unhealthy people.

According to the research data of NIH, many research datasets show that among mainly selected populations of different areas represents a high number of indicators about diverse health issues significantly. The distinct quality of health, health outcomes, care faced by a different set of people from rural areas based on their characteristics persist nationwide influence health disparities rapidly. There are many natural factors and also various environmental factors that are associated with health disparities which include, less access to healthy foods, community influence and pressure regarding race, poverty, unhygienic atmosphere of living style, health behaviours, poor quality of air, poor quality of surroundings and many other social and economic and environmental factors are continuously disturbing all the vulnerable people in different communities. All of these aspects of social, environmental and economic reflect over one person's nature of living, work credibility, behaviours are generally termed as social determinants of mental health. Different communities are filled with different attributes and colours and a lower social and

economic level standard. People with disabilities, both physical and cognitive, are exposed to critical conditions and negative environmental impacts that influence health risks and further lead to an immense amount of health disparities.

Today's generations majority of the times faces work pressure, financial abilities fluctuations, dysfunctional family structure, the effect of surroundings are keep hampering mental conditions of those people who belong to these rural areas and as a result of this continuous influence and affects their mental state get highly comprised and further results health disparities in all those potential people. For example, people living in rural areas of America or Africa have a higher chance of dying from unintentional and uncertain injuries or massive health problems such as cancer, heart-related diseases, stroke and many other medical health-related prognoses than other highly modern areas of this county. Even when easy access to care services, health insurance, and income structures are accounted for evaluation, it has been discovered that health disparities remain in all these sectors. All these factors enhance the capacity of health disparities by deteriorating the state and condition of one person's mental health. The government manages an equal distribution of social services and care and health caress and other resources in different areas. Some of them can offer more than other countries' government authorities due to their strong economic and social conditions. All the factors that caused a deficiency in mental health state and further producing health disparities are described below.

2.1. Unequal access and service of health care

The lack of access to proper health treatments, cares, and health services are very natural due to the conventional systematic structure of social ideologies, impartial Judgments, similarly behavioural attitudes towards the distinct group of people living in rural areas of Africa, America and many other countries. All these people are socioeconomically mistreated because of their living structure in poor neighbourhoods. In various urban and conservative neighbourhoods, there is more need for fresh food supplies to support the entire dietary norms and guidelines for maintaining a high quality of health at an optimal level[1]. Lack of fresh food supplies increases many health-related issues such as chronic diseases that are not handled properly due to a lack of infrastructure. Another main reason for the difficult access to health care services and treatments is the high population but not having enough supplies to accommodate all the people in the rural area. Not only does it have an overflow in need of health services by all the residents in these rural areas, but the location is also not adequately maintained well to process a continuous supply of healthy food items.

Poverty

Poverty is another crucial factor contributing to the increased rate of mental health problems and further leading to health disparities very rapidly. As of 2019, more or less about 40 million general people in countries such as America and Africa's population are recently are suffering from poverty [3]. Those ordinary people who continuously face poverty are, day by day, gaining detrimental health problems and different side effects or issues because of their social and economic status in the community. This measurable condition of all these suffered people is indirectly causing them different diseases, chronic health issues, premature mortality, risky health behaviours, infectious diseases. Moreover, due to the subtle pressure of political parties, social norms and psychological powers also significantly worsen these people's conditions and increase the stage of health disparities.

2.2. Individual behavioural impact

Behaviour is the most vital determinant of health that decides every action and movement of any person. That is why any abnormality in one person's behavioural factors may significantly lead to health disparities. As a result, crucial behaviour characteristics seem to indicate many mental health issues and health disparities. A specific set of behaviours is much more severe than other fundamental characteristics. It can put one person's life at risk and cause disparities by influencing illness and health diseases[4]. Some of the most highlighted yet very effective behavioural characteristics are drug addict nature, alcoholic, smoking nature, and many more. This type of engagement increases the risk of health disparities precisely and can further create many health problems. This particular abnormality in behaviours has few factors of influence, such as environmental factors and social factors.

Minority individuals with pretty low economic and social status have different sets of external influence on all these minority people's behaviours compared to other people of different colours and high social and economic status. Each individual's behavioural characteristics are influenced by that person's social and economic status. Therefore, all of these people with disparities ate often make bad and poor choices in their future due to their compromised mindsets and behaviours. For example, if people from rural areas do not get easy access to health care services and health insurance seem to carry on in their lives without availing these health requirements when they are in desperate need of that. Furthermore, they are more likely to encounter adverse side effects and bad health outcomes than those who successfully avail health opportunities and benefits such as medical treatments and health insurance. This increases mental health disparities in them and further creates many health difficulties[9]. The ACA is considered an initial step in the right pathway for resolving this type of issue in health

care accessibility in rural areas as much as possible and addressing behavioural characteristics that cause health disparities significantly, and trying to solve these factors by providing them with better health facilities possible. So that all these people in rural areas can get proper health services and as a result, their mental state gets improved a further they can get to make good choices in their life.

3. SOCIAL DETERMINANTS OF MENTAL HEALTH

Systematic inequalities and differences in different sets of social communities that are impartially judged and mistreated are very unfair and illegal; also, that is why the systematic difference of all these general people from rural areas where social and economic conditions are pretty low and unhygienic are distinguished by their age, colour, gender, income condition, education level and also ethnicity can be decreased by taking proper actions on the social determinants. Most of the time, the primary source of mental disorders are depression and anxiety that are generated due to social and economic factors that influence these people of rural areas. These characteristics are mainly generated with consistent advantages from the society and also surroundings influences. As a result, health disparities occur and significantly cause numerous health issues and problems and create adverse consequences[8]. From different health research studies and health surveys, it has been reviewed that mental disorders, mental health problems and low-income communities, and countries' poverty levels are the main characteristics of these areas' populations health disparities and their impoverished health state. For example, many research studies found that most people who have many debts to pay are more likely to suffer from different mental disorders and health problems, both psychological and physical signs. All these people's income pattern represents their state of health and mind. It has also been observed that the social and economic conditions and mental disorders are thoroughly connected and equally affect one individual's health and mental state significantly.

Epidemiological studies also found that mental state abnormality over rural areas and between women, child and men are equally impactful and severe. That is why it is pretty safe to state that mental abnormality and disorders lead to financial status decrement and increase every individual's poverty level [10]. As a result of this, it creates health disparities leading to many health issues and diseases effectively. By covering all possible studies, a pattern has been noticed that the distribution of social-economical differences and mistreatments among rural areas is more evident in women than in men. Another essential fact that was recovered is that the anxiety and depression level of very young generation aged between 20 to 25 are very severe due to their low social and

economic status compared to those aged between 35 to 45 who poses high social and economic status[2]. Different conceptual theories and frameworks are applied to understand better and develop solutions to reduce mental health disparities in all the potential areas, improve their lifestyle, and make it healthy and hygienic for their mental and physical well-being. Key significant areas for improvement are described below to understand core areas that need immediate care and services.

Rural communities: safety facilities and trust among neighbourhood and surrounding community, participatory communities, community deprivation, attributes of neighbourhoods and surroundings, violence and criminal activities.

Local services and facilities: Health care services, fresh water and food supplies, community hygiene maintenance, education and school facilities, employment opportunities in the community [17].

Influence of family and parents: parental care and behaviours, income access, easy accessibility of resources, housing facilities, employment, sanitation, physical care and treatments.

The course of life: adolescence, working process, family care and services, parenting attributes and behaviours, early childhood, old ages [18].

4. IMPACTS OF INEQUALITY ON MENTAL HEALTH

Various studies demonstrate different facts that represent the negative impacts of social and economic inequality over the mental health deterioration of people belongs to rural communities of different countries, significantly both female and male. Out of all the different characteristics, gender differences are much more impactful and prominent. All the research findings significantly showcased that women have much more tendency to suffer from mental health-related issues than men in terms of anxiety and depression, and work pressure/stress[7]. Inequality in mental health can lead to many health disorders and physical complications to each and suffered individuals respectively in rural areas where they have the chance of access to avail medical care and treatments significantly.

As a result of these mistreatments and lack of healthcare and services, those general people develop more severe health problems in the future, and that can reduce their mortality rate significantly. Anxiety or panic disorder is one of the most significant impacts of mental health inequality in these rural areas people. This type of disorder comes from fear, a tension of individual mindset that occurs to their lack of stability in the community, low income and pressure of society and economical barriers [6]. Depression is yet another severe impact of Mental health inequality that has become every

general problem in current generations due to survival challenges and difficulties, work pressure, dysfunctional family influence, and many more. All these mental abnormalities slowly change the behavioural characteristics of each and population of rural areas with low social and economic status and make them take bad choices in their lives significantly [16].

5. POTENTIAL SOLUTIONS FOR MENTAL HEALTH DISPARITIES

Improving a healthy body and mind: Social determinants of mental health have significantly improved and significantly control the mental and physical health of every individual. By strengthening up the physical body of any individual to develop that person's mental strength to combat any critical situation effectively and, as a result, develop a healthy mental state. And further, it reduces the chance of developing mental disorders.

Actions for supporting mental health in early years: To reduce mental disorders and abnormalities primarily seen in women than men in the potential rural areas, early intervention is significantly effective to help them overcome their depression and anxiety and get them more attached to their child and families to help them opt for healthy and hygienic lifestyle[5]. The main reason behind this approach is to help the entire mother with their stress and anxiety to better parenting behaviours and indirectly helps all the children of their mother effectively. In this way, both the child and the mother quality of life can be improved.

Actions in the workplace: Effective workplace environment and work pressure are the most significant sources of mental health abnormality and disorders. Promoting better mental health and state inside the workplace is very beneficial, and it will help the entire individual think straight and make better choices in their life significantly[13]. By maintaining unity in diversity in the workplace culture, neutral preference policies are the attributes that can significantly improve the workplace atmosphere, which will indirectly reduce many mental health issues and work stress of many individuals. Implementation of effective training programs, grooming, and coaching programs can increase all the individuals' skills and knowledge, and this approach strengthens their confidence and builds robust mental health.

Implementation of policies for reducing alcohol consumption: Implementing different rules and policies to reduce alcohol consumption and drug use significantly reduces individuals' harmful behavioural activities. In this way, they lead their healthy and hygienic life[14].

Preventive action across various sectors: All the risk factors associated with mental health problems and abnormalities from different sectors need to be reduced by providing the best possible health care services and

treatments, educational facilities, transportation facilities, housing improvement facilities and many more[12].

Equality in mental health in all services and policies: Processing equal distribution of healthcare services and treatment across the community regardless of colour, gender, and financial status is the most effective approach that can significantly reduce mental health disparities among all the individuals in the rural community.

Local-level actions initiatives: Distributing all possible care and services locally in the community after distinguishing which individuals are in desperate need of health care services and treatments, therapies or even counseling to help them overcome their fear and anxiety[11]. Please provide all the necessary individual resources and fresh food habits to effectively improve their physical health and hygiene.

Strategies implementation nationwide: Country-level actions and implementation plans over this rural community development and improvement have proven to be very effective in strengthening their mental health and reducing mental health disparities[15]. These effective treatments include education services, maternal treatment and services, social development, and significant employment opportunities.

6. CONCLUSION

Good mental health is highly essential for human well-being and future growth. The accuracy and effectiveness of each person's growth and mental well-being are significantly influenced by social, environmental, and economical aspects. All these environmental aspects significantly affect the mental structure of each individual in the community, and it can disturb their behavioural characteristics. As a result of this influence and mistreatment among all these people based on their colour, gender, income status, the mental stability of this entire individual gets highly disturbed. This increases the mental health disparities very rapidly. The government of many countries has already started to take preventive actions and care to effectively improve the concerning situation of all these populations in rural areas by providing them with proper food, health care, and other facilities.

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