Mental Health Difference between UK and Qatar

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Abstract. Maintaining good mental health is vital for overall well-being as it influences how individuals think, feel, and behave. It is shaped by factors like genetics, environment, and life experiences. Poor mental health can have adverse effects, including increased risk of physical health issues, occupational dysfunction, and decreased quality of life. On the other hand, good mental health can improve physical health, social and occupational functioning, and overall well-being. Prioritizing and addressing mental health is crucial for promoting overall health and well-being.

Keywords: Mental Health; schizophrenia; depression

1 Introduction

In recent years, numerous studies have examined mental health problems and concerns in Qatar. One study discovered a high incidence of depression, anxiety, and stress, while another found that teenagers had a high incidence of suicidal thoughts and identified factors that predicted them, such as a history of self-harm, low social support, stress, and depression.

The Mental Health Foundation reports that one out of every four individuals in the UK experiences a mental health problem every year, with depression being a prevalent concern affecting 4-10% of the general population. Bipolar disorder, affecting approximately 1-2% of the population, and schizophrenia, affecting about 1% of the population, are other prevalent mental health issues in the UK, according to the National Institute for Health and Clinical Excellence in 2014.

P. Dou and K. Zhang (eds.), *Proceedings of the 2024 International Conference on Social Sciences and Educational Development (ICOSSED 2024)*, Advances in Social Science, Education and Humanities Research 912,
https://doi.org/10.2991/978-2-38476-382-5_13

2 Mental Health Literature in General

Mental health is impacted by various factors, including biological, environmental, psychological, social, and lifestyle factors, according to Smith [1]. Genetic, brain chemistry and hormonal imbalances can all contribute to mental health issues. Environmental factors such as living conditions, social support, and exposure to traumatic events, as well as psychological factors such as negative thought patterns, coping skills, and emotional regulation, can also play a role. Social factors like relationships, support systems, and cultural influences, as well as lifestyle factors such as diet, exercise, sleep, and stress management, are also important. To address mental health, a holistic approach to care that considers all these factors is essential, as recommended by Smith[1].

While education has been associated with improved mental health outcomes, including decreased rates of depression and anxiety, it is not the sole influencer on mental health. Academic stress and pressure can also have adverse effects. Therefore, it is necessary to acknowledge the potential impacts of education on mental health, including any negative effects, and take steps to encourage overall well-being.

Political instability and corruption are associated with higher rates of depression and anxiety. Economic and social policies that cause financial insecurity or inequality can also negatively impact mental health. It's important to address these impacts and provide support to those affected in order to promote overall well-being. Addressing societal issues and policies that contribute to mental health problems can also help promote better mental health outcomes.

Societal expectations or social norms can affect mental health by causing social isolation, stigma, and discrimination, and influencing individuals' coping strategies for life events. These expectations, such as cultural gender role expectations or societal pressure to achieve certain objectives, can have adverse effects on mental health. To mitigate any negative effects, it is crucial to acknowledge these influences and take action, such as by promoting inclusivity, challenging harmful norms, and providing support to individuals affected by societal expectations.

Social support from friends, family, and community can play a crucial role in treating mental health issues[2]. Engaging in social activities, seeking out support groups, and participating in community events can all help manage mental health issues.

Laws and regulations have a significant impact on the provision and accessibility of mental health care. These policies can influence various aspects, including funding for mental health services, confidentiality and privacy protection in mental health care, and the rights of individuals with mental health conditions [1].

The Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) ensures that insurance plans provide the same coverage for mental health and substance use disorder services as for other medical services, thereby improving access to mental health care [3]. The Health Insurance Portability and Accountability Act (HIPAA) safeguards an individual's health information, including mental health care-related information, by ensuring confidentiality [4].

3 Mental Health between Middle East and EU

Mental health disparities in the Middle East and European Union (EU) can be influenced by a range of factors, including religion, employment, population, and other social and cultural factors. One study found that mental health disparities in the Middle East are influenced by cultural and religious factors, such as the stigma associated with seeking mental health treatment and the role of religion in shaping attitudes towards mental health [5].

Another study published found that mental health disparities in the EU are influenced by a range of social and economic factors, including employment status, education level, and income. The study also found that certain population groups, such as refugees and migrants, may be particularly vulnerable to mental health disparities due to the stressors and challenges they face [6]. Other factors that may contribute to mental health disparities in the Middle East and EU include access to mental health services, cultural and language barriers, and social support networks. The access to mental health services is limited in many parts of the EU, particularly in rural areas, which can lead to disparities in mental health care.

Generally speaking, mental health disparities in the Middle East and EU are influenced by a range of factors, including cultural and religious beliefs, employment status, socioeconomic status, and access to mental health services. Further research is needed to better understand the specific factors that contribute to mental health disparities in these regions and to develop strategies for addressing and reducing these disparities.

Firstly, some articles highlight religious elements. A study i revealed that cultural and religious factors, including the stigma of seeking mental health treatment and the role of religion in shaping attitudes toward mental health, may contribute to mental health disparities in the Middle East [7]. Another study found that religious beliefs and practices may affect mental health outcomes in the Middle East, with some research indicating that more religious individuals may experience better mental health outcomes due to the social support and sense of purpose provided by religion [8]. However, strict religious beliefs and practices may also lead to mental health problems such as anxiety and depression due to the stress and pressure to conform to certain beliefs and behaviors.

Then, socioeconomic status has been found to be a significant predictor of mental health outcomes in both the Middle East and the European Union. Those who are disadvantaged due to low income or low levels of education are more vulnerable to mental health problems in the Middle East [9]. Similarly, a study found that lower income and education levels are associated with a higher likelihood of experiencing mental health problems in the EU.

In addition, availability in mental health services play a major role. Research published in the European Journal of Public Health identified limited access to mental health services as a significant factor in mental health disparities in the EU. This was found to be particularly true for individuals living in rural areas and disadvantaged populations. Studies have identified access to mental health services as a challenge in many parts of the Middle East [10]. Limited availability, combined with cultural and language barriers, have been found to hinder access to care for some individuals.

Cultural and language barriers can contribute to mental health disparities in both the Middle East and the EU. A lack of understanding of mental health concepts or a lack of mental health professionals who speak a patient's language can limit access to care for some individuals [11]. Additionally, refugees and migrants who may be unfamiliar with the healthcare system and have limited proficiency in the local language may face difficulty in accessing mental health services in the EU.

In conclusion, mental health disparities in the Middle East and the EU are influenced by a range of factors, including religion, employment status, socioeconomic status, access to mental health services, cultural and language barriers, and social support networks. Further research is needed to better understand the specific ways in which these.

4 UK & Qatar: Policies and Initiatives

This part explores the policies and initiatives implemented both in Qatar and UK to address mental health issues, as well as their effectiveness.

One major initiative in Qatar has been the implementation of the National Mental Health Strategy (NMHS). The NMHS aims to improve mental health care and promote mental health in Qatar by implementing a range of initiatives, including increasing access to mental health services, improving the quality of mental health care, and promoting mental health awareness and education. The NMHS also focuses on reducing the stigma surrounding mental health problems and promoting social inclusion for those affected by mental health issues [12].

Others in Qatar include the establishment of specialized mental health clinics, such as the Hamad Medical Corporation's (HMC) Mental Health Outpatient Clinic, which provides a range of mental health services to individuals in Qatar. The HMC has also established a specialized inpatient unit for those with severe mental health problems.

In addition to these initiatives, Qatar has also implemented a number of laws and regulations to protect the rights of individuals with mental health problems. For example, the Law on the Protection of Persons with Disabilities in Qatar prohibits discrimination against individuals with disabilities, including those with mental health issues.

Overall, the policies and initiatives implemented in Qatar to address mental health issues have been successful in improving access to mental health care and promoting mental health awareness and education. However, there is still a need for further research to assess the effectiveness of these initiatives in reducing the prevalence of mental health problems and improving the lives of those affected.

In the United Kingdom (UK), there has been a focus on improving mental health care and addressing mental health problems in recent years. This review aims to explore the policies and initiatives implemented in the UK to address mental health issues, as well as their effectiveness.

One major initiative in the UK has been the implementation of the National Health Service's (NHS) Five-Year Forward View for Mental Health. This initiative aims to improve mental health care in the UK by increasing access to mental health services, improving the quality of mental health care, and promoting mental health awareness and education. The Five Year Forward View for Mental Health also focuses on

reducing the stigma surrounding mental health problems and promoting social inclusion for those affected by mental health issues.

Other initiatives in the UK include establishing specialized mental health clinics, such as the Improving Access to Psychological Therapies (IAPT) program, which provides evidence-based psychological therapies to individuals in the UK. The NHS has also established a number of inpatient units for those with severe mental health problems, as well as community-based mental health services to provide support and treatment to individuals in their own homes.

UK has also implemented a number of laws and regulations to protect the rights of individuals with mental health problems. For example, the Equality Act 2010 prohibits discrimination against individuals with disabilities, including those with mental health issues.

Overall, the policies and initiatives implemented in the UK to address mental health issues have been successful in improving access to mental health care and promoting mental health awareness and education. However, further research is needed to assess the effectiveness of these initiatives in reducing the prevalence of mental health problems and improving the lives of those affected.

This part highlights the importance of addressing mental health problems and the efforts being made in the UK to improve mental health care and support those affected by mental health issues. Further research is needed to evaluate the effectiveness of these initiatives and to identify any areas that may need additional attention and resources.

5 UK & Qatar: Availability and Accessibility

Mental health resources in Qatar and the United Kingdom (UK) differ in various ways. One major difference is the availability and accessibility of mental health services. In the UK, mental health services are provided by the National Health Service (NHS) and are generally free of charge to all UK citizens. These services include mental health clinics, hospitals, and community support groups, as well as therapy and medication. In contrast, mental health care in Qatar is primarily provided by private hospitals and clinics, which may not be accessible or affordable for all individuals.

Another difference is the stigma surrounding mental illness. In the UK, there has been a significant effort to destigmatize mental illness and promote mental health

awareness. This includes initiatives such as Time to Change, a national campaign to reduce stigma and discrimination surrounding mental health. In Qatar, however, there may still be a significant stigma surrounding mental illness, which may prevent individuals from seeking help or treatment [13].

Overall, while both Qatar and the UK have made progress in improving mental health resources and reducing stigma surrounding mental illness, there are still significant differences between the two countries in terms of availability and accessibility of services, as well as cultural and societal attitudes towards mental health.

The availability and accessibility of mental health resources can vary significantly between countries, and this can impact the quality and effectiveness of mental health care. The UK and Qatar have different approaches to funding and providing mental health resources, which may lead to differences in the availability and accessibility of mental health care.

In the UK, mental health is a priority for the National Health Service (NHS), which aims to provide comprehensive mental health care to all individuals. Mental health services are funded by the government and are provided free of charge to citizens and residents. There are a range of mental health resources available, including specialized clinics, community-based organizations, and primary care services. However, there may be challenges in accessing these resources, including waiting lists and limited availability in certain areas.

In Qatar, mental health care is provided by the Primary Health Care Corporation (PHCC), which is funded by the government. Mental health services are generally available at no cost to citizens and residents, and there are specialized clinics and centers that provide mental health care. However, there may be limited availability of mental health resources, particularly in rural areas, and there may be a shortage of trained mental health professionals.

6 UK & Qatar: Mental Health in Workplace

There are also several differences between Qatar and the United Kingdom (UK) in terms of mental health in the workplace.

One major difference is the prevalence of mental health issues among employees. Studies have shown that mental health problems are more common in the UK compared to Qatar. For example, a 2016 study found that 28% of UK employees

reported experiencing mental health problems, while a 2017 study found that the prevalence of mental health problems among Qatari employees was only 12%. This may be due to a variety of factors, such as cultural differences, societal attitudes toward mental health, and the availability and accessibility of mental health resources [14].

Another difference is the level of support and resources available to employees with mental health issues. In the UK, employers are required to have policies in place to support employees with mental health problems, and many companies offer employee assistance programs and other resources to help employees manage their mental health. In Qatar, there may be less emphasis on supporting employees with mental health issues, and resources may be less readily available.

A third difference is the level of awareness and understanding of mental health in the workplace. In the UK, there is a greater emphasis on promoting mental health awareness and understanding, and many companies have implemented mental health training for employees and managers. In Qatar, there may be less awareness and understanding of mental health issues, which may lead to less support for employees who are struggling with mental health problems.

Overall, while both Qatar and the UK have made progress in addressing mental health in the workplace, there are still significant differences between the two countries in terms of the prevalence of mental health problems among employees, the level of support and resources available, and the level of awareness and understanding of mental health issues.

7 UK & Qatar: Mental Health and Culture

Several differences have also been seen between Qatar and the United Kingdom (UK) in terms of mental health and culture. One major difference is the stigma surrounding mental illness. In the UK, there has been a significant effort to destigmatize mental illness and promote mental health awareness. This includes initiatives such as Time to Change, a national campaign to reduce stigma and discrimination surrounding mental health. In Qatar, however, there may still be a significant stigma surrounding mental illness, which may prevent individuals from seeking help or treatment.

In the UK, mental health is a priority for the National Health Service (NHS), which aims to provide comprehensive mental health care for all individuals. Mental health services are provided through a variety of settings, including primary care,

community-based organizations, and specialized mental health clinics. The NHS has developed guidelines and protocols for the assessment and treatment of mental health conditions, and there is a focus on evidence-based interventions, including pharmacotherapy and psychological therapies [15].

In Qatar, mental health is also recognized as an important aspect of overall health, and the country has made efforts to improve mental health services. The Primary Health Care Corporation (PHCC) is responsible for providing mental health care in Qatar, and it has established specialized mental health clinics and centers to address the needs of the population. However, there may be some challenges in access to mental health care in Qatar, including a lack of trained mental health professionals and stigma surrounding mental health conditions.

The cultural context in which mental health is understood and addressed can have a significant impact on how mental health is perceived and treated. The UK and Qatar have distinct cultural traditions and values that may shape their approaches to mental health.

In the UK, mental health has gained increasing recognition as a public health issue in recent years. There is a focus on promoting mental well-being and reducing the stigma associated with mental health conditions. There is also a trend towards a more individualistic approach to mental health, with an emphasis on personal responsibility and the use of self-help strategies.

In Qatar, mental health may be understood and approached differently due to the country's cultural and religious traditions. Mental health may be stigmatized and viewed as a private matter, and there may be a reliance on traditional forms of support, such as family and community. There may also be a cultural preference for seeking help from religious or spiritual leaders rather than mental health professionals [16].

Another difference is the cultural and societal attitudes toward mental health. In the UK, mental health is increasingly seen as an important aspect of overall health and well-being. There is a growing recognition of the importance of addressing mental health issues and providing support to individuals who are struggling. In Qatar, mental health may still be seen as a taboo subject and may not be given the same level of attention as physical health.

A third difference is the role of religion and spirituality in addressing mental health issues. In Qatar, Islam is the dominant religion, and many individuals may turn to their faith for support and guidance when facing mental health challenges. In the UK,

there is a greater diversity of religious and spiritual beliefs, and individuals may seek help from a variety of sources.

Overall, while both Qatar and the UK have made progress in addressing mental health and reducing the stigma surrounding mental illness, there are still significant cultural and societal differences in attitudes toward mental health and the role of religion and spirituality in addressing mental health issues.

8 Conclusion

Based on the context provided, it appears that the article aims to explore the mental health policies in the UK and Qatar, with a focus on regional representation. The literature review conducted in the article suggests that several factors may impact mental health policies in these countries. Therefore, the article aims to investigate the government system, accessibility, workplace, and culture in both countries to provide a comprehensive understanding of mental health policies.

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