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A Systematic review on different Community Based Intervention Programme to promote Mental Health in India

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Emergence of mental disorders contributing significantly to the mental health burden globally, including India. The major challenges in India are early identification of mental health problems, treatment gap, lack of trained professionals, and interventions that address the mental health issue concern with a wide range of complexity in terms of its causation, effects, perseverance, and modes of rehabilitation. In order to bridge this gap there is a need for development of comprehensive, culturally acceptable evidence-based interventions that act at multiple levels and involve multiple target groups. The aim of this review was to answer the question like How, Where and to whom Community based Intervention are effective and Feasible to promote Mental Health in India. We systematically searched PubMed, MEDLINE, PsycINFO, and Cochrane databases and used cross-referencing to review the interventions published from 2007 to 2022. Seven interventions were included in this review including all age groups. The key factors for promoting mental health were adequate training material and guideline, supervision of field staff, ASHAs and doctors, use of electronic decision support, incorporation of a door-to-door campaign and use of culturally tailored dramas/videos to raise awareness about mental health, and organising health camp at primary health care centre, facilitating delivery of intervention activities. Barriers to implementation included travel distance to receive care, limited knowledge about mental health, high level of stigma related to mental health issues, and lack of familiarity with and access to. The evaluation not only provides a context to the interventions delivered, but also allowed an understanding of possibility factors that need to be addressed to make the programme scalable and of benefit to policy makers.

Key words: Mental Health, Community based intervention.