

Mental sundhedsfremme

Konference om fagligt oplæg til en 10-årsplan

Bedre mental sundhed og en styrket indsats
til mennesker med psykiske lidelser

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HVAD ER MENTAL SUNDHED?

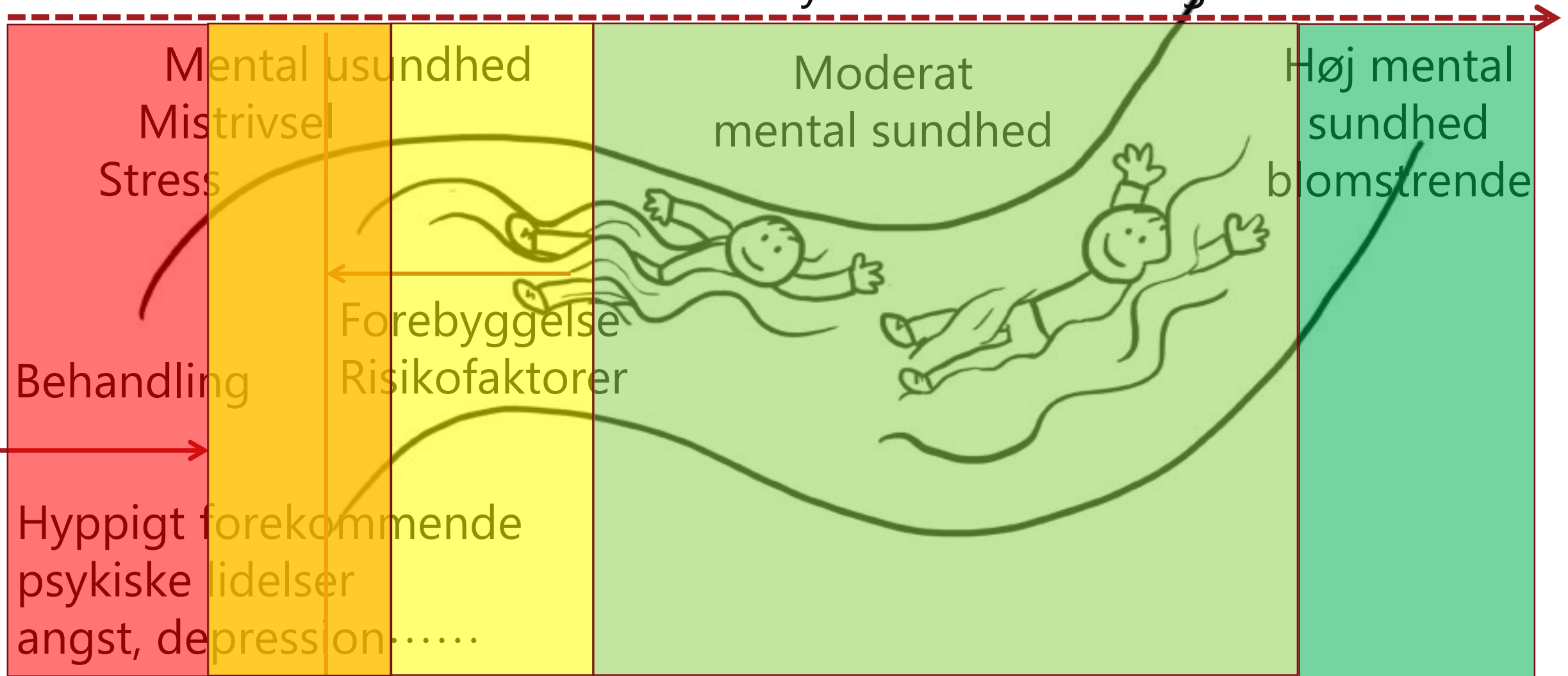
*...er en tilstand af trivsel,
hvor den enkelte kan udvikle sig og udfolde sine evner,
kan håndtere dagligdagens belastninger,
indgå i positive sociale relationer
og bidrage til fællesskabet*

...mere og andet end fraværet af psykisk sygdom



DET MENTALE SUNDHEDSSPEKTRUM: KONSTANT PROCES LIVET IGENNEM

Mental sundhedsfremme – Beskyttende faktorer og ressourcer



Dårlig mental sundhed koster DK 110 mia. kr. årligt

I.1. PROMOTING MENTAL HEALTH IN EUROPE: WHY AND HOW?

Table 1.1. Estimates of total costs (direct and indirect) of mental health problems in EU countries, in million EUR and as a share of GDP, 2015

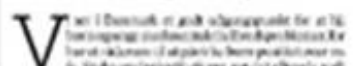
	Total costs		Direct costs				Indirect costs	
	in thousand EUR	% of GDP	in thousand EUR	% of GDP	in thousand EUR	% of GDP	in thousand EUR	% of GDP
EU28	607 074	4.10	194 139	1.31	169 939	1.15	242 995	1.64
Belgium	20 740	0.03	3 447	1.33	3 843	1.42	9 448	2.30
Bulgaria	1 067	2.36	448	0.99	299	0.66	320	0.71
Croatia	1 785	4.01	525	1.18	537	1.21	724	1.63
Cyprus	569	3.21	203	1.14	144	0.81	223	1.25
Czech Republic	4 132	2.45	1 727	1.02	1 046	0.62	1 360	0.81
Denmark	14 627	5.38	3 431	1.26	5 563	2.05	5 633	2.07
Estonia	572	2.81	210	1.03	167	0.82	196	0.96
Finland	11 140	5.32	2 576	1.23	3 884	1.85	4 681	2.23
France	81 345	3.71	29 337	1.34	26 437	1.20	25 570	1.17

25-50 % af befolkningen vil få psykisk lidelse i løbet af deres liv

Det kan vi ikke behandle os ud af på individniveau

OECD/EU (2018), Health at a Glance: Europe 2018: State of Health in the EU Cycle, OECD Publishing, Paris. https://doi.org/10.1787/health_glance_eur-2018-en

Undersignature



References

Mental sundhed kræver handling

Undersøgelser på ikke små og

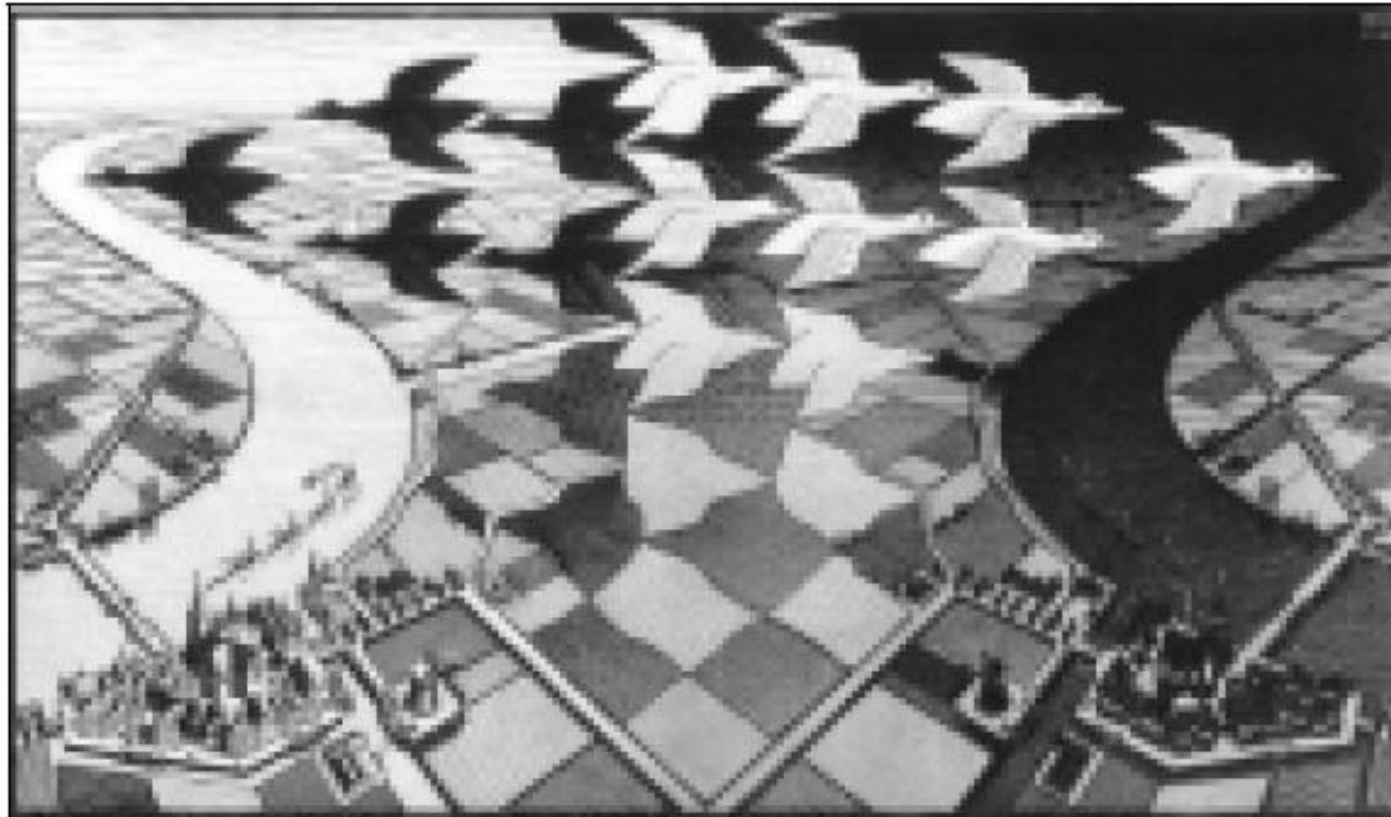
Skolebørns dårlige trivsel bekymrer forældre og ledere

Stressepidemien breder sig blandt danske studerende

Alt for mange studerende på både gymnasier og universiteter er plaget af alvorlige stress-symptomer.

Behandling, forebyggelse og mental sundhedsfremme - *Risiko eller ressourceperspektiv*

Risiko-
faktorer

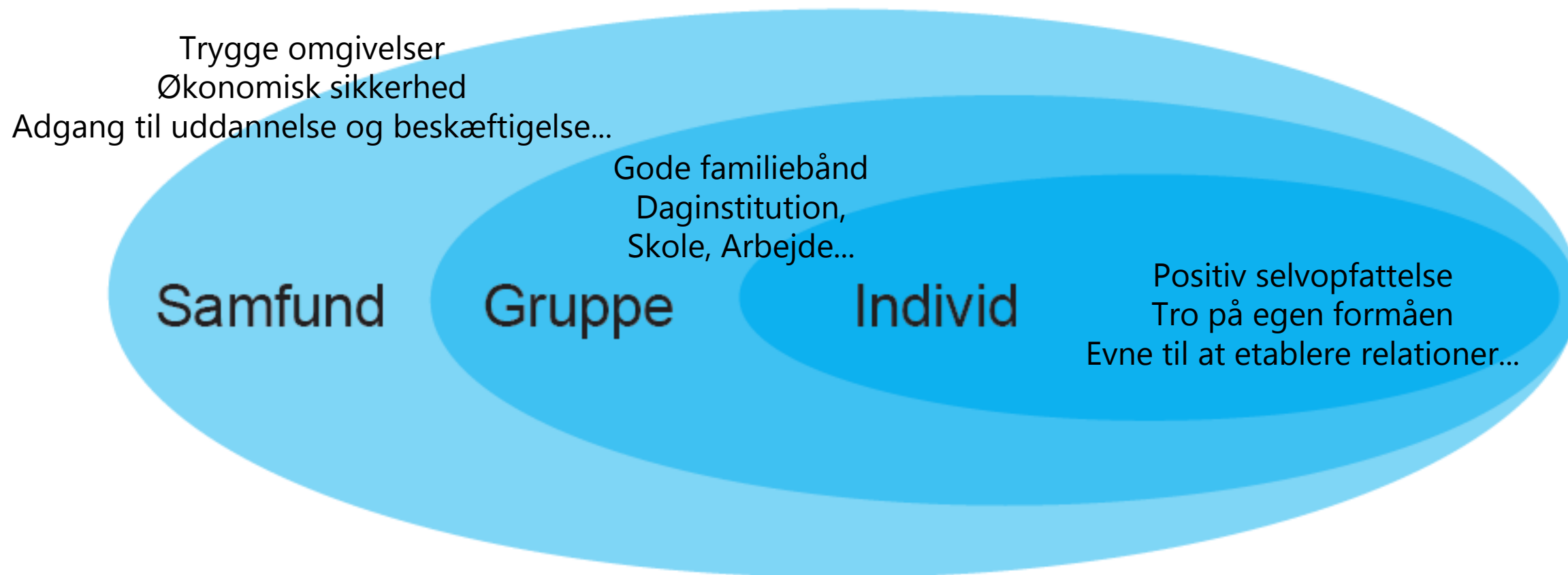


Beskyttende
faktorer

M. C. Escher. Dag og Nat 1928

Mental sundhedsfremme

Beskyttende faktorer og ressourcer



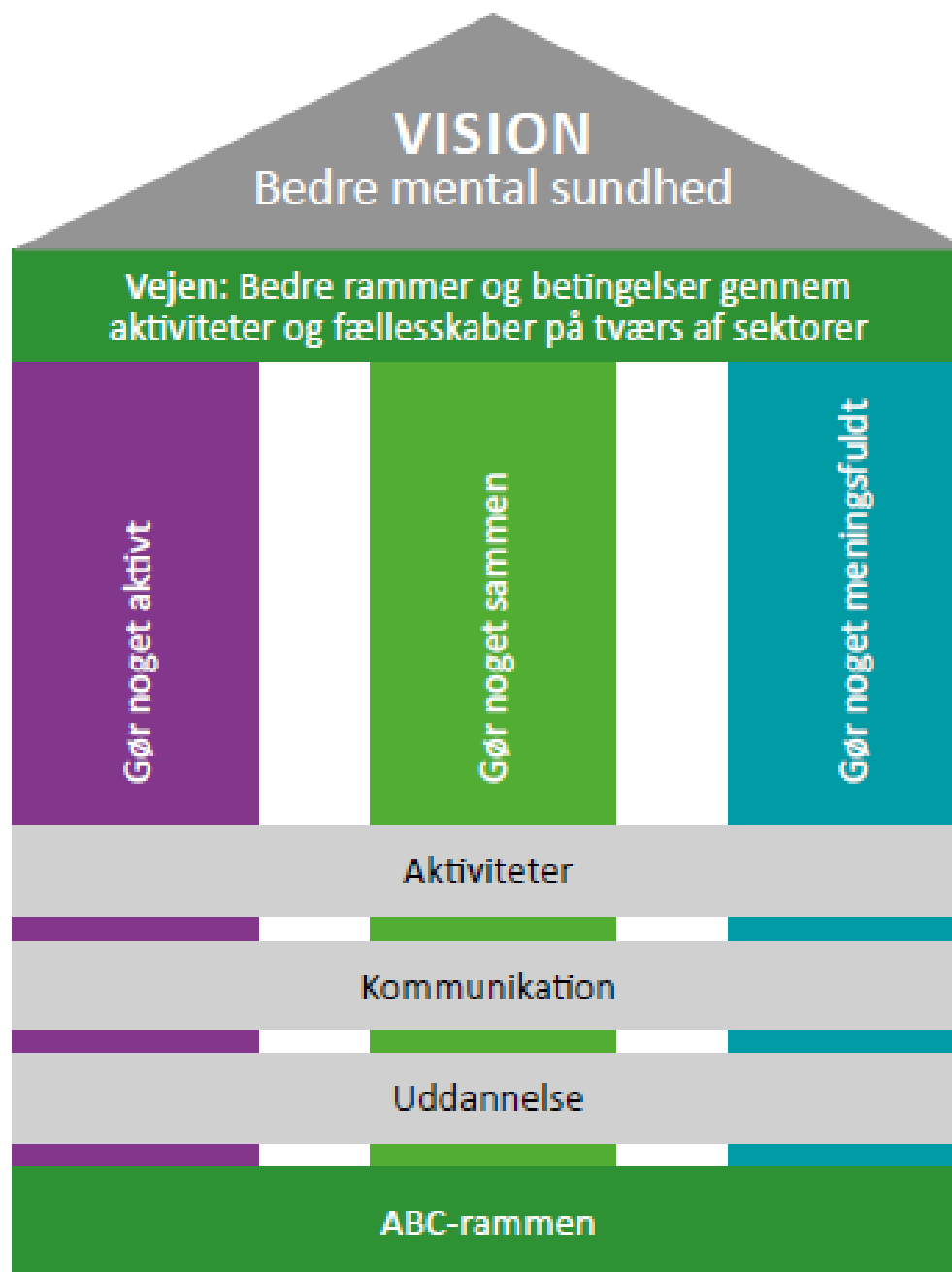
De fleste faktorer af betydning ligger udenfor sundhedssektoren !

Der mangler viden og opmærksomhed om mental sundhed og mental sundhedsfremme på alle niveauer

ABC for mental sundhed

www.abcformentalsundhed.dk

- Oplysning
- Kapacitetsopbygning
- Samarbejde og videndeling



Samarbejdspartnere

> 60 partnere fra hele Danmark
Kommuner, Region Syddanmark,
offentlige og private organisationer og
vidensaktører (Indsatsen ledes af KU)



VERDENSMÅL
for bæredygtig udvikling



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marts 2022

ABC

Enkel og nyttig forståelses- og arbejdsramme, **giver et fælles sprog**

Gør det lettere at samarbejde på tværs af organisatoriske og faglige skel

Vækker genklang på tværs af discipliner, sektorer og blandt forskellige befolkningsgrupper

Budskaberne vurderes **lette at forstå**, enkle at handle på, positive og **afstigmatiserende**

www.abcformentalsundhed.dk



International Journal of Mental Health Promotion

'Mental health is what makes life worth living': an exploration of lay people's understandings of mental health in Denmark

Line Nielsen, Betina Bang Sørensen, Robert J. Donovan, Tine Tjørnhøj-Thomsen & Vibeke Koushede

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International Journal of
Environmental Research
and Public Health

Article

Implementing Mental Health Promotion Initiatives—Process Evaluation of the ABCs of Mental Health in Denmark

Carsten Hinrichsen ^{1,*}, Vibeke Jenny Koushede ², Katrine Rich Madsen ¹, Line Nielsen ¹, Nanna Gram Ahlmark ¹, Ziggi Ivan Santini ¹ and Charlotte Meilstrup ¹



Aging Research Worldwide

The protective properties of Act-Belong-Commit indicators against incident depression, anxiety, and cognitive impairment among older Irish adults: Findings from a prospective community-based study

Ziggi Ivan Santini ^{a,*,}, Ai Koyanagi ^b, Stefanos Tyrovolas ^b, Josep Maria Haro ^b, Robert J Donovan ^c, Line Nielsen ^a, Vibeke Koushede ^a

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<https://doi.org/10.1016/j.exger.2017.02.074>

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International Journal of Mental Health Promotion, 2015
<http://dx.doi.org/10.1080/14623730.2014.995449>



From rhetoric to action: Adapting the Act-Belong-Commit Mental Health Promotion Programme to a Danish context

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Act-Belong-Commit Indicators Promote Mental Health and Wellbeing among Irish Older Adults

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Josep Maria Haro, PhD
Robert J. Donovan, PhD
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Objective: Act-Belong-Commit is the world's first population-wide, community-based mental health promotion campaign. We assessed the associations between baseline indicators of Act-Belong-Commit behavioral domains and wellbeing at 2-year follow-up in a population-based sample of Irish older adults. **Methods:** Data from 2 waves of the Irish Longitudinal Study on Ageing were analyzed. The sample consisted of 6098 adults. Outcomes were quality of life (QoL), life satisfaction (LS) and self-rated mental health (SRMH). Multivariable regression analyses were conducted. **Results:** The adjusted model showed that each increase in the number of social/recreational activities (Act) predicted better QoL and SRMH, but the positive association with LS did not reach statistical significance. Both social network integration (Belong) and frequency of participation in social/recreational activities (Commit) significantly promoted QoL, LS, and SRMH. These associations were apparent regardless of baseline common mental disorders. **Conclusion:** Act-Belong-Commit indicators are shown to promote wellbeing among Irish older adults, providing further support for the campaign's potential.

Key words: mental health; wellbeing; quality of life; aging; leisure; social support
Am J Health Behav. 2018;42(6):31-45

Take home points

- Mental sundhed er mere og andet end fravær af psykisk sygdom
- Skal plejes og vedligeholdes
- Mental sundhedsfremme har fokus på ressourcer
- Er afgørende for at vende udviklingen
- De fleste faktorer af betydning ligger udenfor sundhedssektoren
- Mental sundhed skal indtænkes på tværs af sektorer
- Der mangler viden og opmærksomhed om mental sundhedsfremme
- ABC for mental sundhed tilbyder en enkel forskningsbaseret forståelses- og arbejdsramme for mental sundhedsfremme

Tak for opmærksomheden

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