

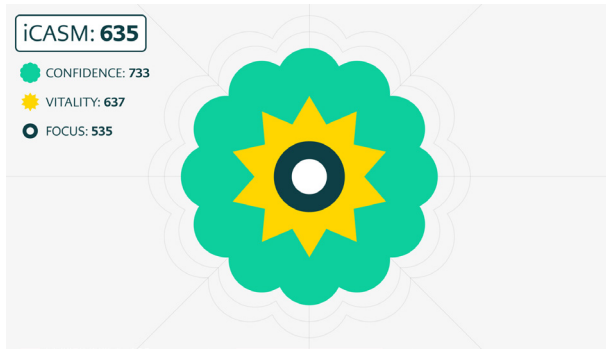
EXECUTIVE SUMMARY
FIRST SEMESTER 2023

Mental Health Monitor

Dynamic tool for research and continuous monitoring
of Brazilians' mental health

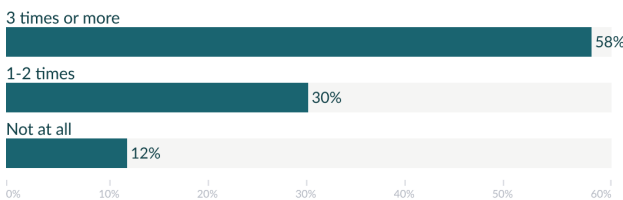


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The result of iCASM, the Cactus-Atlas Index of Mental Health (0-1000 point scale), reached **635 points for the first semester of 2023**. This measurement constitutes a reference point for accompanying future evolution, as well as analyzing the results for specific segments of the population in comparative fashion.

The **concern over financial conditions** represents one of the main challenges for Brazilians' mental health. Nearly 9 out of 10 respondents reported concern about their financial situation over the last two weeks.



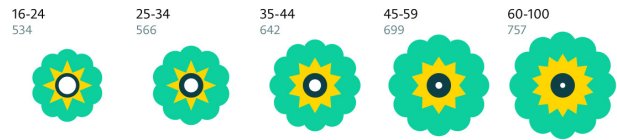
For 6 out of 10, this concern has happened frequently, and in this group the mental health results were worse: among those who reported being worried about the subject three times or more in the last two weeks, the iCASM reached 531, compared to 805 for those who reported no concern at all and the population average of 635.

Along the same lines, the results of the iCASM for the **job-seeking population** are noteworthy, reporting an iCASM score of 494, 186 points lower than among the employed population and 141 points lower than the national average. Such results reinforce the importance of public policies and actions that address work and income issues intersectionally, as fundamental and integral parts of mental health policies.



Regarding discussions of gender and gender identity, there is a discrepancy in the iCASM results. The populations with the lowest scores are **women**, with an iCASM of 600 points, 72 points below the iCASM for men and 35 points below the population average, and the **trans population**, whose iCASM was 445, 193 points below cisgender people and 190 points below the population average.

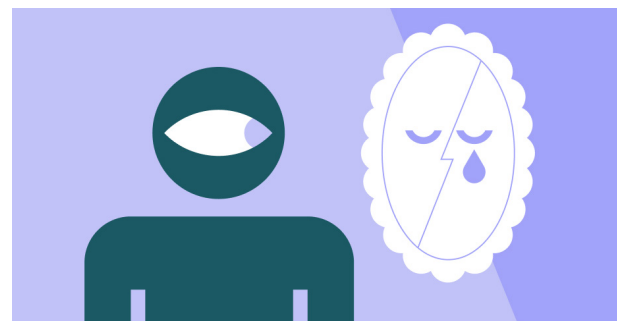
Still from the demographic characteristics, in relation to sexual orientation, **gay, lesbian and bisexual people**: homosexuals presented iCASM of 576 and bisexuals of 488, 59 and 147 points, respectively, below the population average, which also signals a need for prioritization and a close look at these audiences in conducting mental health debates and policies.



With regard to age groups, the results indicate that **younger people** are those with lower mental health scores, with young people up to 24 years old having an iCASM of 534 points, 105 points below the average across age groups, and 101 points below the population average.

Habits, concerns and interpersonal relationships

People with larger support networks and healthier relationships, either in terms of family or friendships, had higher iCASM scores than the overall average: those who reported no fights with family members in the past two weeks had an iCASM of 715, as opposed to an iCASM of 370 among those who reported 3 or more episodes of fights in the same period. With regard to meeting friends, those who met friends 3 or more times in the past 2 weeks reported an iCASM of 734, compared to 508 of those who did not meet with friends in the period.



Self-perception of beauty and intelligence were also relevant factors. Those who reported feeling unattractive 3 times or more in the past 2 weeks had an iCASM of 384 (vs 776 with those who did not have this feeling, and 635 of the population mean). Among those who felt less intelligent 3 times or more in the past 2 weeks, the iCASM was 326, vs 752 among those who did not have this concern.

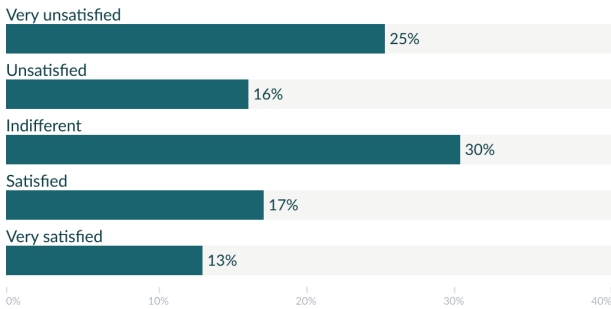
Bullying also appeared as an important factor, with the index reaching 486 among those who reported being bullied 3 times or more in the past weeks, compared to an index of 659 among those who did not report any episodes. Finally, **chronic pain** also stands out, as the iCASM among those who reported chronic pain 3 or more times in the past 2 weeks was 515, compared to 692 of those without chronic pain.

The survey can also identify how Brazilians are taking care of their mental health from the point of view of the use of psychotherapy, medication, alternative therapies, in addition to indicating the type of service accessed (public or private) and the average expenditure on mental health in the last twelve months.

Among the main findings, the following stand out:

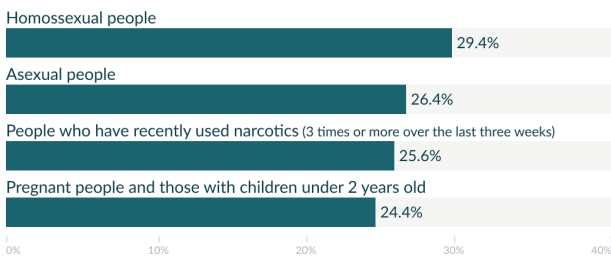
Dissatisfaction with health services

41% of Brazilians say they are dissatisfied with health services to some degree, while 30% say they are satisfied or very satisfied.



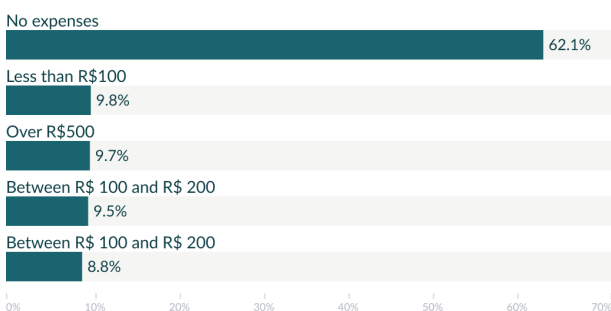
Mental health hospital services

11.7% of Brazilians say they have used hospital mental health services in the last 12 months, including ward services in general hospitals, psychiatric hospitals, day hospitals, emergency rooms and urgent care. 7.1% claim to have received a mental health diagnosis in the public health system in the last 12 months during a routine consultation. Among those who used these the most are:



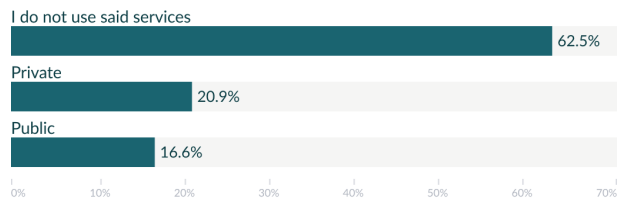
Spending on mental health care

62.1% of Brazilians reported not having had out-of-pocket expenses for mental health care in the past 12 months, while 9.7% reported a monthly expenditure of more than R\$500 for this care.



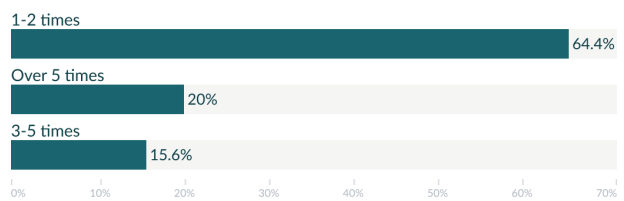
Mental health services

62.5% of respondents said they did not use mental health services, while 20.9% reported using private services and 16.6% public services.



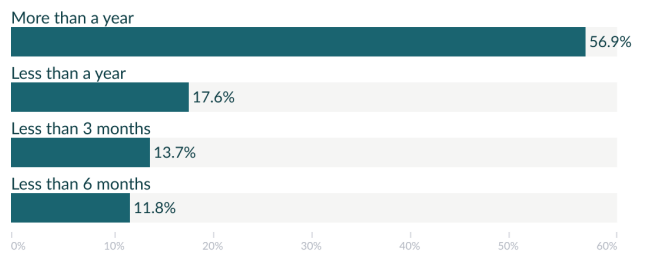
Psychiatrist or psychologist

19.1% of Brazilians say they have consulted a psychiatrist or psychologist in the last 12 months, with the majority having made only one or two consultations in the period (64.4%).



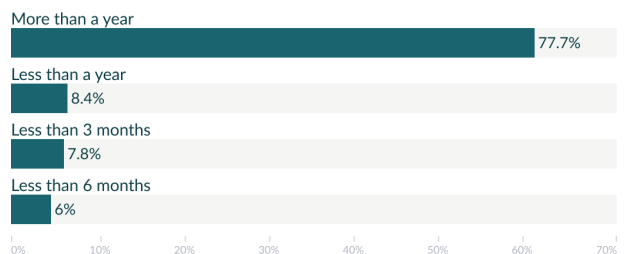
Psychotherapy

5% of Brazilians reported having been undergoing psychotherapy (three times less than those who reported using medication), and more than half of them (56.9%) reported having been doing so for more than a year.



Continuous use medication

16.6% of the population reported taking continuous medication for emotional, behavioral or substance use problems, with the vast majority having been using it for more than a year (77.7%).



Other therapies

11.9% of the population claimed they were doing some kind of therapy, such as meditation, yoga, herbal medicine, massage, among others, in addition to medical or psychological treatment.



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