

Half the world to develop mental health disorder

3rd August 2023



A new study has found that more and more people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that half of us will have at least one mental health disorder by the time we are 75.

Professor John McGrath, lead author of the study, said the most common issues were mood disorders, such as depression or anxiety. He added that "the risk of certain mental disorders differed by sex". The three most common mental health disorders among women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.

The researchers looked at data from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental wellbeing. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also assessed the risk of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug abuse and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in childhood or in teenage years. The study concluded that young people needed more help in the "critical parts of their lives". They need services that find and treat their mental health problems.

Sources: newatlas.com / neurosciencenews.com / abc.net.au

Writing

Everybody should talk about their mental health. Discuss.

Chat

Talk about these words from the article.

study / mental health / problems / disorders / mood / depression / anxiety / phobias / researchers / data / wellbeing / risk / ADHD / childhood / teenage years / services

True / False

- 1) The article says record numbers of people have mental health problems. T / F
- 2) We will all have a mental health disorder when we are 75 years old. T / F
- 3) The most common mental health disorders are related to mood. T / F
- 4) Both men and women commonly suffered from depression. T / F
- 5) Researchers looked at people's mental health in 29 countries. T / F
- 6) Researchers said some people had 13 mental health problems. T / F
- 7) Very few teenagers had mental health problems. T / F
- 8) The article says young people need mental health services. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|------------------|
| 1. study | a. widespread |
| 2. disorder | b. good health |
| 3. common | c. misuse |
| 4. sex | d. heal |
| 5. abuse | e. illness |
| 6. data | f. evaluated |
| 7. well-being | g. investigation |
| 8. assessed | h. important |
| 9. critical | i. gender |
| 10. treat | j. information |

Discussion – Student A

- a) What do you think about what you read?
- b) What mental health issues do teenagers have?
- c) Is it easier to treat mental or physical health?
- d) Have you ever had a panic attack?
- e) How important is talking to someone about your mental health?
- f) Will life be easier in the future?
- g) What services are available to help people in your country?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|--|---------------------------|
| 1. more and | a. were mood disorders |
| 2. half of us will have at | b. attacks |
| 3. by the | c. mental health problems |
| 4. the most common issues | d. time we are 75 |
| 5. post-traumatic | e. of their lives |
| 6. They also assessed | f. or in teenage years |
| 7. panic | g. more people |
| 8. first appeared in childhood | h. stress disorder |
| 9. in the critical parts | i. the risk |
| 10. services that find and treat their | j. least one |

Discussion – Student B

- What do you know about mental health problems?
- How dangerous are mental health disorders?
- How can people with mental issues be helped?
- What do you think of half the world having a mental health disorder?
- How stressful is your life?
- How can we help people with depression?
- What do you know about phobias?
- Is life becoming more stressful?

Spelling

- people are gcienenerxpi mental health problems
- the most common esussi
- depression or etnixya
- the risk of rcaenit mental disorders
- post-cautrtami stress disorder
- alcohol eusab
- data from 32 mental health vrussey
- questions about their stelliyfe
- They also sessaed the risk
- disorders first appeared in cddliohho
- the lictacir parts of their lives
- terat their mental health problems

Answers – Synonym Match

1. g	2. e	3. a	4. i	5. c
6. j	7. b	8. f	9. h	10. d

Role Play

Role A – Medicine

You think medicine is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, exercise or counselling.

Role B – No Social Media

You think no social media is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): medicine, exercise or counselling.

Role C – Exercise

You think exercise is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, medicine or counselling.

Role D – Counselling

You think counselling is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, exercise or medicine.

Speaking – Treatment

Rank these with your partner. Put the best treatments for mental health disorders at the top. Change partners often and share your rankings.

- | | |
|--------------------|---------------------------|
| • Talking | • Exercise |
| • Medicine | • Move to the countryside |
| • Lifestyle change | • Counselling |
| • No social media | • Meditation |

Answers – True False

1	F	2	F	3	T	4	T	5	T	6	F	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.