

1. time structure
2. social contact
3. collective effort & purpose
4. social identity
5. regular activity



Mental health for all  
**Get involved**

In support of  
World Federation for Mental Health



How common?

**3 in 10**  
individuals  
16 years & above  
have  
mental health  
issues

Source: 2017 National Mortality Health Survey



**Economic relevance of Mental Health**

According to the Malaysian Health System Research report (March 2016), mental illness is a leading cause of economic loss at the individual, family, employer, health system, and national levels due to direct and indirect health costs, absenteeism, lost productivity while at work, and decreased income – all of which can result in a reduced national economic output. TAN SRI LEE LAM THYE, Chairman, National Institute of Occupational Safety and Health (NIOSH) - as reported in *The Star Monday, 15 Jul 2019 as Letters to the Editor*

**It takes two to tango**

To make the workplace a conducive place for mental health both Management (representing Employer) and Employees have to come together. Both must be clear of the organisational roadmap and what it takes to get there. Clear communication is a must. The Management must ensure the right knowledge, skill and support are available to achieve goals and where there are deficits, to provide learning opportunities. Employees too need to self-audit and be open to the need to upscale knowledge and upskilling all round.



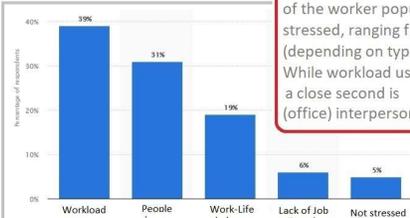
**Work Stress**

.. is the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.



<https://www.cdc.gov/niosh/docs/99-101/default.html#What%20is%20Job%20Stress?>

**Causes of Work Stress**

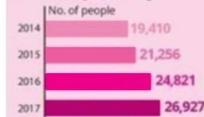


Studies have shown a varying proportion of the worker population to be (feeling) stressed, ranging from 35% to 95% (depending on types of work etc.). While workload usually tops, a close second is (office) interpersonal relationship.

It is important the workplace be developed to be able to provide support rather than to appropriate blame.

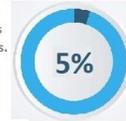
**IN NEED OF HELP**

The number of people who have contacted Befrienders KL have been steadily increasing.



Befrienders is a volunteer organisation that provides emotional support through phone-in lines.

- More people needing help;
- More people reaching out for help;
- More people possibly needing but not receiving help.



- Signs that may suggest one requires professional help**
- becomes withdrawn;
  - becomes more easily irritable or overly sensitive;
  - loses concentration/focus with noticeable dip in performance;
  - loses appetite, becomes uninterested;
  - have difficulty getting to sleep or wakes up in the middle of the night unable and to go back to sleep again;
  - feels himself/herself to be worthless; or even a burden to others;
  - thinks of harming himself/herself even of ending his/her life

See <https://www.befrienders.org.my/>

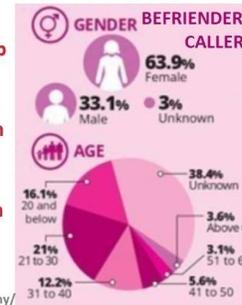
At the population level, mixed anxiety and depressive disorder has been identified as the most common mental disorder in Malaysia.

Common mental disorders in Malaysia: Malaysian mental health survey, 2003-2005 - Asia-Pacific Psychiatry 4 (2012) 201-209

Prevalence of "chronic mental disorder" stood at just slightly above 5% and of these, at least 3/4 were mixed anxiety and depressive disorder.

Mixed anxiety-depressive disorder (MADD) is a new diagnostic category defining patients who suffer from both anxiety and depressive symptoms of limited and equal intensity accompanied by at least some autonomic features. Patients do not meet the criteria for specific anxiety or depressive disorders. The emergence of the symptoms is independent of stressful life events.

You can go to the webpage below and complete a self-assessment: <https://das.nh.gov/wellness/Docs/Perceived%20Stress%20Scale.pdf> to have an idea how stressed you are.



**Perceived Stress Scale**

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should

**DHi informatics**  
Especially for members only

